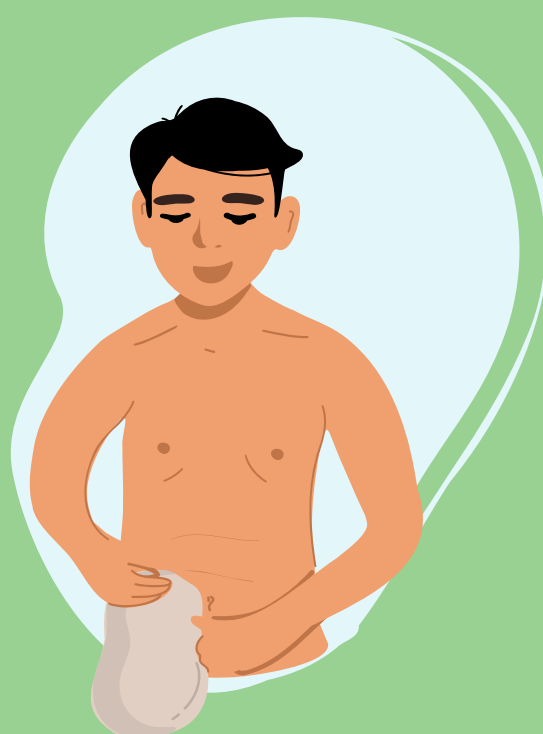
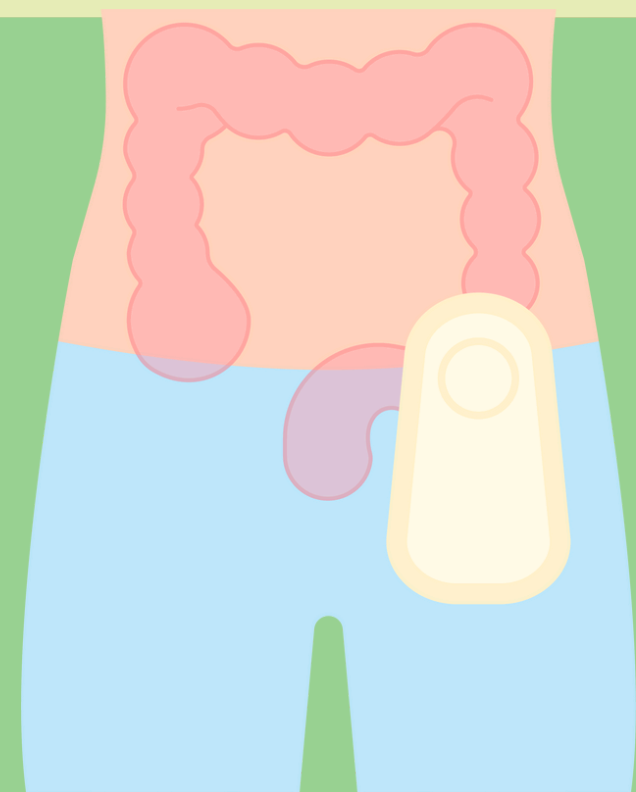


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Ostomy

An Overview





Ostomy

An Overview

Created by Students in the Entry-to-Practice Doctor of Pharmacy Program at the University of British Columbia

In collaboration with Lori Bonertz, Tania Bell, and Charissa Tonnesen (Project Leads)

Created August 2024

NOTE:

The following information was created by UBC pharmacy students. Only general information is provided on this topic and is subject to change. Please consult with your pharmacist or health care provider for any client-specific questions.

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Ostomy Requirements:

- An Ostomy is an external pouching system (appliance) that serves as a mechanism to drain stool (effluent) or urine when the natural method is no longer available.
- Medical Conditions that require patients to have an ostomy include cancers, birth defects, and inflammatory bowel diseases among many others.

Three Types of Ostomies:

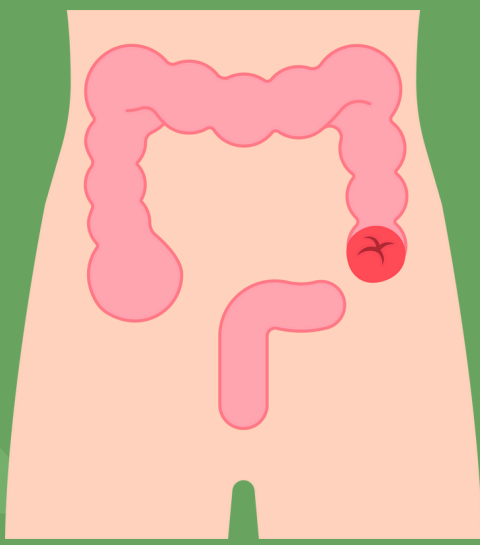
Urostomy

An opening (or stoma) is created surgically by bringing one end of a short tube of intestine (replaces the bladder) through the abdomen to pass urine into an external pouching system (appliance).



Colostomy

An opening (or stoma) is created surgically to bring a portion of the large intestine to the surface of the abdomen and allow fecal content to drain into an external pouching system (appliance). Usually located in left upper or lower quadrants of abdomen



Ileostomy

An opening (or stoma) is created surgically to bring a portion of the small intestine to the surface of the abdomen and allow fecal content to drain into an external pouching system (appliance). Usually located in right upper and lower quadrants of abdomen



Products/Accessories to Care for Your Ostomy:

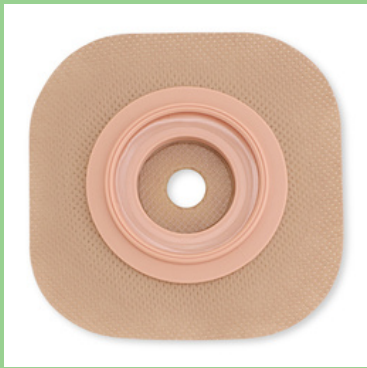
Skin Prep

To protect the skin from irritation caused by stool (effluent) or urine sitting on the skin from appliance leakage. Can also help prevent damage to the skin caused by adhesive removal. Comes in a spray or a wipe.



Skin Barriers

To protect the skin from irritation/damage due to ostomy drainage and stool (effluent).



Seals/Pastes

To act as a filler on uneven skin surfaces allowing for a better stoma fit and reduced leakage.



Deodorants

To lubricate the stoma and the inside of the pouch appliance. This prevents the stool from building up and helps eliminate odor.



Belts

To hold the ostomy appliance in place and may help prevent leakage.



Hernia/Ostomy Belts

To prevent or support the development of abdominal hernia after abdominal surgery.



Adhesive Remover Wipes

Used to remove the buildup of adhesive or paste on the skin from the ostomy flange (appliance). Can also be used to remove adhesive on the skin from tape.



Powders

Increases ostomy appliance wear time and can prevent skin irritation by absorbing moisture and creating a protective barrier.



Support Garments

To provide support of the abdomen and weight of the pouch as well as help conceal the ostomy appliance.

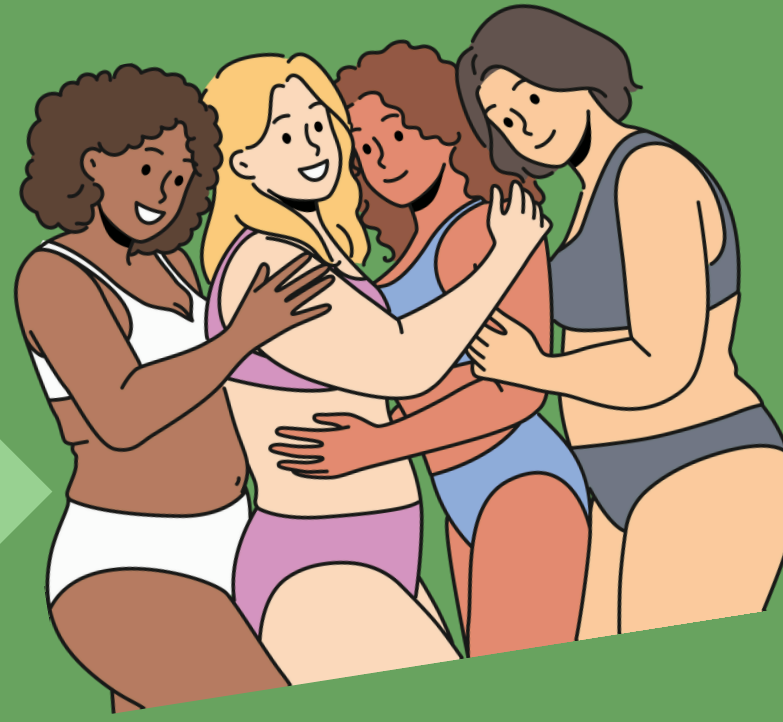


Factors to consider when choosing ostomy products/accessories

Body Shape & Lifestyle

Body shape & lifestyle is an important factor when living with an ostomy.

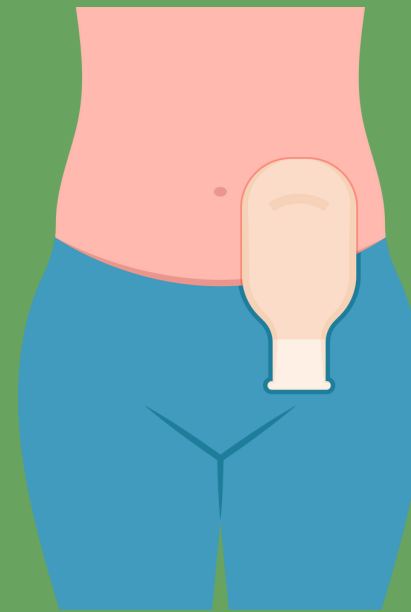
- Trial and error of various ostomy products/accessories with the help of an ostomy nurse or educator will help provide guidance on how to manage an ostomy appliance moving forward.



Stoma Construction (Convex or Concave)

Each person's stoma varies in size and shape.

- Measuring the stoma and tracking its changes in size/shape with the help of an ostomy nurse or educator will ensure appropriate product selection.



Type of Stoma

Type of stoma (Colostomy or Ileostomy)

- The consistency of the stool (effluent) is very different from each of these types of ostomies.



Stoma Location

Which quadrant on the abdomen is the ostomy in?

- The upper and lower quadrants on the right side are often Ileostomies, and the left upper or lower quadrant is usually a Colostomy.

Is the stoma above, below, or exactly on the belt line?



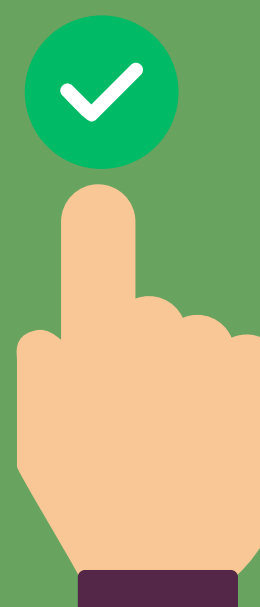
Personal Preferences & Finances

Personal preferences:

- 3 Common manufacturers
 - Hollister, Convetec, Coloplast
- Types of ostomy bag: Closed vs Open-ended, Two-piece vs One-piece, Transparent vs Covered

Finances:

- Do you have PharmaCare or extended medical coverage?



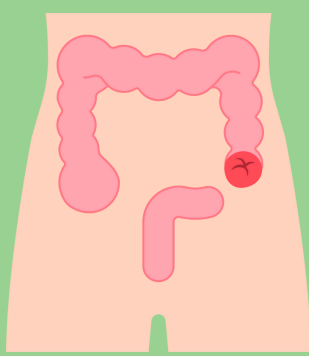
Impact on medication absorption



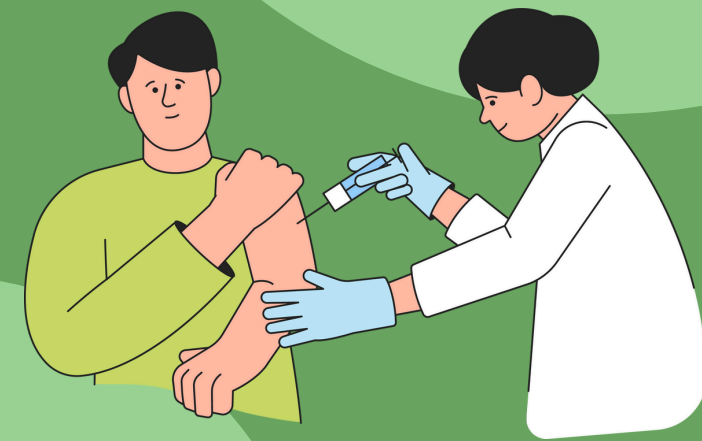
Factors that influence drug absorption:

- Formulation & dose of medication
- Residual intestinal length
- Type of ostomy
- Gastric emptying and transit time (the time it takes for food to empty from your gut and move along the intestinal tract)

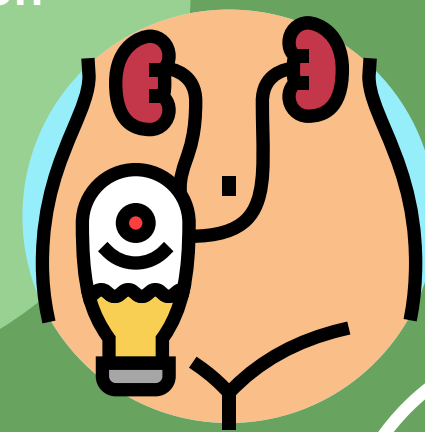
- Medications that don't dissolve quickly will not be adequately absorbed.
- Individuals with **ileostomies** should avoid taking enteric-coated or extended-release medications as these products are absorbed primarily in the colon.
- When possible choose liquid, patches, buccal, intramuscular, or sublingual medications.



Most drugs are absorbed in the small intestine. Thus, individuals with a **colostomy** are unlikely to have problems absorbing medications



Having a **urostomy** does not impact medication absorption



Impact on nutrition



Smell, diarrhea, gas: Foods eaten will pass more quickly through the body and out into the ostomy pouch meaning that some foods may cause smell, diarrhea, or gas.

- Foods that may cause odours include eggs, dried beans, fish, garlic, onions, asparagus, cabbage, broccoli, alcohol, spicy foods, and some vitamin and mineral supplements.
- Odour-proof ostomy bags or deodorants may be helpful.
- If gas is a problem, limit/avoid beans, cabbage, onions, beer, carbonated drinks, strong cheese (like aged cheese or blue cheese), coffee, spinach, raw fruits, and sprouts.
- To help reduce odour, consider including foods like buttermilk, parsley, kefir, cranberry juice, and yogurt with active cultures.

Chew food well: This will help avoid blockages at stoma site. Foods that are not completely digestible may cause blockages. Some examples are popcorn, nuts & seeds, mushrooms, whole grains, and coleslaw.

- You do not need to avoid these foods, but instead have small amounts and chew them well.
- Signs & symptoms of blockages include: abdominal cramping, nausea, and vomiting.

Eat meals regularly: Small frequent meals/snacks (4 to 6 meals/day) are recommended.

- A regular eating schedule can help reduce gas and result in better absorption of nutrients from foods.
- Avoid big meals in the evening so that a large amount of waste is not deposited into the pouch overnight.

Try new foods one at a time: This will allow you to learn which foods may be causing excess gas, constipation, looser stool, or odour. If constipated, drink more fluids. Don't use a laxative without speaking with your doctor.

Always talk with your dietitian or other health care provider before making changes to your diet.

Travelling with an ostomy



Choose an aisle seat in an airplane, preferably located near a washroom



- Ostomy supplies can be placed in your carry-on luggage as carry-on limits do not apply to medical supplies.
- You may bring another bag for your ostomy supplies



- Store ostomy supplies in a cool spot (not in your trunk)
- Wear a seatbelt across your hips, not over your stoma
- Wear a larger ostomy pouch for longer trips (a leg bag for urostomies or a high output bag for ileostomies)



- For backup, pack twice as many supplies as you think you will need for your stay.
- Avoid trying a new pouching system just before your holiday
- Pre-cut your barriers, and ensure to pack your scissors in your checked luggage



Your pouch will NOT burst/expand beyond safety limits due to cabin pressurization



- Bring a Travel Communication Card (available from the Ostomy Canada Society)
- You can show it to the security personnel to prove your need for ostomy care supplies



How to Get Help

NSWOC

(Nurses specialized in wound, ostomy, and continence)



Fort St John Pharmacy and Wellness Centre
#300-9730-101 Avenue Fort St. John, BC V1J 2A8
Phone: 250-785-3234
(NSWOC available by appointment)

Dawson Creek and Tumbler Ridge:
Call 8-1-1 (or 7-1-1 for hearing impaired) to talk to
BC health-line for ostomy help

Website: <https://www.nswoc.ca/>

Public Health Nurses



Fort St John Health Unit
10115 110th Avenue Fort St John, BC V1J 6M9
Phone: 250-263-6000

Dawson Creek Health Unit
1001 110th Avenue Dawson Creek, BC V1G 4X3
Phone: 250-719-6500

Tumbler Ridge Health Centre
220 Front Street Tumbler Ridge, BC VOC 2W0
Phone: 250-242-5271

Dietitians



Fort St. John Dietitian - Melanie Chapple
<https://mindfuleatingmatters.ca> OR
Call 250 - 261 - 7213 for a healthcare referral

Dawson Creek Dietitian
Call (250) - 719 - 6500 for a healthcare referral

Tumbler Ridge Dietitian
Call (250) - 874 - 9525 for a healthcare referral

Call 8-1-1 (or 7-1-1 for hearing impaired) to talk to a
BC health-line dietitian.

For a listing of local dietitian services:
<https://www.northernhealth.ca/health-topics/nutrition-and-dietitian-services>

Pharmacists



Fort St John Pharmacy and Wellness Centre
#300-9730-101 Avenue Fort St. John, BC V1J 2A8
Phone: 250-785-3234
(NSWOC available by appointment)

Dawson Creek Clinic Drug Store
816 103rd Avenue Dawson Creek, BC V1G 2G1
Phone: 250-782-3100

Tumbler Ridge Pharmacy—Medicine Centre
#110-230 Main Street Tumbler Ridge, BC VOC 2W0
Phone: 250-242-3333

General Information



Visit Ostomy Canada (<https://www.ostomycanada.ca/>) for supports or more in-depth information
surrounding Ostomies

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