

Going Home with a Stoma

Leaving hospital after having surgery where a stoma has been formed can be a daunting prospect and you will probably have many questions. The Stoma Care Nurses will give you all the information you need to be able to care for your stoma at home; however, this leaflet outlines some of the most commonly asked questions.

How do I obtain further supplies of my stoma products?

The Stoma Care Nurse will ensure you have plenty of supplies on leaving hospital to last approximately 14 days. Further supplies are obtainable on prescription, either through your local chemist or via a delivery service. The Stoma Care Nurse will give you prescription details and explain about ordering supplies when she visits you at home.

Do I have to pay for my prescriptions?

No. If you are under 60 years old, ask your GP for a Medical Exemption certificate, which they will need to sign too.

Will I receive a visit from the Stoma Nurse?

Yes. If you live in the locality of the RD&E this will be discussed with you prior to going home. If you are out of our catchment area your local stoma care nurse will be in touch with you on discharge.

Will the District Nurse/GP know about my stoma care?

Formation of your stoma will be highlighted in

the doctor's discharge letter from the ward. If you do need your GP or District Nurse out of hours, in an emergency you can phone 111.

There's blood on the tissue when I clean my stoma, should I be concerned?

No. Some blood on the tissue when cleaning your stoma is quite normal and nothing to be concerned about. Should you see blood in the stool or coming from the stoma opening, please contact the Stoma Care Nurse or your GP.

My stool has changed in consistency/frequency since being home - is this normal?

This is quite normal when changing from a hospital diet onto your usual diet. Ensure you drink plenty of fluids and try to stick to a simple, digestible diet (for further advice, refer to your dietary advice leaflet). The Stoma Care Nurse will discuss your output and diet with you during your home visit. Any concerns please call your stoma team to discuss.

I feel that I need to have my bowels opened rectally - is this normal?

Yes. For some patients passing some stool or mucus rectally is perfectly normal. Try sitting on the toilet as if passing a motion, but do not over-strain.

When can I resume my normal activities?

When you go home, gradually increase your levels of activity as you feel able. Do not do any heavy lifting or strenuous exercise until at least four to six weeks after your surgery and then only if you feel comfortable. Check with your insurance company before recommencing driving. You can resume sexual activities as soon as you feel comfortable.

How do I contact the Stoma Care Nurse?

The RD&E Stoma Care Nurse can be contacted on: **01392 402742**

Please do not hesitate to call us if you have any concerns or questions regarding your stoma, the output from it or your stoma care in general once you have been discharged home. We work Monday to Friday 8am -4pm and there is an answerphone if we are not available which we check regularly during the day.

E-mail: rde-tr.stomacare@nhs.net

Your local Stoma Care Nurse can be contacted on:

Going home checklist

- I am aware when the community stoma care nurse will contact me
- I have contact numbers for the community and hospital stoma care nurses
- I have enough supplies for 2 weeks
- I am aware of what to eat and drink
- I know how to contact my GP/District Nurse in an emergency
- I know how to contact the relevant ostomy support group
- We have your verbal permission given to

share details with Delivery company

- We have discussed hernia prevention with you and the four core exercises
- Is there anything else I want to ask?

Notes

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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Designed by Graphics (Print & Design), RD&E (Heavitree)