



# CHALLENGING DAILY LIFE

GUIDE FOR COLOSTOMATES AND ILEOSTOMATES

You can make it

## Challenging daily life with a stoma

Olivia will have an important meeting at work today. Everybody will look at her presenting the new business strategy. She is worried: After everything she has been through the last months, it is even harder to be in the center of attention. Hopefully nobody will notice that she has an ileostomy. Her husband believes in her. Handing her over a cup of coffee, he tries to encourage her:

**YOUR MEETING WILL BE A SUCCESS  
YOU CAN MAKE IT**

GUIDE



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It will take time to adjust to life with a stoma. This is quite normal. The following steps will provide support.

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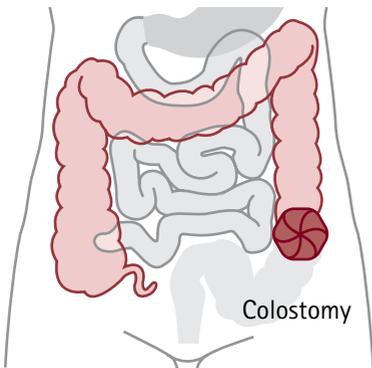
# WHAT IS A STOMA?

A stoma is a surgical opening on the abdomen through the skin surface for the purpose of removal of body waste.

## TYPES OF STOMA

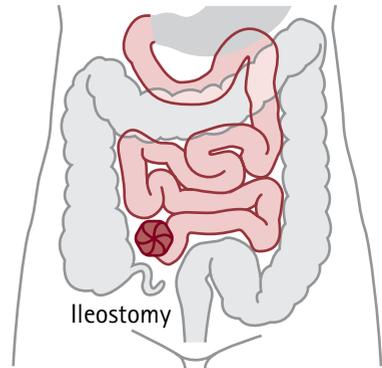
### Colostomy

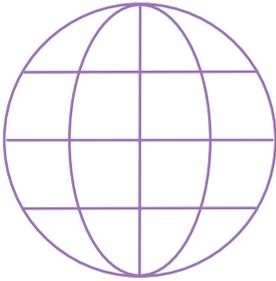
It is a surgical opening on the surface of the abdomen created to divert the feces through a hole in the colon and through the wall of the abdomen. This type of stoma can be temporary or permanent.



### Ileostomy

It is a surgical opening on the surface of the abdomen created to divert the feces through a hole in the ileum (lowest part of the small intestine) and through the wall of the abdomen. This type of stoma can be temporary or permanent.





# 2 Millions

ostomates worldwide<sup>1</sup>

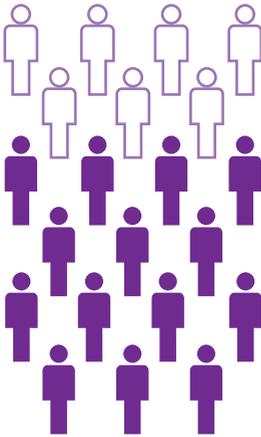
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# 65

years old mean age  
of patients<sup>1</sup>

---



# 80 %

are patients with  
digestive ostomy<sup>2</sup>

---

Colorectal cancer is

# the 3<sup>rd</sup>

most frequent cancer<sup>2</sup>

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Both women and men are  
affected around the world<sup>2</sup>

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sources:

1-Ostomy Life Study, <https://www.coloplast.com/products/ostomy/ostomy-life-study/2017/>

2-Ostomy-related problems and their impact on quality of life of colorectal cancer ostomates: a systematic review; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4706578/>

# I AM A COLOSTOMATE

A colostomy is a surgical opening on the surface of the abdomen created to divert the feces through a hole in the colon and through the wall of the abdomen.

There are different reasons that can lead to someone needing a colostoma.

## THE MAIN REASONS ARE:

- Cancer
- Inflammatory bowel disease
- Familial polyposis
- Trauma
- Congenital defects
- Vascular accident
- Sigmoidit

## THERE ARE 3 MAIN TYPES OF COLOSTOMIES:

- **Ascending colostomy:** the output is liquid
- **Transverse colostomy:** the output is semi solid, unpredictable and can contain some digestive enzymes
- **Descending /sigmoid colostomy:** the output is solid and can be regulated

## Temporary colostomy

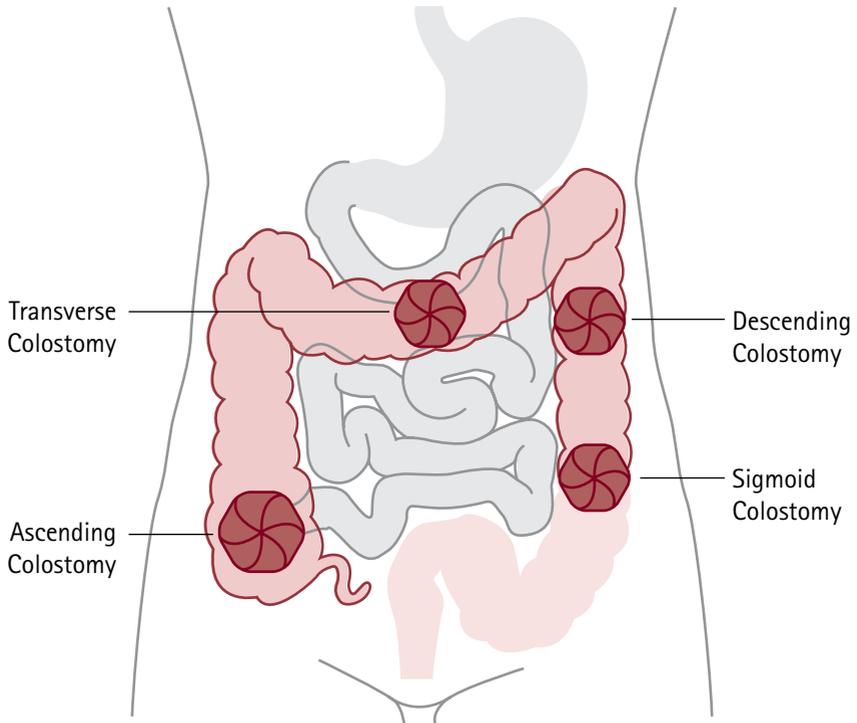
After a trauma or a surgery, a part of you colon may need time to heal and therefore a temporary colostomy might be needed. Your stoma will be removed 1 to 6 months after surgery. The operation to close the stoma will not usually involve opening up your scar.

## Permanent colostomy

Your stoma is not a wound, it is a mucous membrane, that is simply cleaned up with bare hands using water and soap. The pouch is usually discarded once filled. Eating regular healthy meals will help your stoma settle into a pattern of working within a month at home.

# UNDERSTANDING MY COLOSTOMY

## TYPES AND APPLIANCES:



## Stool consistency & pouch

- **Formed stools:** closed or drainable pouches  
Both 1-piece and 2-piece systems are available.
- **Loose to formed stools, semi-liquid or liquid stools:** drainable pouches  
Both 1-piece and 2-piece systems are available.

# I AM AN ILEOSTOMATE

An ileostomy is a surgically created opening through the abdomen. It takes the role of eliminating waste when a number of situations make it necessary to bypass the rectum or colon. An ileostomy is constructed from the ileum. This type of stoma can be temporary or permanent.

There are different reasons that can lead to someone needing a ileostomy.

## THE MAIN REASONS ARE:

- Ulcerative colitis
- Crohn's disease
- Familial Polyposis Coli
- Congenital defects

## Temporary ileostomy

After a trauma or a surgery, a part of your colon may need time to heal and therefore a temporary ileostomy might be needed. Your stoma will be removed 1 to 6 months after surgery. The operation to close the stoma will usually not lead to another scar.

## Permanent ileostomy

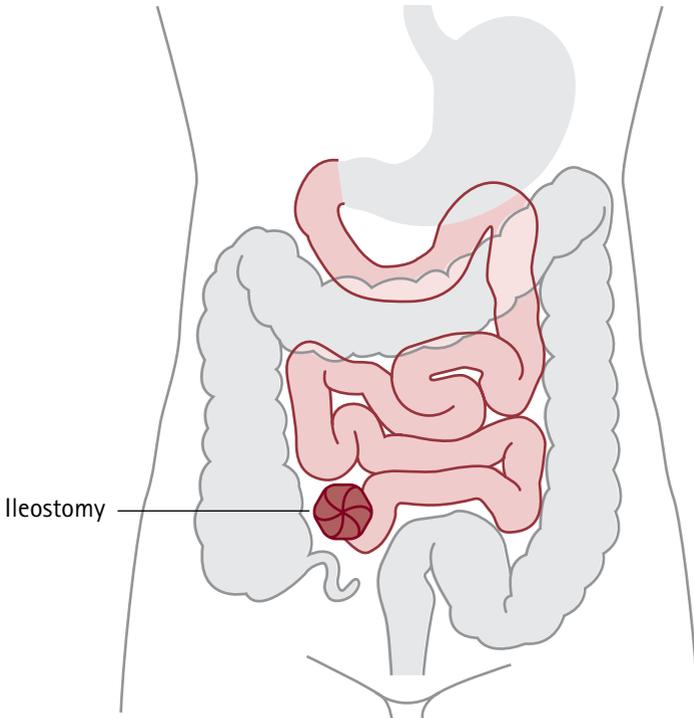
In some cases the ileostomy is definitive. It is simply cleaned up with bare hands using water and soap. You will use a pouch with a bottom outlet to be emptied regularly.

This type of stoma usually protrudes a little from the skin and produces a soft to fluid output. The consistency of the effluents can change over the course of a day.

This is quite normal and is related to what, and how much, you are eating.

# UNDERSTANDING MY ILEOSTOMY

## LOCATION AND APPLIANCE:



## Stool consistency & pouch

- **Liquid or semi-formed:** drainable pouches
- Both 1-piece and 2-piece systems are available.

# LIFESTYLE

If you have any concerns please contact your ET nurse or doctor for more information.

## TRAVEL

Having a stoma does not prevent you from traveling! Make sure to bring with you your appliances and prepare sufficient stock in case your products are not available in the country you are traveling to. Make sure to drink enough water and keep in mind that some foods can give rise to diarrhea. When travelling by plane make sure to evenly distribute your products amongst your different bags, in case one gets lost.

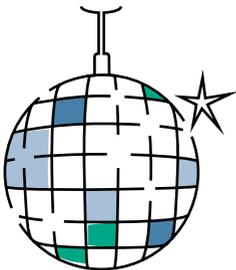
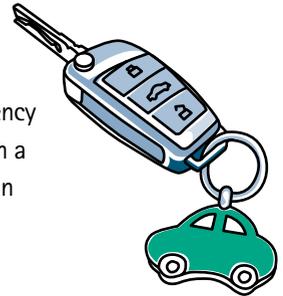


## CLOTHING

Continue wearing your favorite clothes! Wear comfortable clothes that make you feel good about yourself! Try to avoid wearing tight waistbands directly over your stoma.

## DRIVING

Start driving when you feel comfortable performing an emergency stop. To be safe, the first time you start driving either start with a short distance or ask another insured driver to come with you in case you are unable to continue.



## EVENT

Most venues have a bathroom, allowing you to empty your pouch when needed. With the right equipment you will be able to fully enjoy the event you have been invited to.

## SHOWERING

As the equipment is fully waterproof you can shower or take a bath. Keep in mind that hot water will have a negative impact on the skin protector (1-piece system) or the base plate (2-piece system). In all cases, avoid using products such as shower gels or bubble bath as they leave a greasy film on the body making it harder for the equipment to hold properly. This can lead to possible irritations. Choose products with a neutral pH, preferably without fragrance or colorant.



If you decide to keep your pouch while taking a shower, remember to close the filter to maintain its effectiveness. Be aware that if you decide to shower or bath without your pouch, possibly stool output can occur.

## WORK

If you are worried about going back to work, ask your employer if you can start by working part time. Don't hesitate to talk with your employer to find out what works best for you both. Most people are able to resume their previous employment within 3 months after the surgery. Before going back to work, check with the human resources department of your company to make sure that your job is compatible with your stoma (physical efforts needed, place of work).



## SPORT

Exercising and maintaining a healthy lifestyle is possible even with a stoma. They are actually the key factor to your recovery and will help you gain back your confidence.

However, you must start exercising progressively in order not to strain your stoma too much especially right after your surgery. Wearing a belt or a protection band is sometimes useful. Of course don't forget to do the type of sport that you enjoy!



A perfect fit for ostomates!



Avoid any sports that put too much stress on the abdominal muscles



## SEXUALITY

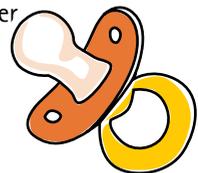


Having a stoma does not prevent you from enjoying a healthy sex life. Initially you will most probably be worried: how to lie? On which side? Gradually you will gain confidence in yourself and bedtime will no longer be synonymous with fear and apprehension but will be a moment of intimacy.

## CONTRACEPTION, PREGNANCY AND CHILDBIRTH

As colostomate or ileostomate you may need to change the type of contraception you were using prior to the surgery as in the case of oral contraceptives for example, you may no longer be able to absorb the full dosage of medication. You should ask your E.T. nurse for advice.

Having an ostomy doesn't prevent a woman from becoming pregnant or giving birth. Many women have had successful, uncomplicated pregnancies after their surgery. However it is usually advisable to wait for about a year after your operation to have a family. This gives you time to heal after the surgery, and allows you to recover psychologically from the operation. If you have any concerns ask an E.T. nurse.



 TRAVEL CERTIFICATE

Name

Address

Passport N°

Signature

Date  
 |  |

Name of Doctor

Address

Signature

Date  
 |  |



### TO WHOM IT MAY CONCERN

This is to certify that the person named on this certificate has had a surgical operation which makes it necessary for him/her to wear at all times, a bag attached to the abdomen to collect excretion from the bowel or bladder.

If it is necessary to examine this bag, a qualified medical practitioner should be present, because any interference may cause leakage and great discomfort and embarrassment to the wearer.

The bag may be supported by a belt; if so, this may have metal parts which register on a metal detector. The owner of this certificate may also be carrying an emergency supply pack consisting of spare bags, surgical dressings, etc., in addition to his/her main luggage. It is essential that these emergency supplies remain intact and are not mislaid.

### AN ALLE, DIE ES ANGEHT

Es wird hiermit bestätigt, daß die in dieser Bescheinigung genannte Person eine Operation hatte, die es erforderlich macht, daß sie zur Einsammlung von Darm- oder Blasausscheidungen immer einen Beutel am Unterleib trägt.

Wenn dieser Beutel untersucht werden muß, hat das in Gegenwart eines qualifizierten Arztes zu geschehen, weil ein Eingreifen zur Folge haben könnte, daß etwas ausläuft, was für den Träger bzw. die Trägerin großes körperliches Unbehagen verursacht und sehr peinlich ist.

Der Beutel hängt manchmal an einem Gürtel, der Metallteile enthalten könnte, die eventuell durch einen Metalldetektor angezeigt werden. Es ist auch möglich, daß der (die) Inhaber(in) dieser Bescheinigung, außer seinem (ihrem) Hauptgepäck, eine Notversorgungspackung bei sich hat, die aus Ersatzbeuteln, Verbandmaterial u. dgl. besteht. Dieser Notvorrat muß unbedingt unversehrt bleiben und darf nicht verlegt werden.

### A QUIEN PUEDA INTERESAR

Se certifica aquí que la persona cuyo nombre se menciona en este certificado ha sido objeto de una operación quirúrgica que hace indispensable para él/ella llevar siempre una bolsa sujeta al abdomen para retener la excreta del intestino la vejiga.

Sí es preciso examinar esta bolsa, deberá hacerse el examen en presencia de un médico calificado, porque cualquier intervención puede ocasionar escapes y bastante incomodidad y confusión al paciente.

La bolsa puede colgar de un cinturón. De ser así, éste puede tener piezas metálicas que puedan observarse en un detector de metales. El detentor del presente certificado puede llevar también una provisión de emergencia compuesta de bolsas de repuesto, vendajes, etc., además de su equipaje personal y es esencial que tales provisiones de emergencia permanezcan intactas y no se pierdan.



Please, I need:



# WHAT CAN I EAT & DRINK?

## TO STAY HEALTHY:

- Have a good food hygiene
- Take regular meal
- Eat slowly and calmly

Limiting your intake will not decrease the output from your stoma.

### ALLOWED

#### STARCHES

- Bread
- Potatoes
- Non whole wheat cereals, rice, pasta, quinoa, bulgur, semolina



#### PROTEINS

- Fish
- Meat
- Eggs
- Ham



#### VEGETABLES

- Low-fiber vegetables are preferred

#### SAUCES

- May brighten up your meals



#### DRINKS

- Plenty of water
- Coffee

### AVOID

#### SOME STARCHES

- Corn
- Whole wheat bread
- Whole wheat cereals
- Excess of pulses (chickpeas, lentils, peas, beans)



#### IRRITATING FOODS

- Milk and dairy products (yoghurt, cottage cheese)
- Excess of raw fruits and vegetables

#### SOME SAUCES

- Avoid spicy or cream based sauces



#### DRINKS

- Tea and herbal teas
- Sparkling water and sodas

# B. BRAUN SOLUTIONS

## IRRIGATION - FOR LEFT COLOSTOMATES ONLY

### WHAT IS IRRIGATION?

The method of flushing the intestine, also called irrigation, is recommended for left colostomates in order to facilitate control over stool discharge. The aim of irrigation is to stimulate the intestine to increase the movement of its contents (peristalsis) by rinsing it regularly. The enhanced movement of intestinal contents results in a complete evacuation of the colon at the desired time and thus the patient can then enjoy up to 48 hours with no evacuation.

### 2 OPTIONS

#### Irrigation by gravity

Easy and safe way to irrigate using a gravity set

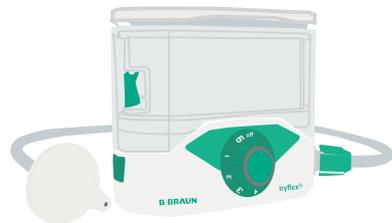
#### Iryflex® Set



#### Irrigation by electric pump

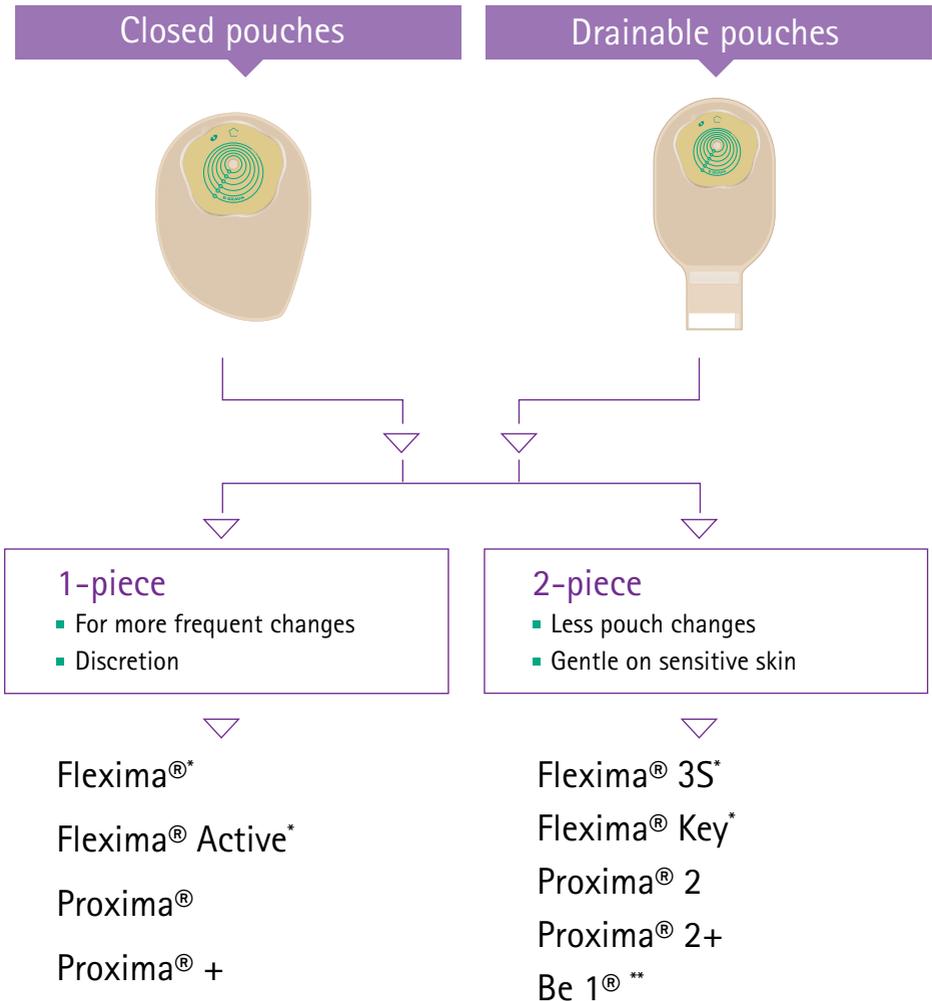
Comfortable, easy and safe irrigation through an electrical pump

#### IryPump® S



# I AM A COLOSTOMATE

As a colostomate you will, in most cases, use a closed pouch but you can also use a drainable pouch if it suits you better.



\* Also available in convex version

\*\* For left colostomates only

# I AM AN ILEOSTOMATE

Drainable



**1-Piece**

- Skin protector & pouch are sealed together and changed both frequently
- Discretion

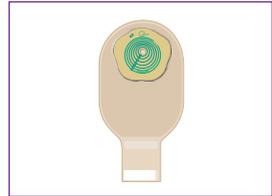
## Flexima®

Available in flat and convex versions



## Flexima® Active

Available in flat version



## Proxima®

Available in flat and border versions



## Proxima® +

Available in flat version



## pouches

### 2-Piece

- Base plate can keep in place up to 3 days while only pouch is changed, recommended for sensitive skin



### Flexima® 3S

Base plates are available in both flat and convex versions



### Flexima® Key

Base plates are available in both flat and convex versions



### Proxima® 2

Base plates available in flat and border versions



### Proxima® 2+

Base plates available in flat and border versions



In the case of Ileostomates, effluents are more aggressive, accessories can improve your daily comfort:

Rings



Powder



Belt



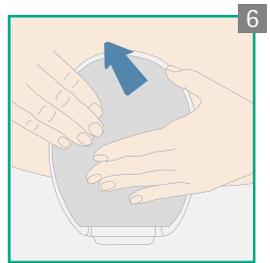
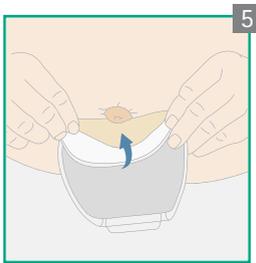
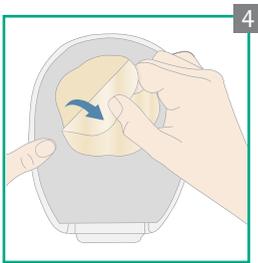
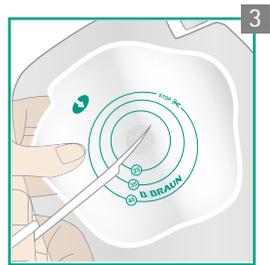
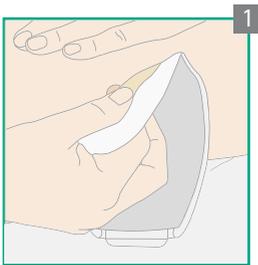
Paste



# FREQUENTLY ASKED QUESTIONS

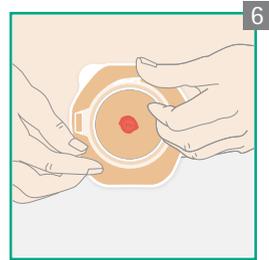
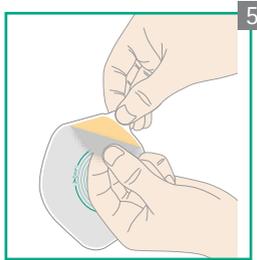
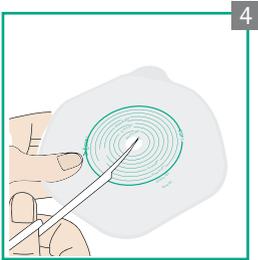
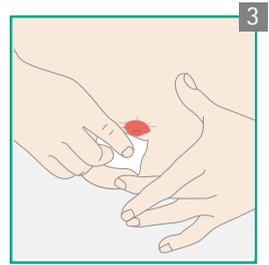
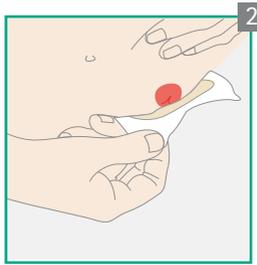
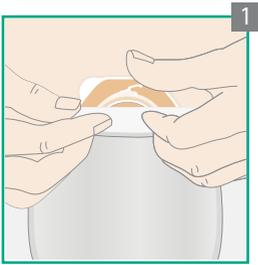
## HOW TO USE A 1-PIECE SYSTEM?

Make sure to read the instructions for use to learn how to use your pouch



# HOW TO USE A 2-PIECE SYSTEM?

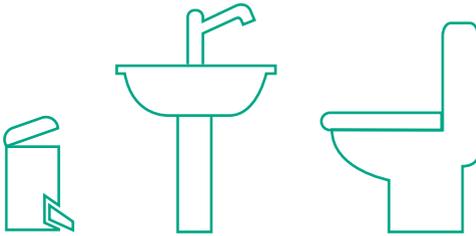
Make sure to read the instructions for use to learn how to use your pouch



If you are using a 1 or 2-piece drainable pouch: close the pouch before using it.

## HOW TO CHANGE MY POUCH?

In the bathroom, you will need:



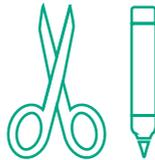
Did you know?

Do not try to flush pouches down the toilet - they will block your drainage system. Wrap the used pouch in several layers of newspaper or toilet paper, seal in a plastic or paper bag and place in the bin.

Make sure to have:



Plastic bags or  
toilet paper



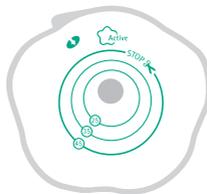
Scissors | Marker



Mirror



Appliance



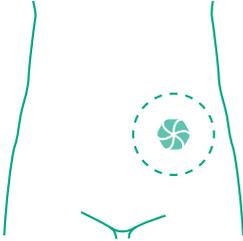
Stoma Pattern



Tepid water

# DO YOU KNOW HOW TO MANAGE YOUR PERISTOMAL SKIN?

## Remember:



- Your peristomal skin is the skin around your stoma
- Your peristomal skin is your greatest ally



If you are worried that you may have a peristomal skin complication, do not hesitate to contact your healthcare professional as soon as possible.

*Let's get better!*

## Keeping your peristomal skin healthy:

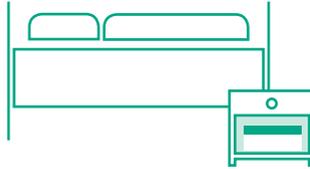


- Water and soap are key to keeping your skin healthy
- Choose products with a neutral pH, preferably without fragrance or colorant.

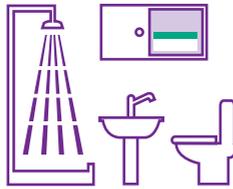
## Monitoring your stoma:

Make sure your equipment fits well around your stoma. In the first months/weeks after surgery measure your stoma as it will become less swollen. You may have to adapt your equipment to your stoma size.

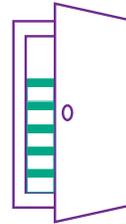
# WHERE CAN I STORE MY APPLIANCE?



Appliances should be kept in a cool dry place



Do not store appliances in the bathroom or toilet



Do not overstock appliances



Keep away from direct sunlight



Keep away from hot and humid places

## CONTACTS | ASSISTANCE



### Where can I get help?

- ET Nurse
- Surgeon
- Other ostomates
- Ostomy association
- Cancer society
- Stoma products supplier



### Contact your surgeon or stoma therapy nurse immediately if:

- Your stoma bleeds excessively, changes colour or becomes swollen
- Any problem becomes severe or causes pain
- Skin irritation lasts more than a few days
- You have any general concerns



### Informative websites

- [www.ostomy.org](http://www.ostomy.org)
- [www.wcetn.org](http://www.wcetn.org)
- [www.ecet-stomacare.org](http://www.ecet-stomacare.org)
- [www.bbraun.com/living-with-a-stoma](http://www.bbraun.com/living-with-a-stoma)

# OUR PRODUCTS

## 1-PIECE SYSTEM



Flexima® Active

The Flexima® Active range is for patients requiring even more comfort, as its highly flexible skin protector gives you a sensation of a second skin.



Flexima®

The Flexima® range is simple to use. It is a complete range that offers not only flat, but also convex skin protectors, both in pre-cut and cut-to-fit versions.



Proxima® /  
Proxima® +

The Proxima® and Proxima® + ranges are complete ranges offering a wide choice of products.

## ACCESSORIES

Ileo Gel +

Super absorbent for solidifying liquid stools.



Superfiller

Protective skin barrier paste for uneven peristomal skin surface.



B. Braun DeOdour

Odour neutralization powder for colostomates.



Askina® Barrier Film

No sting, rapid drying breathable skin barrier.



B. Braun Adhesive Remover

Helps to remove your medical adhesives without pain.



## 2-PIECE SYSTEM



Flexima® 3S

Flexima® 3S is the latest generation of 2-piece mechanical coupling system within the B. Braun range.



Flexima®Key

Flexima® Key is the latest generation of 2-piece adhesive coupling system within the B. Braun range. Flexima Key® pouches are as discreet as 1-piece pouches.



Proxima® 2 /  
Proxima® 2+

The Proxima® 2 and Proxima® 2+ ranges are complete ranges offering a wide choice of products with a secure locking system.



Be 1®

Be 1® is an innovative capsule cap conceived for left colostomates with formed or pasty stools: a compact capsule with a closed folded pouch inside that intends to enable colostomates to control their continence, meaning their gas and stool evacuation.

**Commercialized and manufactured by :**

B. BRAUN MEDICAL SAS | 26 Rue Armengaud | 92210 Saint-Cloud - France

B. Braun Hospicare Ltd. | Collooney | Co. Sligo | Ireland

Tel. 01 41 10 53 00 | Fax 01 41 10 75 68 | [www.bbraun.com](http://www.bbraun.com)

B. Braun Medical SAS with a share capital of 31 000 000 € | RCS Nanterre 562050856

[www.bbraun.com/living-with-a-stoma](http://www.bbraun.com/living-with-a-stoma)

This document is not a use notice nor medical prescription. In case of any doubt, please refer to the notices and contact your doctor.

The medical devices are regulated health care products and on the basis of this regulation are certified CE.

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