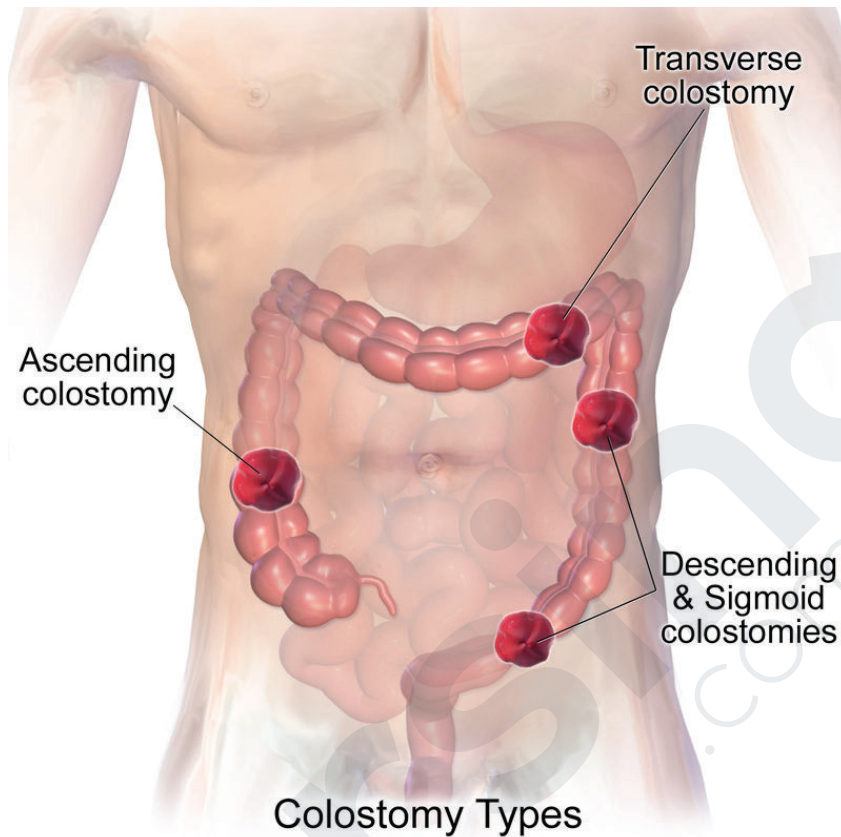


COLOSTOMY CARE



Stoma Locations

Patient Care

Assess stoma appearance. Normal color is pink to red. Report stoma that is pale, dark, purple or brown.

Stoma appliance (bag) should be cut 1/16 - 1/8 in larger than the stoma.

Cleanse stomal area and keep dry.

Apply skin barrier before applying appliance.

Empty appliance frequently to avoid complications. Generally when 1/3 full.

Patient Care

Special attention needs to be paid to client diet:

Foods that increase gas:

beer, broccoli, brussel sprouts, cabbage, carbonated drinks, beans, dairy, spinach

Foods that thicken stool:

applesauce, banana, bread, cheese, yogurt, rice, pasta

A small needle sized hole can be made in the pouch to allow flatus to escape. Seal with a bandaid.

By BruceBlas. When using this image in external sources it can be cited as:Blausen.com staff. "Blausen gallery 2014".
Wikiversity Journal of Medicine. DOI:10.15347/wjm/2014.010. ISSN 20018762. - Own work, CC BY 3.0, <https://commons.wikimedia.org/w/index.php?curid=33041231>