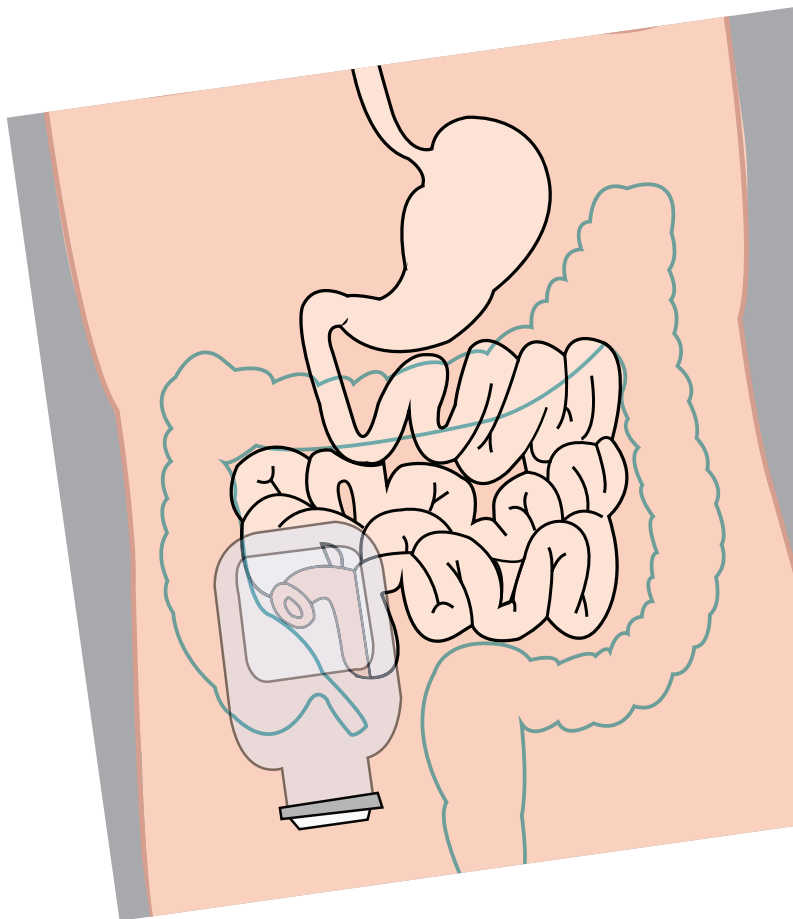


Ostomy



The Department of Surgery sees patients for a wide range of surgical services. These include Colorectal, Endocrine, Breast, Upper GI, Bariatrics, Hepatobiliary, Plastics, Neurosurgery, Urology and Vascular Surgery. Our highly qualified consultants use minimally-invasive surgery and surgical endoscopy for diagnostic and therapeutic interventions in the treatment of these conditions. We provide inpatient and outpatient care with a 24-hour acute surgical service. Day surgery (endoscopy) and minor surgery (lumps and bumps) are also offered at Jurong Medical Centre.

What is an ostomy?

An ostomy refers to a surgically-created opening in the body to discharge the body's wastes.

The most common types of ostomy are:

- Colostomy (connects the colon or large intestine to the abdominal wall)
- Ileostomy (connects the final section of the small intestine to the abdominal wall)

An ostomy can be temporary or permanent. A temporary ostomy heals an inflammation or operated site without contamination from the stool. Temporary ostomies can usually be reversed without affecting one's intestinal function.

A permanent ostomy may be required when the disease or its treatment affects the intestine's function.

Other times, it is recommended when the anal muscles cannot function properly or require removal. The most common causes of such symptoms are low rectal cancer and anal incontinence.



How will I control my bowel movements?

Once your ostomy has been created, a surgeon or stoma nurse will teach you how to attach and care for a pouch known as an ostomy appliance.

This ostomy appliance system may either be a one or two-piece system. Each system comprises a skin barrier/wafer adhesive and a collection pouch. The barrier/wafer adhesive protects the skin from the stoma output and is unlikely to irritate your skin.

The pouch is attached to your abdomen with the barrier/wafer adhesive, and fitted over and around the stoma to collect the stool. The pouch can be disposed, emptied or changed as needed. This system is secure and odour-free.

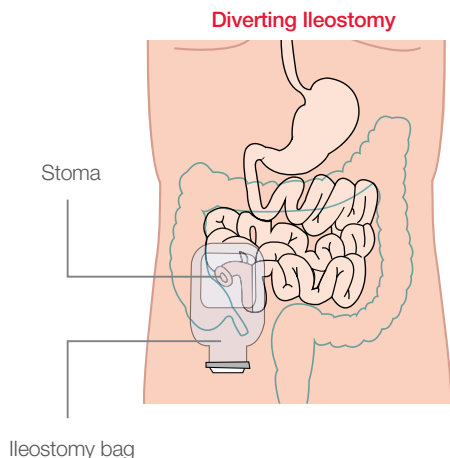
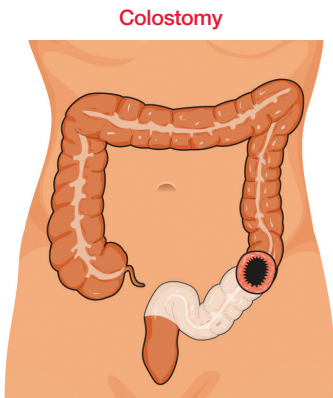
Your bowel movements will naturally empty into the pouch and the frequency and quantity will depend on the type of ostomy you had, your diet and bowel habits prior to surgery. You may be advised to modify your eating habits to control the frequency and consistency of your bowel movement.

Will others know I had an ostomy?

No. Unless you tell someone, they will not know.

Where will the ostomy be?

An ostomy is best placed on the flat portion of your abdominal wall. Before surgery, a surgeon or nurse will mark an appropriate site on your abdominal wall to determine the spot. A colostomy is usually placed to the left of your navel and an ileostomy to the right.



Will ostomy affect my physical activity?

It is unlikely to. Many public figures, prominent entertainers and professional athletes have ostomies that do not affect their daily activities. You may return to normal activities once you have healed completely.

What are the complications?

- Hernia or a protrusion of the bowel (rare)
- Minor skin irritation (can be easily treated)
- Weight loss or gain

Living with an ostomy will require some adjustment, but an active and fulfilling life is not impossible. Your colorectal surgeon and stoma nurse will teach you how to live with an ostomy comfortably.



For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | 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

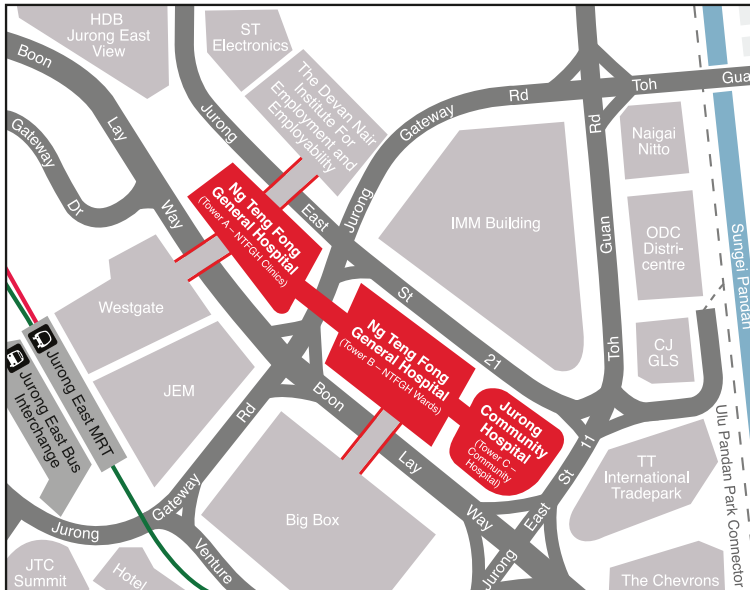
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

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

Fax: 6716 2200 | Email: 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.