




## Stoma Care – self help guide

Written to support patients and health professionals during the Covid-19 pandemic

The aim of this leaflet is to enable patients and health professionals to problem solve a number of potential stoma care issues whilst there is limited stoma care support due to the Covid-19 pandemic.

**BSUH Stoma Care Department contact details:** *Please email if possible & attach a photo if appropriate* [bsu-tr.stomacaredepartment@nhs.net](mailto:bsu-tr.stomacaredepartment@nhs.net) or call 01273 696955 Ext 64215

Sore Skin	
<b>Template cut too large</b> Exposed skin can become sore. A correct fitting pouch is designed to heal and protect skin. 	<b>Action Needed</b> The template should be cut to size of stoma adjust if needed. 
<b>Skin Sensitivity</b> It is normal for the skin to blush red when the pouch is changed. If the skin remains red and is in the shape of the adhesive that sticks to the skin then this is probably due to pouch sensitivity.	<b>Action Needed</b> Please email photo to stoma care department for review. Usually changing make of pouch will help resolve the issues. Sometimes a mild topical steroidal treatment is needed to treat the area. 
<b>Pouch Leakage</b> Pouch leakage can cause skin soreness.	<b>Action Needed</b> See Pouch Leakage section below.
Pouch Leakage	
<b>Pouch left insitu for too long</b>	<b>Action Needed</b> If using one piece product change pouch every 24-72 hours. If using two piece product change baseplate 2-3 times per week.
<b>Altered abdominal contours</b> eg. Skin creases, scarring, swelling behind stoma	<b>Action Needed</b> Ensure skin is as flat as possible when applying products. If leakage issues continue send photo of stoma to stoma care department email address or telephone stoma care department.
<b>Pouch not applied correctly</b>	<b>Action Needed</b> Ensure skin is clean and dry before applying products. Ensure pouch adheres to skin and does not cover the stoma.
Swelling Behind Stoma	
<b>Parastomal hernia</b>	<b>Action Needed</b> The majority of hernias at the stoma site do not cause issues.
<b>Post-operative swelling</b>	<b>Action Needed</b> If the stoma stops acting or pain, nausea & vomiting then contact NHS111, GP or Stoma Care Nurses for advice.
It can be normal to have swelling at the stoma site after surgery.	Monitor area. If pain, nausea/vomiting, stoma not acting or temperature contact NHS111, GP or Stoma Care Nurses for advice.

Stoma Not Acting		
<b>Colostomy: constipation</b>	<b>Action Needed</b>	
Constipation can occur with a colostomy	Increase fluid and fruit and fibre intake. If no improvement use a mild laxative. If experiencing issues with nausea and vomiting then contact NHS111, GP or Stoma Care Nurses.	
<b>Ileostomy: blockage or obstruction</b>	<b>Action Need</b>	
If an ileostomy is not acting then a blockage or obstruction may have occurred.	If an ileostomy has not acted for 6 hours and you are experiencing issues with abdominal pain and nausea/vomiting drink clear fluids and if appropriate have a warm bath as this may help resolve issues. If the problem continues and you feel unwell contact NHS111, GP or Stoma Care Nurse.	
High Output Stoma		
<b>Gastroenteritis</b>	<b>Action Needed</b>	
	If you have vomiting and diarrhoea continue to drink to reduce the risk of dehydration. The problem should resolve within 24-48 hours. If the problem continues or you are feeling unwell contact NHS111, GP or Stoma Care Nurse.	
<b>Bowel overacting (usually ileostomy)</b>	<b>Action Needed</b>	
Passing greater than 1 litre of faeces via the stoma in 24 hours increases risk of dehydration and acute kidney injury. If you have an ileostomy aim for your output to be a pasty/porridgy like consistency rather than watery.	<p>If you have high stoma losses:</p> <ul style="list-style-type: none"> <li>○ Sip your fluids as this will help fluids to be absorbed</li> <li>○ Drink not more than 2 litres of fluid in 24hrs</li> <li>○ Reduce 'ordinary' fluids to 1 litre &amp; take 1 litre of St Marks electrolyte solution (for St Marks recipe &amp; further advice go to <a href="http://www.iasupport.org">www.iasupport.org</a> &amp; search 'hydration')</li> <li>○ Avoid drinking at the same time as eating</li> <li>○ Eat a high carbohydrate, low fibre diet</li> <li>○ If you are prescribed Loperamide (Imodium) take the medication 30-40 minutes before meals.</li> <li>○ If you have not been prescribed Loperamide take 2mg of Loperamide up to 4 times per 24hrs (<i>check contraindications prior to taking new medication</i>).</li> <li>○ Loperamide tablets work more effectively than capsules.</li> </ul> <p><b>If high stoma output continues contact NHS111, GP or Stoma Care Nurses as at risk of dehydration &amp; acute kidney injury.</b></p>	
Bleeding from Stoma		
<b>Bleeding on contact</b>	<b>Action Needed</b>	
It is normal to have a slight bleed from the stoma on cleaning.	Bleeding should stop spontaneously. If bleeding continues apply pressure. If bleeding does not stop contact NHS111, GP or Stoma Care Nurses.	
<b>Bleeding coming out of stoma</b>	<b>Action Needed</b>	
Blood coming out from inside stoma.	Seek advice from NHS111, GP or Stoma Care Nurses.	
Low on Supplies		
Contact your home delivery company directly on the numbers listed below: Amcare/Homestyle:0800 393889 Charter:0800 132787 Fittleworth:0800 378846 Medilink:0800 626388		
Additional Support and Advice		
Ileostomy Association <a href="http://www.iasupport.org">www.iasupport.org</a>	Colostomy Association <a href="http://www.colostomyuk.org">www.colostomyuk.org</a>	Urostomy Association <a href="http://www.urostomyassociation.org.uk">www.urostomyassociation.org.uk</a>
NHS111 online service <a href="http://www.111.nhs.uk">www.111.nhs.uk</a>		



# Only flush the 3 P's – Pee, Poo & Paper

Any of the following items are **NOT** flushable and should be placed in the bin.



**SEWERS ARE SMALLER THAN YOU THINK!!**