

Welcome to the Helena, MT **OSTOMY SUPPORT GROUP**

We're so glad you're here!

WHO WE ARE:



Angelika Stratton
BSN, RN, CWON

*Certified Wound and
Ostomy Nurse*

Inpatient Wound and
Ostomy Nurse &
Outpatient Ostomy Nurse



Angela Tacey
BSN, RN, CLT

*Wound and Ostomy
Nurse and Certified
Lymphedema Specialist*

Inpatient Wound and
Ostomy Nurse &
Outpatient Ostomy Nurse

HOW TO REACH US?

St. Peter's Health Inpatient Wound and Ostomy Care

Wound Care Office & Voicemail: 406-447-2705

Work Cell Angelika: 406-475-2876

Work Cell Angela: 406-594-6652

Work Email Angelika: astratton@sphealth.org

Work email Angela: atacey@sphealth.org

Office location: 3rd floor room 3177

WHAT IS THE PURPOSE OF THIS MEETING?

- To get people with ostomies to meet and exchange knowledge and experiences.
- To present topics which may have been briefly discussed initially, but need a refresher.
- For the ostomy nurses to be able to remain more connected with the ostomy patients.
- To have the ostomy nurses address any questions or concerns of the ostomy patients.

3 IMPORTANT REMINDERS FOR OSTOMY PATIENTS

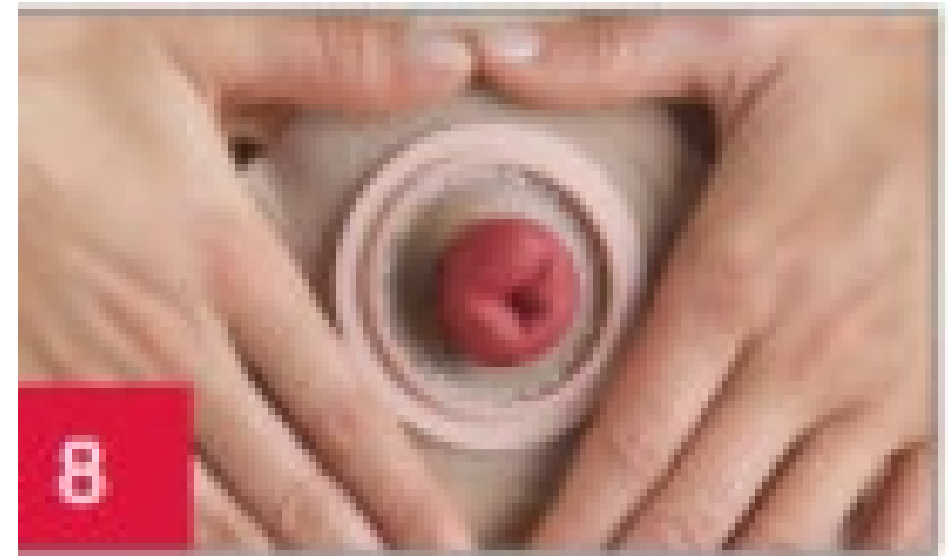
- Get a good seal (use accessories available or see ostomy nurse for suggestions)!
- Don't cut the wafer too large for the stoma!
- Drink water (or tea, soft drinks, juice etc.) to keep output thinner and replenish fluids!

OBTAINING A GOOD SEAL

- Ensuring that only water is used when cleaning stoma (at least rinsed and dried). No soap, creams or wipes!
- Use of skin preps (or skin barrier wipes as they are labeled) prior to applying pouching system every time.
- Use of barrier rings/strip around stoma for better seal or filling in the creases.
- Use of ostomy paste for ileostomies or colostomies as needed.
- Ensuring that wafer is nice and taut, no wrinkles!
- Emptying pouch when it is 1/3 to 1/2 full (so it does not pull on adhesive wafer).

CUTTING THE WAFER TO SIZE

- Cut it just large enough for the stoma to fit through.
- Too large and intact skin can get irritated by effluent. Remember that the barrier ring can correct incorrectly cut holes.
- Too small and the edges of the hole impinge on the stoma, possibly injuring it.



REMEMBER TO HYDRATE WELL

- Drinking enough thins colostomy stool output
- Drinking enough replenishes higher output on ileostomies, prevents dehydration
- Drinking enough helps urostomies flush sediment or mucus and keep you moving



WHAT KIND OF DRINKS?

Preferred is water, but at times sugary drinks (avoid carbonated drinks due to increased gas) may help or acidic drinks like real cranberry juice.

Avoid caffeinated drinks, as this may cause diarrhea.

Check out these helpful tips:

[How Much Water Should You Drink a Day? \(preventiongeneration.com\)](http://preventiongeneration.com)

How much is enough?

Science said, until recently, drink 6-8 8 ounce glasses a day, this is no longer supported.

ANY QUESTIONS OR CONCERNS?

REFERENCES:

Retrieved on 09/10/2021 from [hol os caretips 2piece r3.ashx \(hollister.com\)](#)

Rolstad B, Netsch D, Bruch S, (2020) Module III: Peristomal Skin and Stoma Complications. WEB WOC Nursing Education Program TNL.

Retrieved on 09/10/2021 from <https://learn.webwocnurse.com/>

Retrieved on 09/10/2021 from [Patient Resources | WOCN Society](#)