



For enquiries and appointments,
please contact us

Wound Care Clinic

Happy Valley

Hong Kong Sanatorium & Hospital

2 Village Road, Happy Valley, Hong Kong

(852) 5790 6160 (For non-emergency cases)

Please provide name and contact number in text message.

We will contact you by phone to confirm.

Do not send voice messages or graphics.

✉ woundcare@hksh.com

🌐 www.hksh-hospital.com

Service Hours

Monday to Friday 10:00 am – 6:00 pm

Consultation Hours

Tuesday and Thursday 10:00 am – 12:00 pm

Closed on Saturday, Sunday and Public Holidays

Consultation by Appointment

Please scan the QR code to access
our most updated information.



Patient feedback is incorporated

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Stoma Care



養和醫療集團成員 Members of HKSH MEDICAL GROUP

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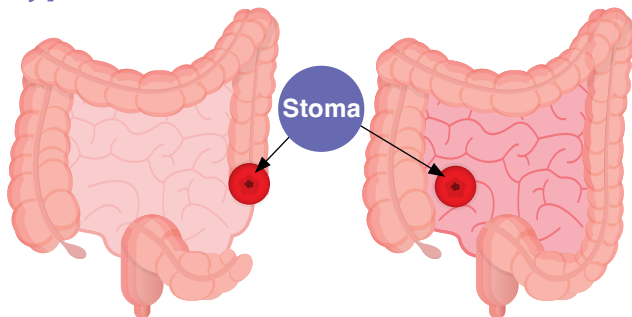
Wound Care Clinic

What is a Stoma?

When the colon, ileum or bladder cannot function properly due to an illness or injury, surgery is required to create an opening on the surface of the abdomen, i.e. stoma, to divert the flow of stools or urine. Stoma can be made in the colon or ileum for fecal or urine diversion. Generally it can be divided into colostomy, ileostomy and urostomy. Patient needs to wear a stoma bag over the stoma to collect excrete.

Like the mouth lining, a stoma is mucus-coated and rich in blood capillaries on its surface with a pinkish-red colour. Stomas are available in different sizes and shapes, mostly circle or oval. Some stomas are flat, while others feel soft and protrude 1 to 2 cm above the abdomen.

Types of Stoma



Colon Stoma (Colostomy)

A colostomy is an opening that connects the colon to the surface of the abdomen diverting waste material and gas to leave the body.

Ileum Stoma (Ileostomy)

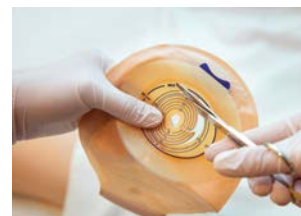
The end or a portion of the ileum is diverted through an opening on the surface of the abdomen.



Please visit HKSH's YouTube channel for more information on **Stoma Care - Demonstration of Changing Stoma Bag**

Stoma Care and Changing Stoma Bag

1. Make sure you have everything you need: clean water, wet wipes / soft paper towels / gauze, scissors, a stoma measuring guide, marking pen, gloves, a fitting stoma bag, stoma paste / stoma powder (if necessary) and garbage bag.
2. Wash your hands and put on the gloves. Gently and slowly remove the old baseplate / wafer to avoid skin tear.
3. Clean the stoma and the surrounding skin with clean water. Dry the skin thoroughly using dry wipes. Check the skin for redness. Call the stoma nurse if needed.
4. Measure the stoma with the stoma measuring guide. The opening should be 0.1 to 0.2 cm larger than the stoma.
5. Trace the size onto the baseplate / wafer with a pen, and cut out the correct size.



6. Before application, make sure the skin is dry. Remove the protective cover from the baseplate / wafer.



7. Press the baseplate / wafer in position to help the adhesive stick to the skin. Remove the gloves and wash your hands.



8. When needed, apply stoma paste onto the backing flange to minimise leakage.



Key Points

1. Right size stoma bag: the opening of the baseplate / wafer should be 0.1 to 0.2 cm larger than the stoma in size. If the opening is too large, it may lead to skin injury upon exposure to stool irritation; if too small, the stoma may be pressed upon, thereby affecting blood circulation and damaging the stoma.
2. Close-ended stoma bags should be changed daily, while the drainable bags can be replaced every 3 days.
3. Do not use any disinfectant or alcohol to clean the stoma and surrounding skin lest it may cause irritation, dryness or injury to the skin.
4. Carry with you wet wipes and a fitting stoma bag all the time.
5. Instead of flushing them down the toilet, put the used stoma bags in a garbage bag and discard it in a rubbish bin.

6. Wash hands thoroughly after handling the pouch or discharge.
7. Change the stoma bag 4 hours after or 1 hour before meal. Do not change it immediately after use of laxatives to avoid stoma becoming active.
8. When the stoma bag is being changed, the stoma may bleed slightly when touched or cleaned. Spots of blood are not a cause for alarm. To stop the bleeding, press on the stoma for 5 to 10 minutes. Seek medical attention if bleeding persists or blood continues to ooze from the stoma.
9. The anchoring sutures of a new stoma are absorbable and usually dissolve on their own. Consult your doctor and stoma nurse if the sutures remain after 1 month.

Quick Tips

Clothing: You can wear all types of clothes as long as they are not too tight that may press upon the stoma.

Diet: You need to maintain a balanced diet after surgery. Certain food may release a large amount of gas or cause a foul smell after consumption, for example

- Onion, sweet potato, broccoli, celery, garlic, etc.
- Carbonated drinks, e.g. beer, soft drinks, etc.
- Fermented food, e.g. cheese, fermented bean curd, etc.
- Salted food, e.g. salted fish
- Food with too much spices, e.g. curry
- Food containing baking powder, e.g. bread

Some foods are difficult to digest, e.g. dry nuts, blackmoss, mushroom, braised enokitake, sprouts. They may block the stoma and intestines if not ingested thoroughly.

It takes time to get used to new food or diet. Even if you want to know which may cause bowel discomfort, do not try all of them at once. Experiment with foods to see how they affect you. Otherwise it may lead to increase

in excretion frequency and output, or even weight gain. There seems to be no basis for the Chinese tradition that suggests no shrimps, crabs, eggs, beef, etc. during recovery. Consult your dietitian if necessary.

Taking Shower: You can take shower with the pouch on or off as water will not flow into the stoma. Choose a soap that is oil-free to prevent the non-adherence of baseplate / wafer.

Work: To prevent hernia around the stoma, do not lift heavy objects while at work.

Travel: Bring with you adequate stoma supplies during travel. Keep a stoma kit at hand for change whenever necessary. For a long stay overseas, check with your stoma bag suppliers for where you can purchase the accessories in your travel destination.

Sports and Entertainment: While you can resume most of your sports routines, try to avoid strenuous exercise and contact sports, e.g. weightlifting, wrestling, etc.

Common Stoma Problems

Skin Injury

- Skin tear during baseplate / wafer removal or change without using skin protection products
- Skin reactions due to stoma care products
- Injury caused by stool leakage upon skin contact. Application of stoma paste / strip paste onto the baseplate / wafer helps shield the skin from damage and minimises leakage
- Trauma to the hair-bearing area underlying the stoma may cause irritation of and inflammation to the hair follicles. To prevent injury, shave the hair from time to time
- Skin injury and dryness due to the use of such chemicals as alcohol, strong alkalis or sterilisers while cleaning

Constipation

Some ostomates may have difficulty in passing stools, which are usually pellet-shaped, due to inadequate water or dietary fiber intake. To prevent constipation, increase water intake and consume more vegetables and fruits.

Diarrhoea

It is usually caused by consumption of irritating or unclean food. Consult your doctor if diarrhoea persists.

Foul Smell

Certain food may fill the stoma bag with gas and cause a foul smell after consumption. The carbon patches inside the stoma bag can eliminate the smell, and if necessary the gas can be released manually to flatten the bag.

Dehydration

Excessive loss of water through the stoma may cause dehydration. Drink more water and electrolytes if the following symptoms occur:

- Exhaustion
- Increased heartbeat
- Dry mouth
- Less urine, dark yellow in colour

Seek medical attention if necessary.

Stoma-related Complications

Seek medical attention if you are aware of any of the following conditions:



Peristomal
hernia

Stoma
retraction

Stomal
prolapse

Skin injury

Please consult your doctor and stoma nurse for any stoma problem.