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SHARING EXPERTISE

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Stoma Care Quick Guide

**3rd
Edition**

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You have a:

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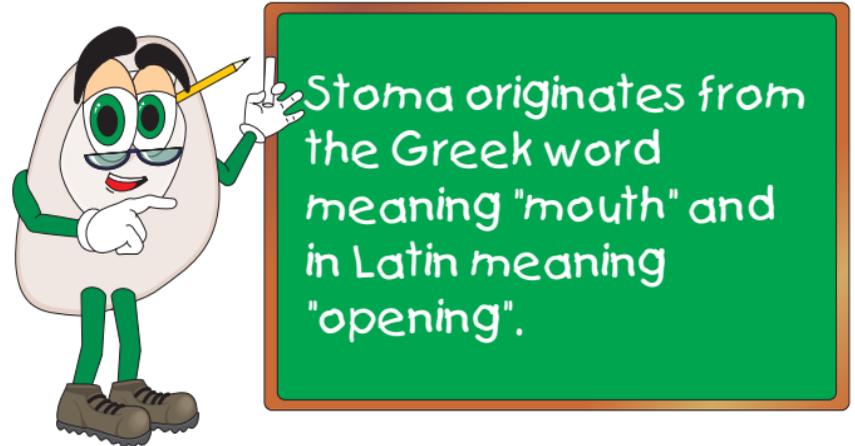
Some information in this booklet relates to other types of stomas (Colostomy, Ileostomy, Urostomy).

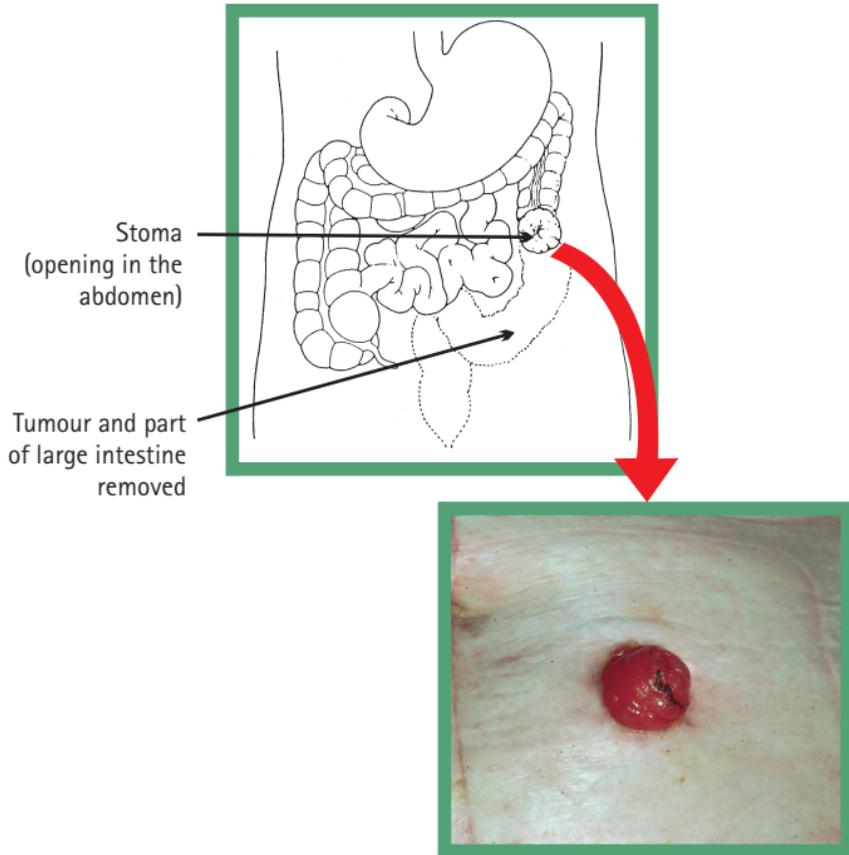
If you have any questions please contact your Stomal Therapy Nurse.

Stomal Therapy Nurse:

What is Stoma ?

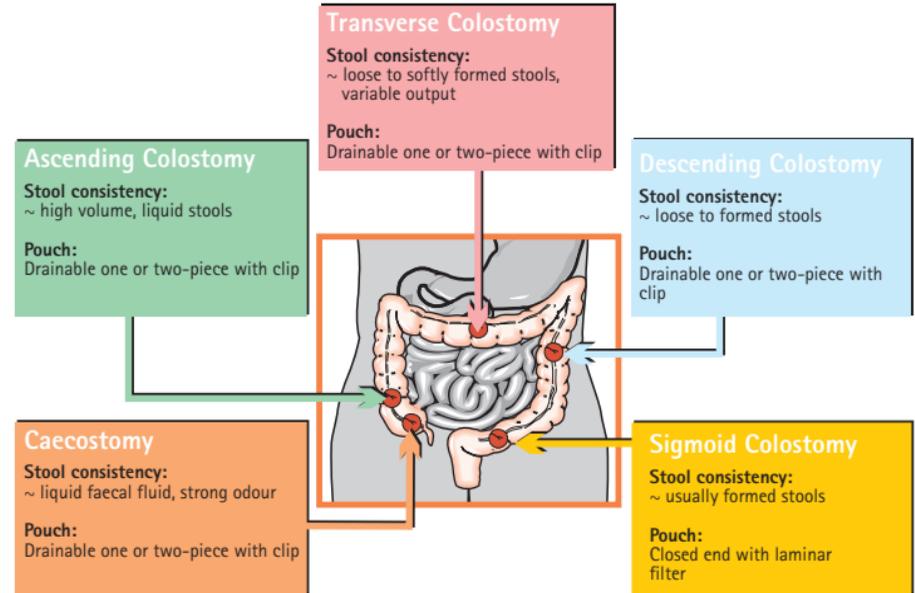
A stoma is a surgical opening on the abdomen through the skin surface for the purpose of removal of body waste
- faeces or urine.





Managing your Colostomy

Choosing an appliance



Irrigation



Biotrol Petite



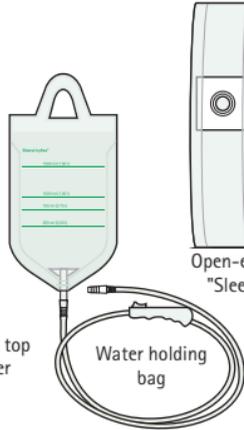
Cone



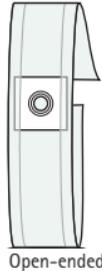
Almayrs
Protect Mini



2 Clips to close top
of sleeve after
irrigation

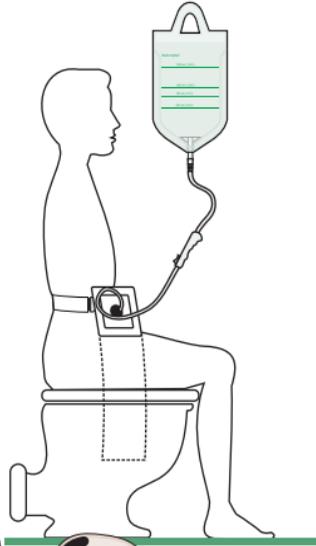


Water holding
bag

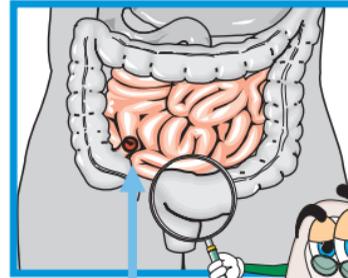


Open-ended
"Sleeve"

- ✓ SURGEON'S APPROVAL
- ✓ TYPE OF COLOSTOMY
 - PERMANENT
 - SIGMOID/DESCENDING COLOSTOMY
- ✓ PHYSICALLY AND MENTALLY FIT.



Managing your Ileostomy Choosing an appliance



Ileostomy

Stool consistency:

~ fluid/semi-formed stools
with digestive enzymes -
normal output
500-800 ml/day

Pouch:

Drainable one or two-piece
with clip

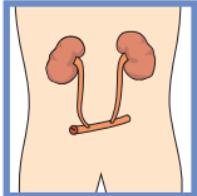


Special consideration:

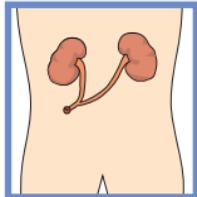
- output contain active digestive enzymes that is corrosive to skin, the use of a skin barrier around the stoma is essential
- increase fluid intake (lack of colon function) to avoid dehydration
- chew food well as stoma cannot stretch to pass large pieces of undigested food
- avoid high fibrous foods which can cause blockages in the ileum e.g. nuts, dried fruits, celery, corn, pineapple, raw carrots, popcorn
- medications: (inform doctor/physician of special situation).

Managing your Urostomy

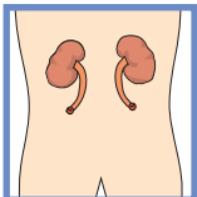
Choosing an appliance



Ileal Conduit (Bricker)



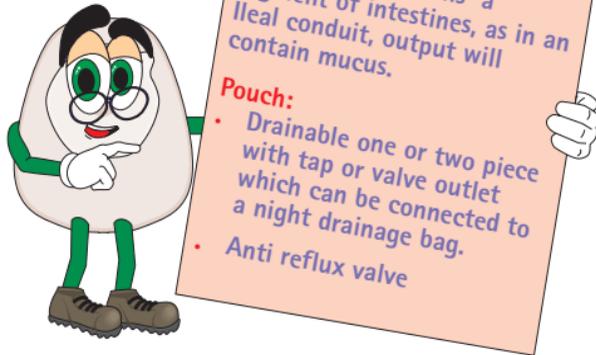
Unilateral Ureterostomy



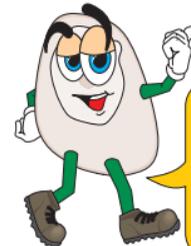
Bilateral Ureterostomy

Special consideration:

- increase fluid intake to maintain the health of kidneys and reduce risk of infection. Dilute urine is less harmful to peristomal skin.
- certain foods and medications may alter the color or odor of urine (inform doctor/physician of special situation).



Items required for pouch change:



Do not try to flush pouches down the toilet - they will block your drainage system. Wrap the used pouch in several layers of newspaper, seal in a plastic or paper bag and place in the dustbin.

One Piece System Application: Pre-cut Pouch Application : Almarys® Optima / Flexima

Prepare necessary items for change



1. Remove pouch from the top to bottom whilst maintaining gentle pressure on the skin around the stoma with the other hand.
 2. Clean the peristomal skin with mild soapy water or cleanser. Rinse skin and pad dry.
 3. Put a finger through the hole in the skin protector to separate the inner surfaces of the pouch. Ensure the pouch does not adhere together before applying it.
 4. Peel off the paper/plastic backing from the skin protector.
- * If you use a drainable pouch ensure you put the clamp on before applying the pouch.



- Easy to apply
- Flexible
- Conforms well to body contours
- Available in precut/cut to fit style

**One Piece System Application:
Pre-cut Pouch Application : Almarys® Optima / Flexima**



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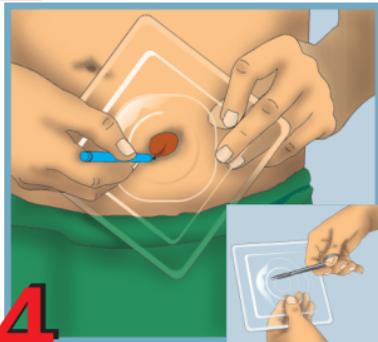


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5. Fold the skin protector in half and position the bottom of the skin protector opening around the base of the stoma.
6. Lightly massage the bottom part of the skin protector and work upwards.
7. Smooth the entire surface of the skin protector, working from bottom to top, to ensure good adhesion.

Two Piece System Application: Flange and Pouch Application : Almarys® Twin Almarys® Twin plus

Prepare necessary items for change



1. Removal of used pouch. Open the flange lock by moving the lever upward without forcing. This is only a small movement. Grasp the pouch tab and remove the pouch.

Note: If the pouch has been rotated during use, it should be straightened to the original position i.e. the pouch tab at the top (12o'clock position) before opening the lock.

2. Gently peel off the flange. Press down gently on the adjacent skin with one hand while you peel the old flange off.
3. Clean the peristomal skin with mild soapy water or cleanser. Rinse skin and pad dry.
4. Trace your stoma size, using the transparent cover from the package.

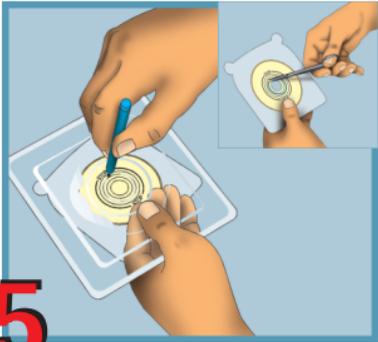
* Cut the traced plastic cover.



- Security
- Easy access to stoma
- Minimized skin stripping
- Economical – flange can remain on skin for 3 – 4 days

NOTE: If you have already made a pattern of your stoma (step 4 & 5) you should cut your size out prior to starting your appliance change.

Two Piece System Application: Flange and Pouch Application : Almarys® Twin Almarys® Twin plus



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5. Use the cut out plastic cover to trace the stoma size onto the white paper backing on the flange.
 - * Cut the skin protector with a pair of curved scissors
6. Peel the white paper backing from the centre of the flange and place it over the stoma.
7. Lightly massage the skin protector with your finger to ensure good adhesion around the stoma. In most cases, there should be a little or no exposed skin between your stoma and skin protector.
8. If present, remove the outer paper/plastic backing from the flange. Adhere it onto the skin ensuring no creases.

Two Piece System Application:
Flange and Pouch Application : Almarys® Twin
Almarys® Twin plus



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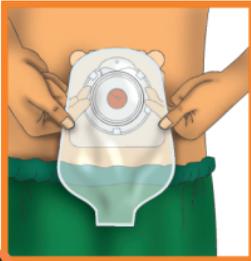
9. Open the flange lock by moving the lever upward without forcing. This is only a small movement.
10. To fit the plastic ring, press pouch and flange together starting at the bottom. Run fingers around the coupling system / ring from bottom to top: when a slight click is heard the pouch is securely positioned.
11. Push the lever down to lock the system.
12. A gentle tug downward direction confirms that the pouch is safely locked in place.

Self care tips

Body waste is corrosive and can irritate the peristomal skin, so your skin needs special care. Remember, prevention is always better than cure!



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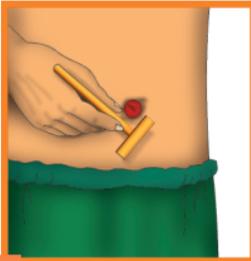
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1. Your stoma does not have any nerve endings, so you will not feel pain.
2. Make sure your appliance fits properly, adheres well and does not leak.
3. Change your appliances as recommended or if you use drainable pouch empty the pouch when 1/3 full and before going to bed.
4. Measure your stoma frequently to be sure the pouch you use is the proper size.
5. Remove hairs (shave/trim) from your peristomal area to prevent inflammation (folliculitis).
6. Using creams, lotion or powder around the stoma May interfere with the bag's adherence. Use only if recommended.

Lifestyle

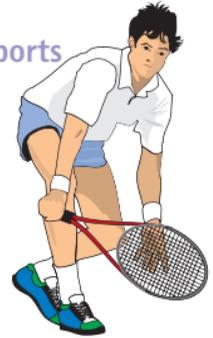
Travel

When traveling, it is advisable to hand-carry your appliances and prepare sufficient stock in case the products are not available in the country you travel. Also, unusual food and meal preparations in many countries can give rise to diarrhoea. Therefore, take along some extra appliances.



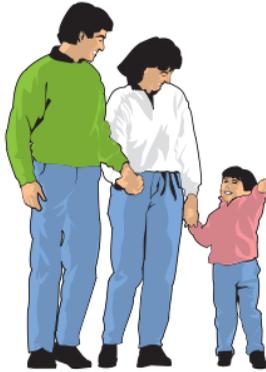
It is important to exercise regularly to maintain body fitness and health. However, you must avoid sports that might injure your stoma and sports that put too much stress on the abdominal muscles, e.g. weight lifting and rowing. On the contrary, swimming, cycling, hiking, skiing and even horse riding is encouraged.

Sports



Family life

The stoma is not a hindrance. Most people with stomas can enjoy a healthy sex life and have babies. You should consult your gynecologist/obstetrician and your stomal nurse if considering pregnancy. Due to increasing abdomen size you might require a different appliance.



Work

Important: Do not over exert yourself. Do the type of exercise that you enjoy!

When your health is restored, you should think of returning to work. However, avoid work that requires heavy physical strain.

BENEFITS of maintaining an active life-style

- * helps your body to recover faster
- * helps to reduce excessive weight and maintain healthy body weight
- * helps to gain confident and maintain a positive attitude
- * helps to keep you healthy and feeling good

Life is yours to live, so why not lead it to the fullest!!!



Clothing

You can wear almost anything you like. Wear comfortable clothes and avoid wearing firm belts and tight waistbands directly over your stoma.



Usually a specific diet is not required.

General rules of a well-balanced diet apply.



Limiting your intake will not decrease the output from your stoma.



Take regular meals



Drink plenty of water



Ileostomates : Refer to special considerations under Managing Your Ileostomy.

EDUCATOR

Usually a specific diet is not required. General rules of a well-balanced diet apply.

Limiting your intake will not decrease the output from your stoma. On the contrary, it may develop more gas.

As a matter of fact, you can eat whatever you want! First,

- Check with your surgeon when you can resume a normal diet
- Try different foods in small portions if you suspect they have caused problems
- Avoid food that may cause diarrhoea, constipation, odour or gas
- Check with your surgeon/stomal therapy nurse if you have any question regarding medication.



Take regular meals
Eat dietary fibres (colostomates)
Drink plenty of water
Eat a balanced diet



Restrict alcoholic beverages
Avoid fatty foods

Likely effects of some food:



No food affects everyone the same way.
Experiment and enjoy!!

EDUCATOR

Likely effects of some food :

Foods that cause flatus : *cabbage, beans, onions, nuts, cucumber, Carbonated drinks*

Foods that cause unpleasant odour: *cabbage, onions, fish, eggs, garlic, baked beans, Asparagus, papaya, broccoli*

Foods that relieve constipation: *increased fluids, fresh fruits, coffee and vegetables*

Foods that cause diarrhoea: *Curry, coconut milk, alcohol, oily deep fried food*

However, do not restrict yourself from enjoying these foods because no food affects everyone the same way. Experiment and enjoy !!

How to store your stoma products?

Appliances should be kept in a cool, dry place



Keep away from hot & humid place !!



Keep away from direct sunlight !!

Do not store appliances in the bathroom or toilet !!



Do not overstock appliances !!

Where can I get **help?**

- stomal therapy nurse
- surgeon
- other ostomates
- ostomy association
- cancer society
- stoma products supplier



- Contact your surgeon or stomal therapy nurse immediately if
- your stoma bleeds excessively, changes colour or becomes swollen
 - any problem becomes severe or causes pain
 - skin irritation lasts more than a few days
 - you have any general concerns



B | BRAUN range of Ostomy Devices



To fulfill the highest expectations of patients

