

*"DEALING WITH AN
OSTOMY, YOUR
NURSE IS HERE TO
HELP YOU"*

**MALAGA REGIONAL
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**RECOMMENDATIONS
FOR OSTOMY
PATIENTS**

LIVING WITH AN OSTOMY

An ostomy is a therapeutic solution to a serious health problem that improves your quality of life and it won't avoid you to return to the activities you were used to do. Caring for your stoma will become a big part of your life, but it shouldn't be the center of your life. We will help you to become completely independent!

YOUR WORLD WON'T CHANGE, YOU'LL HAVE YOUR NORMAL LIFE BACK, WITH THE MAXIMUM AUTONOMY AND INDEPENDENCE POSSIBLE

CARE RECOMMENDATIONS

GET INVOLVED IN YOUR STOMA CARE

Put into practice all the new skills that you've learned to handle your stoma, and take the necessary steps in time, it will help you improve your self-esteem.

FEEDING

Eat slowly and chew your food very well. Avoid large meals, it's better to eat 5 to 6 meals a day in a regular way. You need to know the effects of certain foods to avoid gas, odors and increase or decrease the consistency of your stools. Start with a low-fiber diet for the first 6-8 weeks, and then gradually incorporate the rest of the food. It's very important to maintain an adequate hydration, to drink a lot of fluids, preferably between meals, avoiding soft drinks.



ABOUT THE STOMA

During the first month and a half, the stoma may change in appearance until it reaches its final shape and size. So, it's necessary to measure your stoma periodically and adapt the device to the current size of the stoma.

Remember that during its manipulation, your stoma may bleed a bit and this doesn't represent any problem.

CONTROL YOUR LIFE

Return to your social activity as soon as possible. Don't forget to always carry devices to change yours in case of need, to feel more secure. You can continue to dress the way you used to, just try to avoid clothing that excessively compresses your stoma.

**DEALING WITH A POUCH,
THE BEST CARES**