

STOMA GUIDE FOR PATIENTS



A Understanding your stoma

A stoma is an opening made on your abdomen to allow stool or urine to pass out of your body. The duration may be temporary or permanent, depending on the disease and the type of surgery.

Your stoma should look

- 1 Pink to red
- 2 Moist
- 3 Slightly raised
- 4 Painless



If it turns dark, black, pale, or becomes severely swollen, contact your surgical team.

B Daily stoma care routine

1 Gather all items

- Clean water
- Soft cloth / tissue
- New stoma bag and flange
- Stoma measuring guide
- Skin barrier/skin wipes (if advised)



2 Measure the stoma

- Size changes in the first 6–8 weeks
- Cut the opening 1–2 mm larger than the stoma diameter



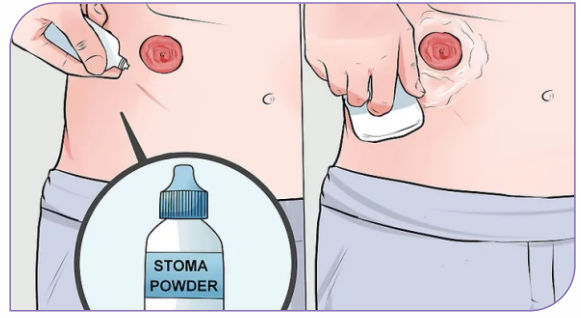
3 Remove the old bag

- Gently peel from top to bottom
- Support the skin with one hand
- Empty the bag before removing it if it is full



④ Clean the stoma and skin

- Use lukewarm water
- No soap with fragrance
- Pat dry completely
- Inspect skin for rashes, redness or wounds



⑤ Apply the new bag

- Make sure skin is dry
- Apply a skin barrier if required
- Centre the flange around the stoma
- Press firmly for 20–30 seconds
- Ensure edges are sealed



⑥ Dispose of the old pouch properly

- Wrap in newspaper/plastic
- Dispose of in regular waste (do NOT flush)



C What to eat after stoma surgery

① For 2–3 weeks

- Soft diet
- Small frequent meals
- Good hydration: ORS, coconut water, soups

② Avoid temporarily

- Gas-forming foods: beans, cabbage, onions
- Odour-forming foods: eggs, fish (if sensitive)
- High-fiber raw vegetables

③ Add gradually

- Fruits (banana, papaya, apple)
- Curd
- Dal, rice
- Soft chapati

④ For ileostomy

- High output drink ORS regularly, avoid dehydration.

D Activity & lifestyle tips

- You can bathe normally (bag on or off as advised).
- Wear comfortable, loose clothing.
- Avoid heavy lifting for 6–8 weeks.
- Walking daily is encouraged.
- Use a support belt if advised to prevent a hernia.
- Travel with extra bags and wipes.

E Warning signs — Call your surgeon or stoma nurse

- Persistent leakage
- Severe skin irritation
- High output (>1.5–2 litres/day)
- Stoma turning black/dusky.
- No output for >12 hours with abdominal pain
- Fever or dehydration symptoms
- Stoma bleeding excessively
- Sudden prolapse or retraction

F Emotional well-being

- It is normal to feel anxious or overwhelmed
- With practice, stoma care becomes easy
- Family involvement and reassurance help tremendously
- Our stoma nurse is available for guidance at every step

Contact Us

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