

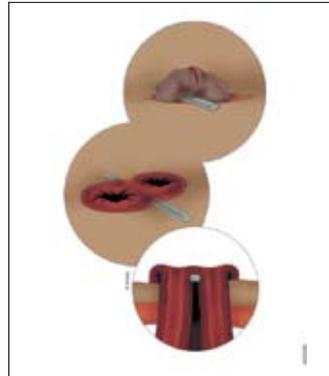
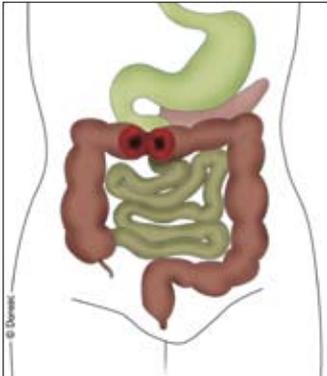


Transverse Loop Stoma

Care at home with a 2-piece appliance

Taking care of your transverse loop stoma

Transverse loop stoma



A transverse colostomy is a surgically created opening in the transverse part of the colon. When the stoma is formed the bowel is not completely divided however is cut halfway through, turned inside out and stitched to the skin. The stools will often be a little looser than normal, although the output, volume and consistency vary in each individual case. The stoma is red and moist; there are no nerve endings in the stoma and therefore no sensation.

Emptying



- 1) Open the clamp or integrated closure at the pouch end. Empty the pouch by holding the outlet into the toilet and regulate the opening with your fingers. Some prefer to kneel next to the toilet when emptying the pouch.
- 2) When you have emptied the pouch, wipe the opening with toilet paper if needed.
- 3) Fold up the pouch and close it using either the integrated closure or a clamp.

Changing the pouch

You will need:

- a) Disposal bag
- b) Dry wipes for washing/drying
- c) Water for washing
- d) New pouch and wafer
- e) Scissors for cutting wafer (if required)
- f) Any accessories you may use



- 1) Hold on to the wafer and remove the used pouch.
- 2) Wipe lightly around your stoma.

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3) Attach the new pouch to the wafer.



4) Press with your fingers all the way around to make sure the pouch is attached to the wafer.



Changing the wafer and pouch



1) Tighten the skin on your abdomen by pressing it with one hand, whilst carefully removing the pouch and the wafer.



2) Place the used pouch and wafer into a small disposal bag, tie a knot and place them in a waste bin.



3) Wash the area around your stoma with lukewarm water. It's important that the skin surrounding your stoma is completely dry before you attach a new wafer.



4) Remove the protective covering of the adhesive wafer immediately before application.



5) Attach the wafer to your skin and use your fingers to make it fit snugly around the stoma.

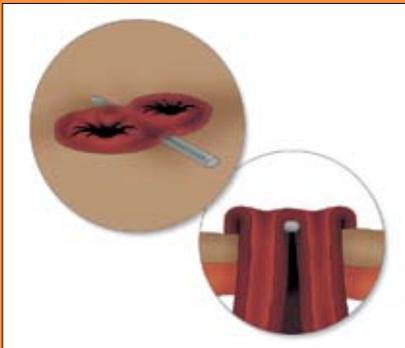


6) You can now attach a new pouch. If your stools are firmer, you may benefit from using a closed pouch.



Taking care of your transverse loop stoma

The period following surgery



Stoma rod

The stoma may be supported by a plastic rod for up to 10 days after surgery. As long as the rod is in place, help may be needed when changing the wafer.



Measure the stoma

To achieve maximum skin protection the wafer must fit snugly to the size and shape of the stoma. Your stoma will be swollen immediately after surgery and during the next few weeks. The swelling will gradually recede, and it is therefore important that you measure your stoma regularly.



If the stoma is circular, you can purchase wafers with pre-cut holes. Otherwise, you can cut the holes yourself.



Helpful devices

If the stoma is large and irregularly shaped, you can easily protect the skin around the stoma with a skin barrier ring.



The stoma care nurse will assess and advise you about products best suited for you. Here you can see how the skin barrier ring is protecting the peristomal skin giving it a good seal against the stoma effluent.