

SCHOOL OF MEDICINE

Section of Colon and Rectal Surgery

INTESTINAL STOMAS

(COLOSTOMY or ILEOSTOMY)

Patients with new intestinal stomas will often go through a period of adjustment. Please refer to the information that you should have received from the enterostomal nurse (also known as "WOCN" or "stoma nurse" or "ostomy nurse" while you are in the hospital). If you did not receive any information, please alert your nursing staff before your discharge.

There are many ostomy resources in the St. Louis area. If you live outside the St. Louis area, you may contact your local hospital for resources closer to home.

- Barnes-Jewish Wound Ostomy Center, St. Louis- 314-362-1300
- Medical West (enterostomal therapy and supplies)- (Clayton, MO) 1-800-489-1888
- St. Louis Medical Supply (enterostomal therapy and supplies) (Fenton, MO) 314-821-7355
- Crohn's and Colitis Foundation of American (CCFA) St. Louis- 314-991-0220
- United Ostomy Association (UOAA): 1-800-826-0826 www.ostomy.org
- Edgepark Home Delivery Ostomy Supplies 1-800-321-0591, www.Edgepark.com

** It is very important to keep yourself well-hydrated when you have an ileostomy. Drink plenty of fluids to replace the amount of liquid that is lost from your ostomy everyday. Drink enough to keep your urine a light yellow color. Avoid caffeine and alcohol because these may lead to dehydration very quickly.

**Keep track of your daily output from your ostomy, especially if you have an ileostomy, for the first 2-3 weeks after surgery (and longer if needed). Total outputs of greater than 1200 mL per day often need to be slowed with the use of Imodium or other medications to avoid dehydration. Call your surgeon's office if the output is higher than 1200ml in 24 hours. A measuring device should be given to you in the hospital. Please ask for this if it is not given to you.

When using medications as needed for high ileostomy output you should document your output – by volume - to determine the effectiveness of medications and prevent overusing the medication. You should have been taught about this before you left the hospital, but please call the office if you have any questions about this.