




# Stoma Care – A Self Help Guide

*(Endorsed by ASCN UK)*

The aim of this leaflet is to enable patients to solve a number of potential stoma care issues whilst there is limited stoma care support due to the COVID-19 pandemic. It contains general advice and is not intended to replace any specific advice given to you directly by a healthcare professional. If in doubt, please consult NHS111, your GP or stoma care nurse directly.

**Stoma Care Nurse (SCN) contact details:** *Please email if possible & attach a photo if appropriate*

**Email Address:** \_\_\_\_\_ **Tel. No.:** \_\_\_\_\_

Sore Skin	
<p><b>Poor fitting appliance</b></p>  <p>The stoma may change size and shape leading to exposed skin. Exposed skin can become sore.</p> <p>(ASCN UK, 2016)</p>	<p><b>Recommended Action</b></p>  <p>Remeasure the stoma and cut the correct sized hole to ensure a good fit. Fitting the appliance correctly will protect the skin and allow healing to take place.</p> <p>(Salts, 2020)</p>
<p><b>Skin Sensitivity</b></p> <p>The skin may discolour when the appliance is changed. If the skin remains discoloured in the shape of the appliance's adhesive then this may be due to a sensitivity.</p>	<p><b>Recommended Action</b></p>  <p>Please email photo to the SCN for review. Often, using an alternative appliance will help resolve the issue. Sometimes a mild topical steroidal treatment is needed to treat the area.</p> <p>(ASCN UK, 2016)</p>
<p><b>Appliance Leaking</b></p> <p>Leaking underneath and out from the appliance can cause sore skin.</p>	<p><b>Recommended Action</b></p> <p>See <b>Appliance Leaking</b> section below.</p>
Appliance Leaking	
<p><b>Appliance left in place for too long</b></p> <p>An increased wear time can sometimes lead to the appliance leaking.</p>	<p><b>Recommended Action</b></p> <p>If using one-piece appliance change at least every 1-3 days. If using two-piece appliance change baseplate 2-3 times per week.</p>
<p><b>Altered abdominal contours</b></p> <p>For example: Skin creases Scarring Swelling behind stoma</p>	<p><b>Recommended Action</b></p> <p>Ensure skin is as flat as possible when applying products. If leakage issues continue email a photo of stoma and skin to your SCN or telephone your SCN.</p>
<p><b>Appliance not applied correctly</b></p>	<p><b>Recommended Action</b></p> <p>Ensure skin is clean and dry before applying products. Ensure appliance sticks to the skin and does not sit on the stoma.</p>
Swelling behind/around stoma	
<p><b>Parastomal hernia</b></p> <p>The majority of hernias at the stoma site do not cause serious issues.</p>	<p><b>Recommended Action</b></p> <p>If the stoma stops working or pain, nausea &amp; vomiting are experienced contact NHS111, GP or your SCN.</p>
<p><b>Post-operative swelling</b></p> <p>It can be normal to have swelling at the stoma site after surgery.</p>	<p><b>Recommended Action</b></p> <p>Monitor area. If there is pain, nausea, vomiting, inactive stoma or temperature - contact NHS111, GP or your SCN.</p>
Bleeding from stoma	
<p><b>Bleeding on contact</b></p> <p>Bleeding is not uncommon when cleaning around the stoma.</p>	<p><b>Recommended Action</b></p> <p>Bleeding should stop quickly. If bleeding continues apply pressure. If it does not stop contact NHS111, GP or your SCN.</p>

Bleeding out of stoma		Recommended Action	
Blood coming out from inside stoma.		Seek advice from NHS111, GP or your SCN.	
Stoma Not Working			
Colostomy: constipation		Recommended Action	
Constipation can occur with a colostomy		Increase fluid and fruit and fibre intake. If no improvement use a mild laxative. If experiencing pain, nausea or vomiting then contact NHS111, GP or your SCN.	
Ileostomy: blockage or obstruction		Recommended Action	
If an ileostomy is not working there may be a blockage or obstruction.		If an ileostomy has not worked for 6 hours and you are experiencing abdominal pain and nausea/vomiting - drink clear fluids and avoid food. A warm bath and abdominal massage may help resolve symptoms. If the problems continue or worsen and you feel unwell contact NHS111, GP or your SCN.	
High output stoma			
Usually ileostomy		Recommended Action	
<p>A stoma output of over 1.5 litres in 24 hours increases risk of dehydration and acute kidney injury. The output from an ileostomy should be of a paste/porridge like consistency not watery. A high watery output may be caused by:</p> <ul style="list-style-type: none"> <li>• Infection (you may be asked to produce a sample)</li> <li>• Obstruction</li> <li>• Quickly stopping some medicines e.g. steroids or strong painkillers</li> <li>• Taking some medicines e.g. laxatives or magnesium</li> </ul>		<p>If you have a high stoma output:</p> <ul style="list-style-type: none"> <li>○ Reduce intake of water/tea/coffee to 500-1000ml in 24hrs</li> <li>○ Sip 1000ml of rehydration drink (<b>see below</b>) over 24 hours</li> <li>○ Sip your fluids as this will help the fluids to be absorbed</li> <li>○ Avoid drinking at the same time as eating</li> <li>○ Eat a high starch/carbohydrate, low fibre diet</li> <li>○ Take Loperamide (Imodium) 2-4mg (or your prescribed dose) 30-45 minutes before meals and at night (4 x daily). <i>Please check contraindications prior to taking new medication and seek medical advice if required.</i></li> <li>○ Loperamide tablets work more effectively than capsules.</li> <li>○ Stop taking laxatives and anti-inflammatory medicines such as Ibuprofen</li> <li>○ Watch out for signs of dehydration (<b>see below</b>)</li> <li>○ Empty and change your appliance regularly to prevent leaking and damage to the skin around your stoma</li> </ul>	
<b>**IF THESE STEPS DO NOT RESOLVE THE HIGH OUTPUT STOMA OR YOU FEEL UNWELL CONTACT NHS111, GP OR YOUR SCN AS YOU ARE AT RISK OF DEHYDRATION AND ACUTE KIDNEY INJURY**</b>			
Rehydration drink recipes – (tsp = teaspoon)			
<p><b>Recipe 1</b> 800ml tap water 200ml squash (not sugar-free) 1 level tsp salt</p>	<p><b>Recipe 2</b> <b>*Contains potassium so use with caution, especially with heart problems*</b> 2 sachets Dioralyte 200-300ml water</p>	<p><b>Recipe 3</b> 1000ml Sports drink (e.g. Lucozade) 1 level tsp salt</p>	<p><b>Recipe 4</b> 6 level tsp sugar ½ level tsp salt 1000ml water</p>
Signs of dehydration			
<ul style="list-style-type: none"> <li>• Feeling faint</li> <li>• Dizziness</li> <li>• Headache</li> </ul>	<ul style="list-style-type: none"> <li>• Feeling thirsty</li> <li>• Dry mouth</li> <li>• Feeling tired</li> </ul>	<ul style="list-style-type: none"> <li>• Muscle cramps/weakness</li> <li>• Reduced/no urine output</li> <li>• Dark, concentrated urine</li> </ul>	
Low on supplies			
Contact your local prescription service or home delivery company directly on the number below: Prescriber/Dispenser: _____ Tel. no.: _____			
Additional Support and Advice			
Colostomy UK - <a href="http://www.colostomyuk.org">www.colostomyuk.org</a>		Urostomy Association - <a href="http://www.urostomyassociation.org.uk">www.urostomyassociation.org.uk</a>	
Ileostomy Association - <a href="http://www.iasupport.org">www.iasupport.org</a>		NHS111 online service - <a href="http://www.111.nhs.uk">www.111.nhs.uk</a>	