



INFO
01

INFO CASEX

THE RIGHTS OF THE OSTOMIZED PATIENTS

- 1 - To receive orientation, in order to guarantee a total knowledge of the benefits of the operation and the essential facts regarding living with ostomy.
- 2 - To have a well done ostomy located in an appropriate place, providing comfort for the patient.
- 3 - To receive medical support experienced and professional, well-taken care by nursing specialized in periods before and after the surgery in the hospital and in your proper communities too.
- 4 - To have access to the complete and impartial information about supply and adequate available products in your country.
- 5 - To have choice among the diverse available equipment for ostomy without preconception or constraint.
- 6 - To have access to data concerning to your National Ostomy Association and to the services and support that can be offered.
- 7 - To receive support and information for benefit of the family, and friends in order to have a better understanding on the conditions and necessary adaptations to reach a satisfactory standard of living to live with an ostomy.
- 8 - To assure that the personal information about the ostomy surgery will be dealt with discretion and trustworthiness, in order to respect your privacy.

INDICATIONS

Colostomy is permanently associated with the fact that is impossible to have a reestablishment of the continuity of thick intestine and, in general, is placed in colon sigmoid. It is practiced when the rectum and anuses are exerted as in the tumor cases that affects the anal channel and anus, **the 1/3 tumors of inferior of the rectum**, illness of crohn with serious risk for the rectum. With less frequency it is indicated in the **estenosantes retites**, even for infectious processes or irradiation. Temporary Colostomy is Constructed in emergency situations or elective surgeries. Emergencies are for blockages (for different cause as tumor, volvo, illness to diverticular); infectious perforations. Isquemias or traumatic of colon or rectum; dehiscence's of colorectal

anastomoses; serious pelvic traumas or sepsis perianal. Temporary elective procedures, especially colostomy, have its indications in colonics resections of different affection.

ILIOSTOMY

Inflammatory illnesses (ulcerative colitis, Crohn's disease), polyps, malignant tumors or multiple pre-malignant of the thick intestine. The main indications for ileostomy in hand are: In urgency, as in cases of obstructive tumors of colon or low digestive hemorrhage where the risk of the surgery is considered high of dehiscence of the ileorectum anastomosis.

UROSTOMY

Creation of an alternative urine draining passage. They can be classified as definitive or temporary. There are derivations with and without catheter. With catheter as draining is used a collecting pouch with extension. Because of the risks of blockage of the catheter and the innumerable risks of infection of the urinary treatment and formation of stones. Without catheter and a surgical technique of the internal organ with the external organ for elimination of urine, a collecting pouch with resin for protection of the skin is used.

DEVICES AND ACCESSORIES FOR OSTOMY

The correct use of the special equipment turns possible to minimize or even to solve difficulties or probable limitations for the ostomized patients.

The decision of choice for the most ad equipment depends on the level of medical and nursing orientation that the ostomized has.

The equipment can not have escape of the fluids, must be smell proof, and must prevent skin damages. Has to be comfortable during its use. Anti - smell plastic, non-toxic, and hypoallergenic

Adhesive: hypoallergenic and high tack, to keep attached to skin at least for 24 hours.

Protective skin Blocks: mixed resin or synthetic. They keep the fluids from damaging your skin.

POUCHES TYPES

CLOSED POUCH

Used for formed or semiformed feces, with gas and odor filters and peristomal skin protectors. Is recommended to change twice a day at most.

Drainable pouch: for frequent liquid feces or urine. They are open in the inferior part, making the cleaning easier, Is not necessary to take the pouch off.

2 PIECES SYSTEM

There must be compatibility between the pouch and the plate. The limit to clip the plate must consider the minimal distance of 3 to 5mm from the flange.

Hard plate: It has the synthetic resin in the internal area and third generation adhesive in the external areas (made of microporous material).

FEEDING ORIENTATION FOR OSTOMIZED PATIENTS

In order to have a good alimentation, is necessary to have balance variety and moderation. So we must choose our meals in a way that it doesn't have excess or lack of nutrients.

GASES

To have gases is a normal process. It is caused by swallowing air, by bacterial fermentation in the colon and the gas diffusion between the blood and the intestine.

To control the gas formation and have a health meal:

- to adequate chew of small portions
control of the aerophagia (adequate breath)
- to avoid oil sauces.
- To drink enough liquid, and if you intent to drink juice, choose natural and with little or no sugar.
- To avoid candies and soft drinks.
- To eat vegetables and fruits.

ODOR FORMERS

Eggs, cheese, fish, asparagus, mushrooms, garlic, onion, borecole, beetroots, coffee, broccolis, ferments, chocolates.

ODOR AVOIDERS

Yoghurt, spinach, parsley, lettuce, apple.

NEUTRAL FOOD IN SMELL

Rice, pasta, chicken, potato, cassava, carrot, oats.

OBSTIPANTS

Rice, potato, milk cream, banana, dry cheese, dry fruits, apple compote.

LAXATIVES

Milk, beans, raw fats, figs, plums, raw and stew vegetables, watermelon, orange, kiwi, strawberries, beer.

IRRITATING OF THE OSTOMY

heavy condiments, acid fruit juice.

COLOSTOMY

To drink enough water, to eat foods rich in fiber, to chew foods well.

ILIOSTOMY

To add foods in diet one at the time, in small amounts. To chew foods well to prevent blockage. To prevent foods that cause diarrhea.

UROSTOMY

To drink liquids between 2 and 3 per day. To ingest acid juices in small amount.

Going back to Work

When you recover, you can come back to your regular activities. If you get back to work, you may want to talk about your ostomy to your employer or to a good friend. Your position about the subject will help to educate the others. To keep it in complete secret can cause practical difficulties.

Ostomized people can do many services. However, to raise great weights can provoke a hernia or a prolapse in the ostomy. A sudden collision in that region can provoke a displacement of the pouch or the barrier and cut the ostomy. Still there are ostomized people who raise much weight, as firemen for example. They use a belt to hold the abdomen when they have to raise weights.

There are also ostomized athletes. Talk to your doctor about your type of work. As it happens in all the great surgeries, it will take time so that you recoup the force after the operation. A letter from your doctor for your employer can be useful, in case your employer has doubts about your physical capacity.

Employment and security represent problems for some individuals. If these questions appear, look for health professionals or speak with other people who had found solutions for these problems.

PRACTICING SPORTS

An ostomy does not have to limit your participation in sports. However, there are some precautions to take. Many doctors do not allow sports of contact because of the possibility of wound for the ostomy in case of a strong collision or because of the possibility of the pouch system to slide. However these problems can be resolved with a special protection. The weight survey can provoke hernia in ostomy. Verify with your doctor about these sports.

Without a doubt, exist ostomized people who run long distances, practice survey of weight, ski, swimming and participate of many other types of athletical activities.

TRIPS

All types of trip are possible to you. Many people with ostomy travel extensively, including encampments, cruises and aerial trips around the world. So if you must prepare yourself for trips, here are some suggestions:

- Take equipment in amount enough to last all trip and some extras. It folds the amount of what you think you are going to need. Therefore it can not be easy to find these items in the place where you are going. Even if you imagine you won't change your pouch, you must take everything you need to make it.
- When adjusted comfortably, security belts do not harm the ostomy.
- When traveling by car, keep your equipment in the coolest area. Avoid keeping them in the trunk or in the rise under the back window.
- When you travel to another country, you should take your material in necessary amount, maybe you don't find it there or also it can be expensive.

TRAVELING BY AIRPLANE

The luggage can be lost some times. When you travel, carry an extra pouch system and equipment with you in the airplane. Small cosmetic stock markets with plastic covering or Kits to shave can be useful. They must be with your hand luggage. To avoid problems when passing by the customs or the inspection of luggage, you should have a declaration from your doctor affirming that you need to carry equipment of ostomy and medicines. Other problems can be prevented if you have this information translated to the language of the country that you are visiting.

TRIPS TO FORING COUNTRIES

In foreign countries, the diarrhea of the traveler is a common illness in tourist, even in those who doesn't have ostomy. The most common cause of the diarrhea is water or contaminated food. Also it can be provoked by simple change in the water, food or climate. It is good to avoid peeled fruits and raw vegetables.

People with colostomy lose water and minerals quickly when they have diarrhea. Therefore, you can need medication to stop the loss of fluid and electrolytes. Your

doctor can give a medication prescription to control the diarrhea. You must buy the remedies in the place where you, the prescription may not be valid in other places.

Certify that is safe to drink water. If the water is not safe also does not use ice. Bottled or boiled water is advisable, as well as always using safe water for the irrigations.

Before traveling to the foreigner, look for a list of doctors who speak your language in the places that you are going to visit and of the costs of consultations.