

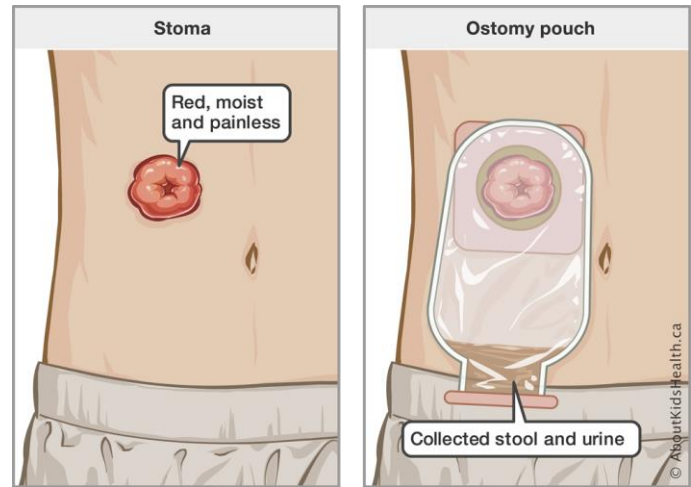
OSTOMY HOME CARE INSTRUCTIONS

What is an ostomy?

An ostomy is an opening that is made through the stomach and the intestine is brought through the abdominal wall. The part of the intestine that can be seen is called a “stoma.”

Why does my child need an ostomy?

An ostomy is needed because part of your child's intestines is not working well. This procedure is a way of allowing the stool (poop) to come to the outside. This can be temporary until the baby's lower intestine and rectum is working well again. In some cases, a child's ostomy can be permanent. After the procedure, your child's stool will come through this opening (ostomy), not through their rectum. Because the stool comes out continuously, the child will need to wear a special pouch or bag over the stoma to collect the stool.



© 2004-2020 AboutKidsHealth

How can I support my child?

It is normal to be scared and concerned about your child's ostomy and about your new responsibilities. The doctors and nurses will help you learn to care for your child and their ostomy. They are also available to answer your questions and help you.

- Treat your child with an ostomy as normal as possible.
- Let your child play.
- Your child may swim.
- Teach your child's babysitter, other family members, and caregivers about ostomy care.
- Teach brothers and sisters of the child about the ostomy, the stoma, and the bags.

How do I empty the bag?

- 1) Empty bag through the bottom when it becomes approximately 1/3 to 1/2 full.
- 2) Have a container ready to drain the stool from the bag.
- 3) After Draining the bag, clean the bottom of bag with tissue or toilet paper to reduce odors.
- 4) Close the bottom of bag tightly.
- 5) Change the bag every 1 to 7 days, or if you notice there is leaking underneath the wafer.

Ambulatory Care Surgery

4650 Sunset Blvd., Los Angeles, CA 90027 | CHLA.org

Approved by PFE 07/20/21

How do I change the bag and wafer?

- 1) To remove the wafer, use adhesive (glue for skin) remover or a wet washcloth.
 - a. As you pull off the wafer, push down on skin and gently pull up on wafer.
 - b. This way will help the skin from getting damaged.
 - c. Place the used bag in the trash.
- 2) Check the stoma and skin to make sure it looks ok and not infected.
- 3) Wash area with soap and water. Rinse well to remove the lanolin (oil) from the soap off the skin. Let the area dry completely.
- 4) Compare the size of your wafer pattern against the stoma to see if it still fits or if you need to cut the wafer larger or smaller.
- 5) Cut wafer from the inside of the opening to the correct stoma size. Smooth out the edges of the hole you made so they aren't sharp and the size fits around the stoma.
- 6) Place wafer on skin (make sure skin is totally dry first). If the wafer and bag are 2 parts, snap the bag onto the wafer before placing it on your child.



TIPS:

- ❖ Accidents (leakage) will happen. When you are out of the house, bring an extra wafer, bag, tape and change of clothes.
- ❖ Your child can also go swimming and may use waterproof tape or a belt to make sure the wafer stays on.

How do I bathe my child?

- Your child should be bathed every day.
- The bath can be a sponge bath, a tub bath, or a shower.
- If you give a tub bath, the appliance can stay on them, just use shallow lukewarm (room temperature) water.
- On the day you plan to change the wafer, schedule a tub bath to loosen the wafer.

How do I clean the stoma and the area around it?

- When you remove the ostomy bag, wash the area around the stoma with soap and water.
- Make sure to dry the skin completely before putting on a new wafer and bag—This is very important!
- Check the wafer often:
 - If stool is leaking underneath the wafer, replace it with a new one.
 - Careful skin care will result in fewer skin rashes.

How do I change diapers?

- The ostomy bag needs to remain dry and clean when you are changing a diaper.
- Make sure that you wipe the bag and focus on the area that is under the edge.
- The plastic from the bag may become moist and cause irritation to the skin. If this happens, you may need a cloth pouch cover.

Ambulatory Care Surgery

- You can make one from any soft cotton cloth or you can buy one from the supply company.
- There are several companies that also sell ostomy covers that can be found online or ask the wound ostomy nurse.

What type of clothing should my child wear?

The style of clothing your child can wear will depend on the location of the ostomy. Generally, loose tops, shirts, and one-piece outfits are best.

What type of problems can my child experience?

Constipation

If your child goes 24 hours without stool, they may be constipated. Check with your pediatrician for home treatments that can help. If your child still does not have a stool within the next 12 hours, contact your pediatrician right away.

When the stool is soft, it goes down easier into the ostomy bag. As your child gets older, feed them a balanced diet containing fruits, (apricots, prunes, peaches), cereals, and plenty of liquids. This type of diet is best for softer stools. Your medical provider or dietitian will recommend how to add these other foods to your child's diet.

Diarrhea

Your child, like all children, will start having a pattern that will be the normal amount of stool you see within a 24-hour period. If you notice any change in this bowel pattern, they may have diarrhea. Your child may have a large amount of water with very little solid stool material.

Diarrhea, with or without fever, can cause your child to become dehydrated (lose water in the body) very quickly. Contact your doctor immediately, especially if the child is also throwing up or cannot drink enough liquids to replace the lost fluid.

Skin irritation

The skin around the stoma can easily become irritated and breakdown, even when a wafer is used. One of the best cures for when skin starts to breakdown is to put the wafer back on the irritated skin. The skin can breathe through the wafer. If improvement is not seen and leakage is happening more often, call the ostomy nurses for an appointment.

In warm weather, skin irritation or damage may become a more difficult problem because the wafer does not always stick as well. Check for leakage often and try to keep the area clean and dry. Call your ostomy nurses if you are having trouble keeping the wafer/bag on.

Blood

You may see some blood from irritated skin. This is normal. Do not be concerned unless you see very red blood gush out or the stoma site becomes bluish in color. The area around the stoma should

Ambulatory Care Surgery

be pink when the child is calm. The stoma should be pink to red. Contact your doctor with any changes.

Prolapse

Prolapse is when the bowel (intestine) turns inside out. You may see this when your child cries or strains.

To correct the bowel, try to help soothe your child if they are crying or nervous. Many times, the bowel returns to its place on its own. If it doesn't, contact your child's surgeon. This is not an emergency unless the bowel becomes very dark in color and stool is unable to come out. Your doctor will help decide how to treat this problem.

Who do I follow up with after discharge?

Your child will follow up with the pediatric surgeon in 2-3 weeks after discharge. Your child should also see their Pediatrician for their normal appointments and keep on a normal feeding and immunization schedule.

If you have more or new questions, set up an appointment with the wound/ostomy nurse to observe your ostomy care and to offer you further support. Please feel free to contact your pediatric surgeon's office for any help.

When do I need to follow up with the wound/ostomy nurse?

Call the nurse if you see changes in the bowel patterns (changes in poop color or texture), prolapse of the stoma, diarrhea, increased leaking or irritation of the skin, or you are unable to keep the wafer on the skin.

Contact information:

Pediatric Surgery clinic: 323-361-2539

Wound/ostomy nurse line: 323-661-2539.