

# Wellness Education

A resource sheet for caregivers, teachers and school nurses

Child's Name: \_\_\_\_\_ Child's Age: \_\_\_\_\_

## Note to caregivers

My child has an ostomy. This sheet tells you a little about ostomy surgery, how to care for an ostomy and other information that may be useful while my child is in your care. An ostomy is the surgical creation of an opening in the abdomen. This opening, also called a stoma, allows stool (bowel movement) or urine to drain from the body.

There are many reasons why an infant or child may need an ostomy, and quite often it is a life-saving operation. There are three different types of ostomies. Both an ileostomy and a colostomy are made from a portion of the intestine, and both drain stool. An ileostomy is formed from the small intestine; the stool is often somewhat liquid in nature. A colostomy is created from the large intestine; the stool is usually more formed, or solid. A urostomy, which creates a new pipeline for urine to exit the kidneys and ureters from the body, drains urine.

My child has a/an \_\_\_\_\_

A stoma is red and moist and looks and feels much like the skin on the inside of the cheek. The stoma doesn't hurt when it is touched or cleansed. Because it has a rich blood supply, a stoma may even bleed a little when touched during care.

Since someone with an ostomy cannot control when urine or stool drains from the stoma, a plastic pouch will need to be worn at all times. The pouch is held on the body with an adhesive patch called a skin barrier. The barrier has a hole in the middle just large enough for the stoma. It's called a "skin barrier" since it not only holds the pouch onto the body, it also protects the skin around the stoma so that no stool or urine touches the skin.



## Ostomy care: Emptying the pouch

Some ostomy pouches have an opening at the end from which the contents can be drained. This type of pouch must be emptied periodically. As a general rule, a pouch should be emptied when it is 1/3 full of gas, stool or urine. (A full pouch is more difficult to empty. It can also become heavy and cause the adhesive to pull loose from the skin.)

My child's pouch needs to be emptied every \_\_\_\_\_ hours, at approximately these times of day: \_\_\_\_\_

- My child needs help emptying the pouch.
- My child does not need help emptying the pouch.

### Tips

- Empty the pouch before naptime and bedtime, or before trips in the car.
- After emptying, wipe the bottom of the pouch with tissue or a wet wipe before closing.
- If disposable diapers are worn, you can empty the pouch content into the diaper when you are changing the diaper.
- Do not clean, rinse or flush out the inside of the pouch when the child is wearing it. This may weaken the skin barrier seal and cause urine or stool to seep under any openings and onto the skin.

If my child's pouch needs care, follow these steps /guidelines:

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## Diet and nutrition

Children with ostomies should be able to eat the same foods as other children of the same age. Yet sometimes certain foods need to be avoided. My child should avoid eating:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Drinking plenty of fluids is important. Below are guidelines on the amount of water or juice my child should have (a measuring cup can help you measure ounces):

Breakfast / morning: \_\_\_\_\_ oz  
Lunch / afternoon: \_\_\_\_\_ oz  
Dinner / evening: \_\_\_\_\_ oz  
Snack times: \_\_\_\_\_ oz

## Medication?

My child (does / does not) take medication. If you have questions about the medication, call the parent/guardian, nurse or doctor.

Type of medication: \_\_\_\_\_

Schedule: \_\_\_\_\_

Special instructions:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Activities / Playtime

Children with an ostomy can enjoy and participate in many sports and playtime activities, pending parent/guardian approval.

My child's favorite toy is: \_\_\_\_\_

My child's favorite book is: \_\_\_\_\_

Other information: \_\_\_\_\_

My child has the following limitations:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Special considerations

- A child may feel shy about having an ostomy. If you need to talk about the ostomy, do so privately when friends or classmates are not around.
- A child may feel uncomfortable if group showers are routine after physical activities (such as gym class). If the child is uncomfortable with the group, allow for a separate time or place for showering.
- Feeling included—and not different—is very important. Treat children with ostomies the same as you would any other child.
- You won't hurt the stoma if you pick up the child or give hugs. Added warmth and affection can help children feel secure despite having a physical difference.
- Some children name their stoma. My child calls it "\_\_\_\_\_."

## When to notify the doctor

- No output (stool or urine) for a prolonged period of time.
- Signs of dehydration: little/no urine or dark urine, listlessness, sunken eyes, no tears, dry mouth.
- Bleeding from the stoma that does not stop.
- Complaints of cramping, diarrhea or bloating.

## Emergency contact information

If you have questions, contact me at one of the following phone numbers:

Home: \_\_\_\_\_

Office: \_\_\_\_\_

Cell: \_\_\_\_\_

Other: \_\_\_\_\_

If you cannot reach me, contact my child's doctor or nurse. Here are their names and phone numbers:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Coloplast does not practice medicine. The recommendations and information in this material are not medical advice. Contact a healthcare professional for personal medical advice or diagnosis. **IF YOU THINK YOUR CHILD HAS A MEDICAL EMERGENCY, CALL 911.**



Coloplast Consumer Care assists patients (or, in this case, their caregivers and parents) with their intimate healthcare needs. They are available Monday through Friday from 7 a.m. to 7 p.m. (CST).

### About the Team

The Coloplast Consumer Care Team can make life easier for both kids with a stoma and their caregivers. The team offers one-on-one assistance, as well as:

#### Provide Product Samples

Consumer Care are trained support staff, offering free samples from the complete Coloplast ostomy and continence product lines. Call the toll free hotline at 1-888-726-7872 or email [samples@coloplast.com](mailto:samples@coloplast.com) to have trial products shipped today.

#### Answer Questions

Our team can answer questions regarding product lines and educational materials, as well as insurance and reimbursement issues. Consumer Care will provide the information kids and caregivers need.

#### Find The Right Product Solution

After a child returns home from ostomy surgery, Consumer Care can help locate a medical supplies dealer in their local area to ensure that they have access to the correct products.

**1-888-726-7872**

Coloplast develops products and services that make life easier for people with very personal and private medical conditions. Working closely with the people who use our products, we create solutions that are sensitive to their special needs. We call this intimate healthcare.

Our business includes ostomy care, continence care, wound and skin care and urology care. We operate globally and employ more than 13,000 employees.