

Stoma



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What is a Stoma?

A stoma is an opening made on the abdominal wall used to divert waste products from the normal passages out into a bag. These can be required for various reasons on a temporary or permanent basis.

- A **Colostomy** passes formed motions from the colon.
- An **Ileostomy** intercepts the bowel higher up and passes liquid motion.
- A **Urostomy** carries urine from the 'water works' system.

Individuals may have one such opening or both a colostomy and urostomy.

Young people with a stoma may have other disabilities e.g. Spina Bifida or an underlying illness e.g. Bowel disease.

Living with a Stoma

Facilities must be available for changing the stoma bag, washing the stoma and skin area with warm water and disposal.

Colostomies usually only need changing once a day and can be dealt with as part of the routine morning or evening toilet and wash.

Ileostomies and Urostomies need to be drained two or three times during the day. The frequency of course, will depend on the intake of fluids.

Most young people are able to manage their own draining and changing very proficiently unless other disabilities prevent this.

Most young people will have contact with specialist stoma care nurses through hospital.

Practical Tips

Given proper care a stoma in itself should not prevent anyone taking part in all Scouting activities.

Occasionally a bag may need to be drained or changed in a meeting. Sometimes a bag starts to leak. Rarely a direct blow during a game may affect the stoma. Appropriate facilities must be available.

A reminder may be needed that a bag change is due.

During camps and holidays appropriate toilet facilities must be available, which will provide warm water and a means of disposing of stoma bags.

Careful disposal of bags is essential, this is normally done by emptying the bag into a toilet, putting it inside a plastic bag and double wrapping it in newspaper before placing it into a normal rubbish sack.

When travelling, opportunities must be provided for bag emptying at regular intervals.

Always check that there are plenty of bags of the right type available before any journey or camp.

In an emergency, hospitals are very accommodating and General Practitioners can prescribe the items required.

What else do you need to know?

- How independent is the individual?
- How much help will they need and who will give it?
- Are the bag supplies and facilities for changing adequate?
- Is an emergency kit available for journeys?
- Is there a stoma care nurse in the area? (Check with the local Health Centre or General Practitioner.)

What to do in an emergency?

In case of an emergency, ensure that you know the exact name and catalogue number of any items required.

Further information

Discuss with the individual and/or their parents/guardian the extent to which help is needed and learn any practical tips they might have to offer.

Many District Hospitals have a stoma care nurse who can advise.

Support Organisations

British Colostomy Association

15 Station Road
Reading
Berkshire RG1 1LG
Telephone: 0118 939 1537
Fax: 0118 956 9095
Helpline 0800 328 4257
Email: sue@bcass.org.uk
Web site: www.bcass.org.uk

IA - The Ileostomy and Internal Pouch Support Group

Peeverill House
1-5 Mill Road
Ballyclare
Co. Antrim

BT39 9DR
Telephone: 028 9334 4043
Freephone: 0800 0184 724
Fax: 028 9332 4606
E-mail: info@the-ia.org.uk
Web site: www.the-ia.org.uk

Urostomy Association

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18 Foxglove Avenue
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ST14 8UN
Telephone: 0870 7707931
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Web site: www.uagbi.org