

# A Guide to Stoma Care

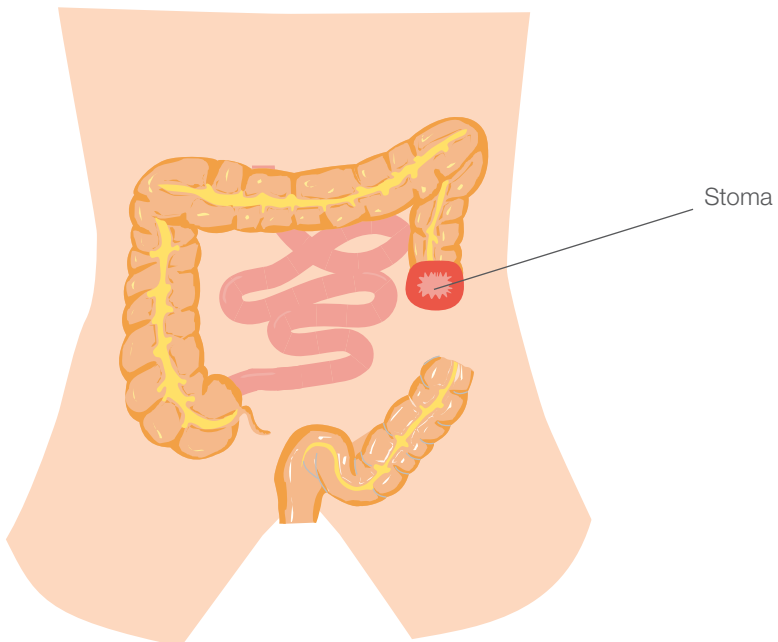


## What is a stoma?

A stoma is an 'opening' from the colon (colostomy), ileum (ileostomy) or ureters (urostomy). The stoma does not have nerve endings and cannot be felt.

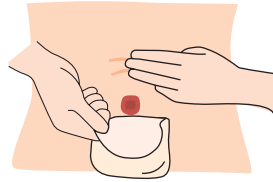
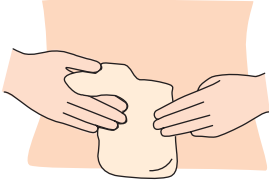
Choosing an appliance for the stoma depends on your preference and the consistency of your stoma output. Changing appliances will require time. Your dietary intake will also influence your stoma output.

This brochure provides you with information on how to change your stoma appliance and manage your post-operative diet, and what to do when you encounter problems.



# Changing stoma appliances

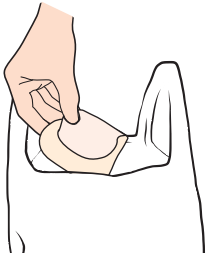
## One-piece appliance



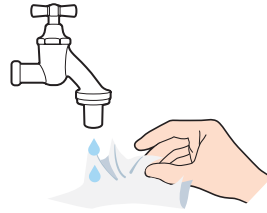
### Remove the bag

Start by removing the used pouch carefully. Avoid spilling the contents.

Use one hand to press your abdomen tightly as you carefully remove the adhesive bag with the other hand.



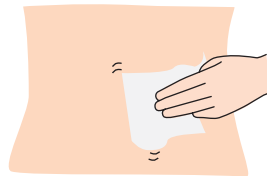
Empty the faecal contents from the bag into the toilet bowl and flush it. Place the used, empty bag into a disposable bag and discard.



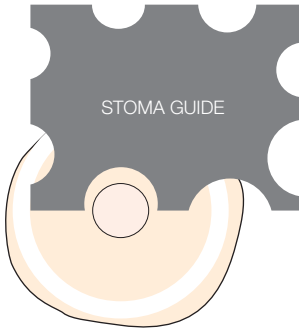
Wet some paper towels or wash cloth.



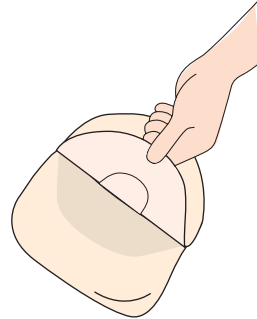
Wipe the stoma with wet paper towels or wash it with mild soap and water.



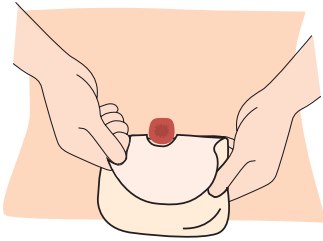
Wipe the peristomal region and observe if your skin is intact.



Measure your stoma size.  
Cut the wafer according to  
its size, but allow a buffer  
of 1mm circumference.



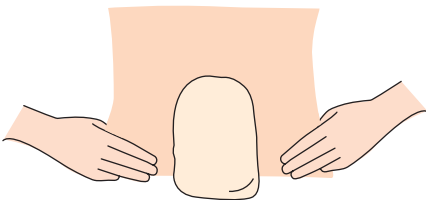
Remove the transparent plastic to  
expose the sticky part of the wafer.



Paste the wafer slowly around your  
stoma. You may stand in front of the  
mirror to do this more comfortably.

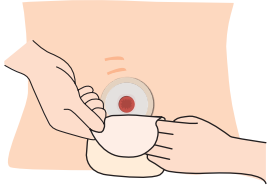


Secure the bag firmly onto your  
abdomen. Apply rotating finger  
movements on the wafer to  
improve its adherence.



Check that the bag is applied securely  
and that you are comfortable.

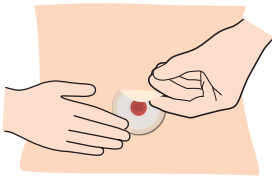
## Two-piece appliance



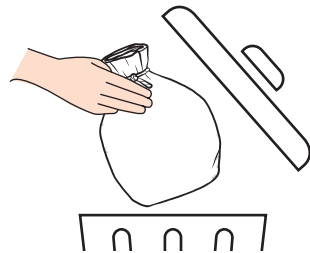
Remove the pouch carefully from the baseplate/wafer.



Empty the contents into the toilet bowl and flush. Keep the bag for washing and reuse with the tail clip.



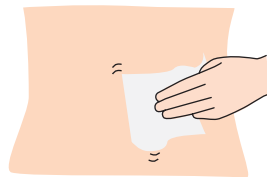
Remove the baseplate gently and look out for redness on your peristomal skin.



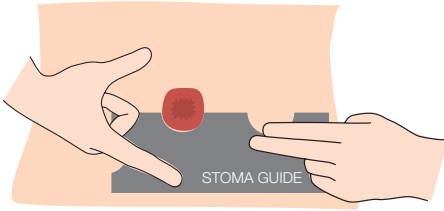
Discard the baseplate by placing it in a disposable bag before putting it into a rubbish bin.



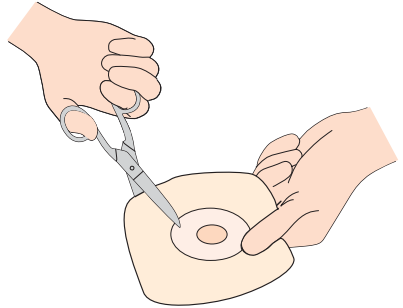
Clean your stoma with wet paper towels or a wash cloth.



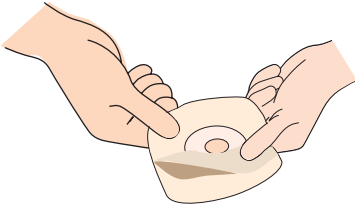
Alternatively, wash your stoma with mild soap and water.



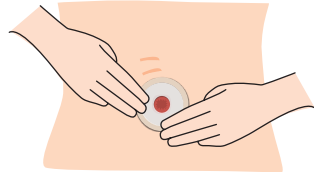
Measure your stoma with a stoma guide.



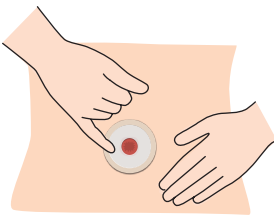
Cut the baseplate accordingly, leaving a 1mm circumference to prevent the stoma from becoming constricted.



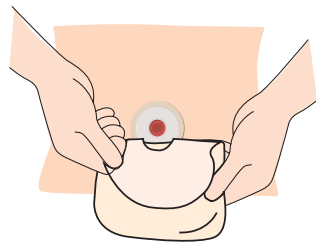
Remove the plastic cover on the wafer.



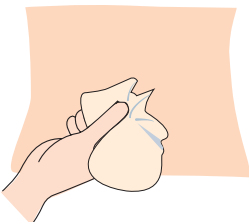
Secure the baseplate firmly on your skin.



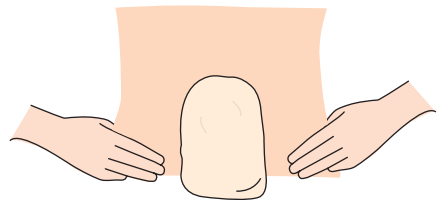
Use your little finger to rotate around it to improve adherence.



Fix the bag onto the baseplate.



Check if the bag is well-attached to the baseplate by pulling it gently.



The bag has been replaced and secured well.

# Ostomy diet

It is important to modify your diet to achieve healthy stools after surgery. Your diet influences the amount, frequency and consistency of your stools.

## Guide to healthy eating

Eat a balanced diet to allow your body to absorb nutrients, vitamins and minerals. A low-fibre diet is recommended as your bowel may swell after surgery. This swell will subside six to eight weeks later. You may return to a normal diet after swelling subsides.

Eat a wide variety of food, but eat one new food at a time. Observe its effects on your body and keep a food diary.

Eat at regular intervals and do not skip your meals. Skipping a meal may cause your body to produce watery stools and gas. Have small, frequent meals instead.

Chew your food thoroughly before you swallow. Swallowing big pieces of food can cause your stoma to be blocked.

Lactose intolerance is common in stoma patients. To prevent it, avoid eating dairy products for the first month after surgery if you experience gas, bloating and diarrhoea after meals. Alternatively, replace dairy products with soya milk or low lactose cow's milk to reduce lactose intolerance.

Check with your doctor on suitable multi-vitamins to take after surgery.

For ileostomy, it is important to drink enough fluids.



# Food tolerance

Food tolerance varies among individuals. Some food are not as well-tolerated and can cause gas, odours, diarrhoea and/or constipation. The table below provides you with a list of food that are less well-tolerated by the body.

Gas-producing	Odour-producing	Increased stools / diarrhoea	Stoma obstruction
Alcohol	Asparagus	Alcohol	Raw cabbage
Beans	Baked beans	Baked beans	Celery
Soy	Broccoli	Bran cereals	Chinese vegetables
Cabbage	Cabbage	Cooked cabbage	Corn
Carbonated drinks	Cod liver oil	Fresh fruits	Coconut
Cauliflower	Eggs	Leafy greens	Dried fruits
Cucumber	Fish	Milk	Fruits with skin
Dairy products	Garlic	Prunes	Fruits with seeds
Chewing gum	Onions	Prune juice	Mushrooms
Nuts	Peanut butter (smooth)	Raisins	Nuts and seeds
Onions		Raw vegetables	Oranges
Radishes			Pineapple, Popcorn



Food that are more well-tolerated by the body:

Odour-control	Diarrhoea-control	Constipation relief
Buttermilk	Banana	Coffee, warm/hot
Cranberry juice	Bread	Cooked vegetables
Orange juice	Plain rice	Fruits
Parsley	Cheese	Fruit juice
Tomato juice	Peanut butter	Water
	Pasta	Probiotic drink
	Pumpkin	
	Potato	
	Probiotic drink	
	Fybogel	
	Tapioca	



# Commonly-associated problems

## Peristomal skin erythema (skin redness around the stoma)

This occurs when the contents in your stoma leak to the surrounding skin. Usually caused by a too big flange (baseplate) that does not close properly, check that the hole in the flange is the correct size. There should be a 1mm space in circumference between the flange and your stoma. Re-measure your stoma to an appropriate-sized flange to prevent further irritation to your skin.

If your skin is intact, you can reduce its redness by applying a skin barrier. If your skin is broken or wet, clean and dry it before applying some powder. Dust off the excess powder before applying a new flange. Do not apply too much powder as it may affect the adhesion of your new stoma flange.

## Leaking appliance

Stoma appliances can leak for various reasons:

- The bag is too full. Empty it when it is one third (1/3) full.
- You have extremely watery stools that leak under the flange. Observe if this is a new symptom.
- Your skin is uneven. A stoma seal such as the stoma-adhesive paste can help to secure the flange better.
- The outer edges of the flange tend to lift up during movement. Secure the ends with a one-inch Primapore.
- The appliance does not stick to the abdomen. You can wear an ostomy belt to hold the flange in place.

## **Stoma retraction**

This happens when the stoma is pulled inwards to the abdomen. Please come to our hospital for an immediate assessment if you experience this.

## **Stoma protrusion**

This is the opposite of a stoma retraction, where the stoma is longer and requires further assessment.

## **Caring for your stoma**

Maintain a healthy and balanced diet. Eat food from each food group for your body to absorb important vitamins and minerals. Speak to your doctor or nurse if you are unsure what to include in your diet.

## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

[www.ntfgh.com.sg](http://www.ntfgh.com.sg) | [www.jch.com.sg](http://www.jch.com.sg)

### Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only\*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

\*Please refer to our websites for more details.

### General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

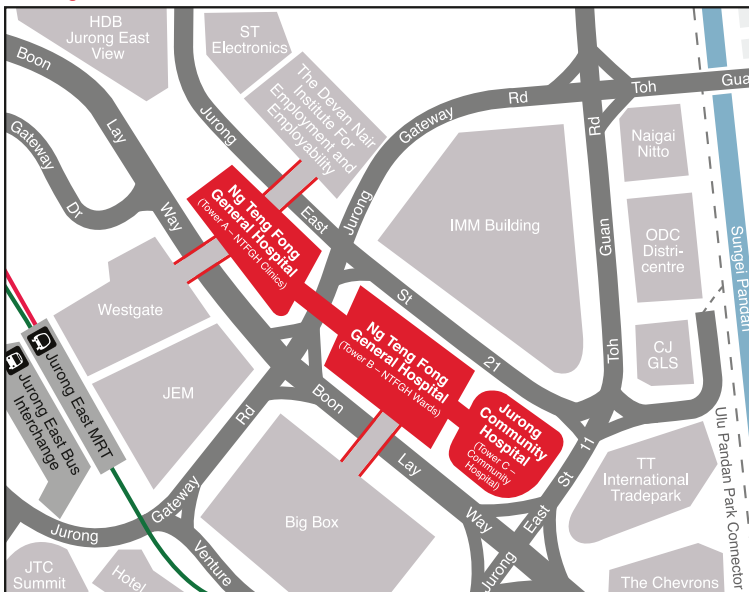
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: [JHCampus\\_Dental@nuhs.edu.sg](mailto:JHCampus_Dental@nuhs.edu.sg)

## Getting there



### By train

Alight at Jurong East MRT Station

### By bus

#### Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

#### Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.