

Colorectal Surgery Enhanced Recovery Programme



Discharge Information For patients with a stoma

Useful information

Name:

Consultant:

Date of Surgery:

Operation:

Date of discharge:



Complications after surgery

Problems related to your operation do not often happen once you leave hospital, but it is important that you know what to look out for. If you are worried about anything please get in contact with us or discuss it with your GP.

Abdominal pain

It is not unusual to suffer from griping pains (colic) during the first week after surgery on your bowel. Often this comes on before your bowels begin to work properly. Pain usually lasts for several minutes and goes off between the spasms. Severe pain that lasts for several hours may indicate a leakage of fluid from a join in your bowel. This sometimes causes a fever as well. This problem does not happen very often, but can be serious. If you have severe pain lasting one or two hours, or if you have a fever and feel generally unwell within two weeks of leaving hospital you should immediately contact the ward using the telephone numbers provided.

Wound problems

It is not unusual for your wounds to be slightly red and uncomfortable during the first one or two weeks. Spreading redness, pain and swelling or leakage of dirty fluid from the wound may indicate infection in the wound. In most cases this can be dealt with by opening up the wound to let any infection drain out. If you feel unwell with a temperature or have a lot of surrounding inflammation then you may also require antibiotics. Please let us know if you have any wound problems and we can arrange for your wound to be reviewed.

Opening your bowels

In some cases you may go home before your stoma has properly worked. It can still take a few days before this happens. If you are have uncomfortable bloating, are being sick or your stoma has not worked after three days then please let us know. Do not take any medication to help with opening your bowels such as laxatives unless instructed to do so by your medical team. Once the stoma starts to work, the motions can sometimes be loose and frequent. This will usually get better with time.



Preventing blood clots (thrombosis)

When you go home you still have a slight risk of developing problems with blood clots in the veins in your legs (thrombosis). For this reason we advise you to continue to wear your elasticated stockings during the day for six weeks after you leave hospital. You should make sure that you get up and move about through the day and continue to take short walks.

Follow-up after surgery

Patients with stomas are normally seen by one of the stoma nurses around a week after they leave hospital. This may take place at your home or at the stoma clinic. A home visit has been arranged for:

Stoma clinic

The stoma clinic runs every Wednesday morning between 10.00am and 12.30pm. It is based on Ward 21 at Doncaster Royal Infirmary. Patients with any concerns related to their stoma can phone and arrange an appointment to see the stoma nurse, Tel: 01302 553141. If you are unable to attend your stoma clinic, please contact us on the above number to discuss this.

Follow-up clinic appointments

After discharge you will be sent a planned appointment to be seen in the out-patient department. This is normally six to eight weeks after you leave hospital. Your appointment may be with the doctor or the colorectal/stoma care team.

It takes up to three weeks for the bowel that was removed to be looked at under the microscope. Once your medical team has the results of this they may arrange to see you earlier than your planned follow-up to discuss the results.

Stoma supplies

You will be given a supply of stoma appliances on your discharge from hospital. Your GP will be given a copy of your prescription details relating to the stoma appliances that you need. You can then arrange to get these from your local pharmacy. To avoid running out of supplies we advise when



you get to your last half box of products contact your supplier to obtain more stock. Prescription exemption may apply to some patients, please contact your colorectal/stoma care nurse or GP for advice about this.

Disposal of your appliance

Disposal services vary between councils, your colorectal/stoma care nurse can advise you regarding this. If you do not use a clinical waste bin or are away from home it is acceptable to double bag your appliance and place in a wheelie bin or sanitary bin. If you have any questions or queries contact your stoma care department or environmental health.

The Royal Association for Disability and Rehabilitation (RADAR) have keys for their toilet facilities. Any stoma patient is entitled to a key, which can be obtained from your local social services. There may be a small charge for this.

Day to day activity following surgery

Following major surgery you should build up your exercise gently. Start with short walks and build this up, but try not to overdo it and if you do feel tired take time to rest.

After surgery you should not overstretch your abdominal muscles or lift heavy objects for about three months if it was an open procedure or six weeks if it was a laparoscopic (keyhole) procedure. There is no reason why you should not resume work, social activities or sports after this time, but be sensible about it and if you are unsure seek advice from your consultant, colorectal nurse or GP.

Patients who play sports can get a shield which protects the stoma.

Driving

You may drive six weeks after your operation if you have an open procedure or two to four weeks after a laparoscopic (keyhole) procedure. You must be able to perform an emergency stop. You can practice this when the car is stationary and if it does not hurt you are safe to drive. It may be advisable to discuss this with your insurance company.

Seat belts must be worn as normal, even when you have an abdominal wound or a stoma. A small hand towel placed under the seat belt may be helpful to relieve the discomfort until things have fully healed.



Going back to work

You may be able to return to work within four weeks of your operation. If your work is manual then you should leave it at least six weeks before going to work and start with lighter duties if possible. You may find that you tire easily for up to three months or more after surgery so make sure you are properly rested before going back to work and take things easy once you start.

Going on holiday

There is no reason why you should not go on holiday, but it is advisable to wait until after your first follow-up appointment, or check with your doctor prior to travelling. If you have travel plans discuss this with your colorectal nurse or doctor.

It is not recommended that you fly for at least six weeks after your operation because of an increased risk of blood clots developing in your legs. If you are flying within a few months of your operation then it is advisable to wear your protective stockings.

If travelling abroad, you should let your travel agent or insurance company know that you have had major surgery as this may alter the travel insurance you will need. It is also helpful to obtain an Ostomy Travel Certificate.

Diet

Initially you may feel like having only small portions, but your appetite will usually return the more active you become. It is important to obtain enough calories and protein to help with healing. If you are still finding it difficult to eat after a few weeks, you may benefit from high protein, high calorie drinks such as Build-up or Complan which are available in supermarkets and chemists. Please contact us or your GP if you are not eating enough or are losing weight without trying.

Following any type of surgery, it is advisable to have a healthy well balanced diet. However, if you have a stoma some foods may disagree with you, make your bowels loose, make you produce more wind, give you pain or cause bloating. You may need to restrict these foods from your diet. Everyone is different and what works for one person may not work for another. It is important to chew your food well, as this will help aid digestion.

Further advice on diet can be found in the hints and tips booklet given to you on discharge.



Passing urine and dehydration

Sometimes after bowel surgery you may experience a feeling that your bladder is not emptying fully. This usually improves with time. It is worth keeping an eye on the colour of your urine. If your water is clear or straw coloured then you are likely to be well hydrated. If your urine is darker then it may be a sign that you are getting dehydrated and need to drink more.

Some patients with ileostomies that produce a lot of fluid may find that their stomas become even more active when they drink a lot of water. If you are worried about this or if your stoma is very active please contact the colorectal/stoma nurses for advice on Tel: 01302 553141.

Sexual Activities

Once you have recovered from your operation, there is no reason why you cannot resume sexual activity. If you are unsure speak to your doctor or colorectal/stoma care nurse.

Deep pelvic surgery, such as operations of the rectum or anus can, in some instances, cause damage to the nerves connected to the sexual organs. In this case some men may find they are unable to get or sustain an erection, or may have problems with ejaculation. Some women may also suffer problems, such as painful intercourse or loss of sensation. If you do experience any of the above problems, speak to your doctor or colorectal/stoma care nurse. These problems are often temporary or may have solutions. Your doctor or colorectal nurse can either give you advice or refer you to a specialist.

Some stoma patients feel self-conscious of their pouch in intimate situations. If this is the case, always empty your pouch initially. Some underwear may aid discretion. A smaller or flesh coloured pouch, or a pouch cover may be the answer.

Psychological issues

Initially it is quite normal to feel tearful, tired or low in mood, and sometimes feel as if you cannot cope. However, if you do feel things are getting on top of you, speak with your colorectal nurse/stoma care nurse or GP and they will be able to advise you.



Some patients may have problems with relationships. This is not just with partners, but also with siblings, parents or children. If you are experiencing difficulties, contact your colorectal/stoma care nurse and they can give you advice or if appropriate put you in touch with the relevant agencies.

Other future options for managing your stoma

Some patients with colostomies may be able to irrigate the stoma or use a plug once their stoma has settled down. This avoids having to wear a pouch during the day, though an adhesive protective dressing over the stoma is still needed. However, this is not possible for every patient and further information can be obtained from your colorectal/stoma care nurse.

Has anyone else gone through this?

Remember you are not alone, many other people have had your condition or something similar. If you would like to speak with another patient who has had a similar condition or surgery to yourself, please contact your colorectal/stoma care nurse and she may be able to put you in touch with someone who can help.

Financial advice

We recognise the burden that illness can place on you and your family, especially with regards to finances. If you require further information around this area, please contact your colorectal/stoma care nurse who can signpost you to the relevant support.

To contact the colorectal/stoma care, please contact Doncaster Royal infirmary on Tel: **01302 553141**.

The office is open Monday to Friday 9.00am to 5.00pm. Alternatively you can ring the hospital switch board on Tel: 01302 366666 and ask for extension 3141.

If you have an urgent problem or it is out of hours then please contact your GP or the ward you were discharged from:

Doncaster Royal Infirmary, Ward 20, Tel: 01302 553149

Doncaster Royal Infirmary, Ward 21, Tel: 01302 553150





Please ask!

If you have any questions about your treatment, medicines or the care you are receiving, please ask! Please use the space below to write down any questions you may have for your doctor, nurse or therapist...

Patient Advice & Liaison Service (PALS)

PALS staff are available to offer advice or information on healthcare matters. The office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email. PALS staff can also visit inpatients on all Trust sites.

The contact details are:

Telephone: 01302 553140 or 0800 028 8059

Minicom (Text talk): 01302 553140 Email: pals.dbh@dbh.nhs.uk