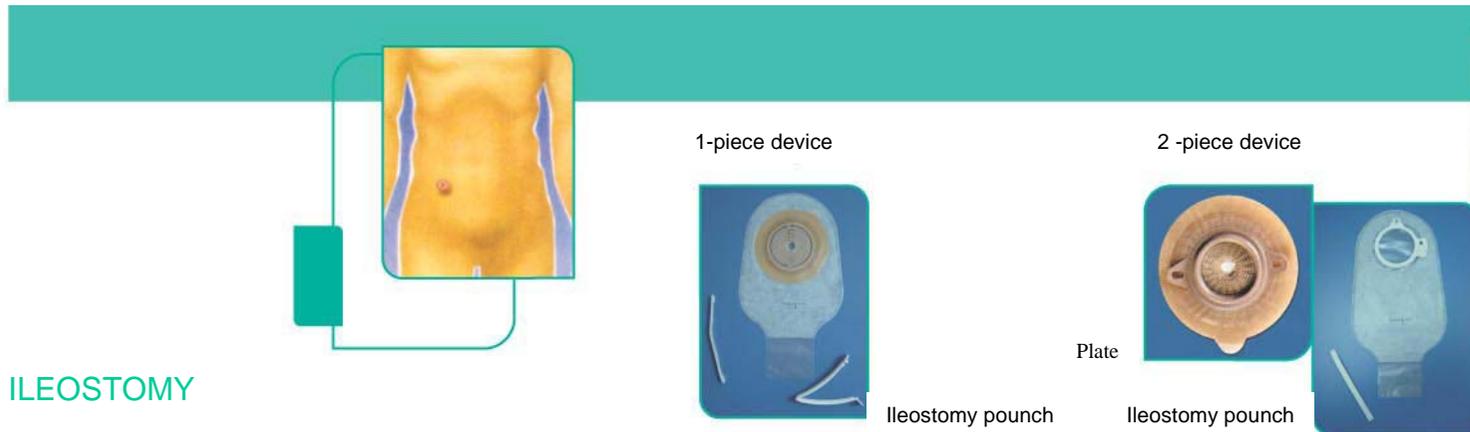


ILEOSTOMIA



## ILEOSTOMY

In an ileostomy, part of the ileum (small bowel) is brought to the wall of the abdomen to form a stoma, which is usually located on the right-hand side of the abdomen.

### Characteristics of the faeces

The faeces of an ileostomist are often liquid, greenish brown, of a varied consistency and volume, and produced in a continuous flow. Gases and odours are thereby reduced but cannot be controlled.

### Hygiene

Besides the characteristics of the faeces, the functions of the intestine vary along the intestinal tract.

In an ileostomy, the content is corrosive as the enzymes resulting from the digestion of food are more abundant than in any other part of the intestine. The contact of the enzymes with the skin around the stoma may easily cause irritation. For this reason, daily careful hygiene is required. The pre-cut size diameter of the device must adhere firmly to the stoma so that the faeces are not in contact with the skin.

### Devices

A 1-piece or 2-piece device can be chosen, with an open pouch for drainage.

Whether a 1-piece or 2-piece device is used, the pouch must be emptied whenever it is at half of its capacity.



If a 2-piece device is used, the plate can remain for 4 to 5 days, if there is no leakage or infiltration of the faeces. These devices are recommended in the first two-three months after surgery, whenever the skin around the stoma is irritated and chemotherapy or radiotherapy treatment is being administered. Advice of a stoma care nurse is necessary.

A carbon filter to prevent bad odour may be included, which remains active for six to eight hours.

### **Nutrition**

As referred to in the manual, a varied and healthy diet must be followed. However, it is recommended:

To eat food rich in vitamins and protein, such as fish, meat and by-products. Advice of a doctor is required.

To add all food gradually. Avoid large quantities of fibre foods such as nuts, dried raisins, mango and diospyros.

To drink at least 1 <sup>1</sup>/<sub>2</sub> litres of water per day, preferably between meals, to prevent dehydration and formation of calculus in the kidneys and bladder. Besides losing water through the faeces, the salt content is also reduced, so advice of a doctor is necessary.

Advice is also required in case of diarrhoea, vomiting and excessive perspiration, as loss of liquid and salt is greater and must be compensated rapidly.



## Medication

When visiting the doctor, the patient must inform him that he has had an ileostomy, in order that adequate medication is prescribed.

If preparation of the intestine is required for an examination in the hospital, a liquid diet must be followed for 24 to 48 hours before the examination, and instructions of the doctor or stoma care nurse must be strictly followed.

### It is important to be aware that:

- the stoma may retract within the abdominal wall (retraction);
- the stoma may protrude more than normal from the abdominal wall (prolapse).
- a protuberance (hernia) may appear around the stoma caused by weakness of the abdominal muscles or excessive force;



- the stoma might become very narrow, which makes the passage out of faeces difficult (stenosis).

In any of the above cases advice of a stoma care nurse or doctor is required.

