

Caring for Someone With Ostomy

An ostomy occurs when you seriously can't go to the bathroom & the Dr. has to surgically bypass your normal route & create a new place for the waste to come out of the body.



Diet Tips: Foods to Avoid

CAUSES ODOUR:

- Asparagus
- Broccoli
- Cabbage
- Eggs
- Fish
- Garlic
- Liquor
- Onions

CAUSES GAS:

- Beans
- Beer
- Cabbage
- Cheese
- Onion
- Soda Pop
- Sprouts

CAUSES DIARRHEA:

- Cabbage
- Coffee
- Fruit
- Green Beans
- Liquor
- Spicy Food
- Spinach



Colour • Make sure the stoma is pink or red, NOT Blue—it could indicate bowel obstruction.



Consistency • Look for consistency of fecal matter: not too hard or too soft (watery).



Skin Care • Provide good skin care around the stoma to avoid skin breakdown, rashes, etc.



Barrier Cream • Apply skin barrier cream around the stoma to prevent feces coming into contact with the skin.



Pouch Changes • Change the pouch as often as needed.



Clothing • Make sure clothing isn't too tight around the stomy pouch.



Gas Bulging In Bag • If the pouch is bulging, there might be some gas from the stomach. You can release the gas by simply opening the pouch.



Easier Clean Up • If the pouch is looking really messy, you can cleaning up easier by just removing it and taking a shower.

You can get supplies at: Home Health Stores • Online Shops •
From your local government community services location