

Screen it! Treat it! Beat it!

OSTOMY INFORMATION



The Ostomy Canada Society is a non-profit volunteer organization in Canada dedicated to all people with an ostomy, and their families, helping them to live life to the fullest through support, education, collaboration and advocacy.



Ostomy Canada Society | Société Canadienne des Personnes Stomisées

The following content has been furnished by the Ostomy Canada Society. Additional content may be accessed from their website on support and services.



Please click on the following link to visit a host of services on support and education throughout Canada: <https://www.ostomycanada.ca/>

What Is An Ostomy?

An Ostomy is a surgical procedure creating an opening from the bowel or ureters to the abdomen, resulting in a stoma, for the purpose of eliminating waste (stool from the bowel or urine from the ureter).

Human Digestive System

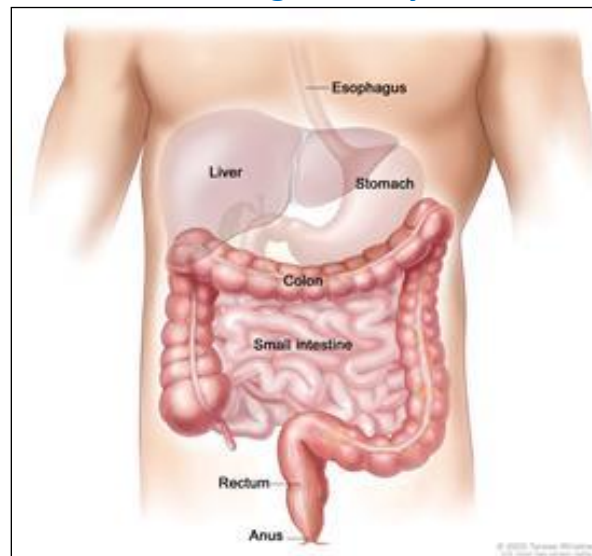


Diagram illustrating anatomy of the lower digestive system, showing the colon and other digestive organs.
Source: <http://www.cancer.gov/cancertopics/pdq/treatment/colon/Patient>

The digestive tract is a hollow tube which stretches from the mouth to the anus and is lined with mucous membrane. As food travels through the system, enzymes are added which break down the food into a form that can be absorbed and used by our bodies. It is important to remember that digestion and absorption of nutrients takes place in the small bowel. Therefore, if there is a need for the removal of

the large bowel because of disease, the normal digestive process is minimally unchanged. The main function of the colon is to extract fluid and salt from the stool and act as a storage organ.

Ostomies are created to overcome problems with the bowel or bladder which are caused by injury, disease or congenital defect. All ostomies allow for the discharge of normal waste through a surgically created opening (stoma) in the abdomen. Most ostomates wear a pouch to cover the stoma and to collect body waste, but a few have some control over-discharge of waste and do not need an appliance.

There are essentially two types of ostomies resulting from colorectal cancer:

Colostomy:



This type of ostomy involves the surgical construction of a connection from the colon to the abdomen, forming a stoma, which allows the waste to be discharged from the body without passing through the diseased part of the colon below the stoma and the rectum.

Descending or Sigmoid – This type of colostomy may often produce formed stools. Irrigation (enema) may be recommended by the physician to regulate bowel movement, in which case only a special pad or small security pouch is needed to be worn over the stoma.

Ileostomy:



This type of ostomy involves the surgical construction of a connection from the small bowel (ileum) to the abdomen, forming a stoma which allows for the discharge of body wastes.

The discharge will vary from being quite liquid at first to semisolid as time goes on. It is necessary to wear an appliance at all times, and special care must be given to protecting the skin. It is important for the ileostomate to take meals at regular hours and to drink lots of fluid to keep electrolytes in balance. Diet will have a bearing on the quantity and the character of output.

For Additional information, please visit Ostomy Canada Society: <https://www.ostomycanada.ca/>

Or Call us Toll Free: 1 833 79 CCRAN (22726) We would be happy to help.

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TOGETHER, ANYTHING IS POSSIBLE