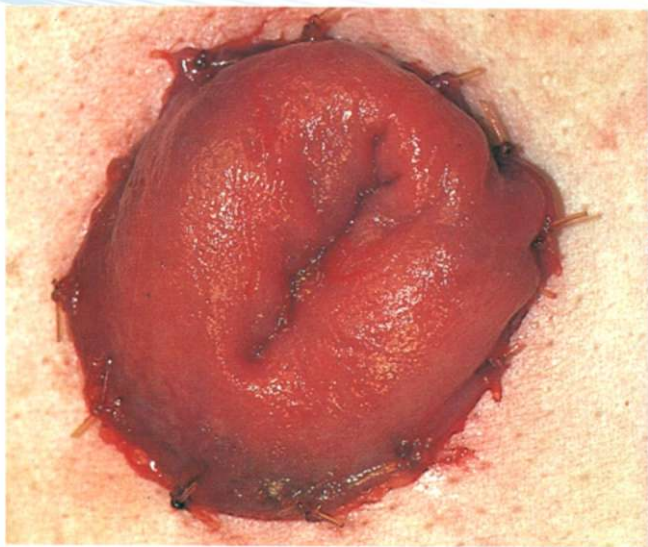




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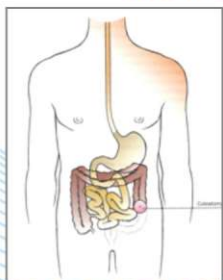
STOMA CARE GUIDE





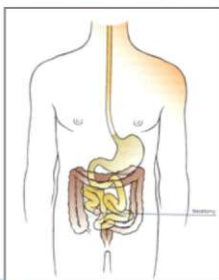
An Ostomy is surgical DIVERSION. It is an opening for passage of Stool, Urine, etc. when natural passage is damaged, obstructed or diseased. Ostomy means an opening and it is a Greek word 'Osteum' meaning mouth. It is of two types : Temporary & Permanent

MAIN TYPES OF STOMA



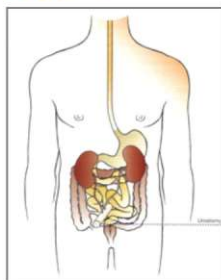
COLOSTOMY

- Mild corrosive output
- Semi solid / solid output
- Malodour
- Evacuation/output at intervals
- Irrigation may be helpful
- Drainable or Closed Pouch with Filter
- Pouch lubrication may be required



ILEOSTOMY

- Highly Corrosive output
- Liquid / semi solid output
- Less odour
- Continuous output flow
- High degree of Skin Protection is required
- Drainable Pouch with Filter and Clamp



UROSTOMY (Ileal Conduit)

- Highly Corrosive output
- Liquid output
- Less odour
- Continuous output flow
- Anti-reflux valve and spout in pouch
- Urine leg bag may be helpful

STOMA MEASUREMENT



PRODUCT SELECTION

	POST - OP	NORMAL STOMA	RETRACTED STOMA	DIFFICULT STOMA*
Colostomy and Ileostomy	Hydrocolloid adhesive One Piece Drainable Transparent Pouch with filter. Stoma Paste for levelling / sealing gaps around stoma.	Hydrocolloid adhesive One Piece or Two Piece Drainable Opaque Pouch with Filter. Stoma paste if required for levelling/sealing gaps.	Hydrocolloid adhesive Convex Pouch with Belt or Protective Sheet with Paste for levelling/sealing gaps.	Selection on Sight (SOS). May require combination of one or more
Urostomy	Hydrocolloid Adhesive Transparent Pouch with non-return valve & spout. Stoma paste, required for levelling/sealing gaps.	Hydrocolloid adhesive One Piece or Two Piece Pouch with non-return valve / pouch with spout. Stoma paste required for levelling/sealing gaps.	Convex Pouch with non return valve with Belt or Protective Sheet with Paste	As Above

*Difficult Stoma = Excoriated Peri-stomal skin, Stoma very near, about less than 1", close to Incision, stoma Between Skin Fold, Near Ribs/Bony Prominence, on sides, Retracted or Prolapse, etc.

SELECTION OF SIZE & CUTTING

- TWO PIECE SKIN BARRIER FLANGE SHOULD BE AT LEAST 15 MM BIGGER THAN THE SIZE OF STOMA
- CUTTING AREA OF ONE PIECE POUCH SHOULD BE BIGGER THAN THE SIZE OF STOMA



50 mm FOR STOMA UPTO **45mm**

60mm FOR STOMA UPTO **55mm**

70 mm FOR STOMA UPTO **65mm**

Cut the SKIN BARRIER with curved blunt end scissors according to size and shape of stoma as per measurement taken by guide.

The cutting should be 1 mm more than the size of stoma in such a way as not to press the stoma at any point and not far away from stoma to leave naked skin. Minimal/no gap

SKIN PREPARATION



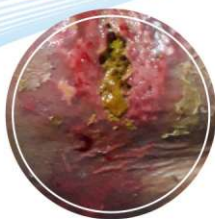
NORMAL SKIN

Remove the adhesive /pouch by pressing the skin from top to downwards. Apply coconut oil or non-greasy moisturizer on skin around stoma. Take bath or Clean with Plain luke warm water. Wipe out residual adhesive or moisturizer. Dry the skin thoroughly before sticking new adhesive.



ERYTHEMA / IRRITATION

Consult qualified Enterostomal Therapist or Clinician. Remove the pouch by pressing the skin from top to downwards. Apply coconut oil or non-greasy moisturizer on skin around stoma. Take bath or Clean with Plain lukewarm water. Clean with clinically recommended antiseptic or NS, if prescribed. Apply skin protective film or moisturizer or ostomy powder before sticking adhesive



EXCORIATION

Consult qualified Enterostomal Therapist or Clinician. Clean with NS and clinically prescribed antiseptic. Spray Ostomy powder on excoriated skin. Allow powder to dry on the wet patches. Spray more if required. Sweep off excess powder gently away from healthy skin without rubbing against the skin. Stick adhesive on dry skin








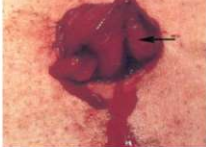


APPLICATION

Scan QR Code and watch online video OR ask for video on WhasApp@9910012114



TROUBLE SHOOTING

Leakage		keep pre-cut one piece pouches, tissues etc. in your hand bag while traveling or going outdoors. Use belt or abdominal binder for extra support.
Hernia		Ostomy Binder with opening for Ostomy pouch. All direction stretchable soft cotton fabric.
Peristomal Irritant Contact Dermatitis (PICD)		Contact Stoma Therapist. Minimise skin exposure to stomal output. Fill gaps between stoma and adhesive disc with paste.
Adhesive Trauma Excoriation		Pull adhesive gently while removing. Use adhesive remover lotion or sanitizer solution for softening adhesive.
Skin Complications (Granuloma) Adhesive Trauma Excoriation		Consult Stoma Therapist and Surgeon.
Stenosis/ Constipation/ Obstruction		Consult Stoma Therapist and Surgeon.
Prolapse		Consult Stoma Therapist and Surgeon.
BLEEDING		Consult Stoma Therapist and Surgeon. Apply Cold/ Ice Pack on Bleeding Area.

GENERAL INSTRUCTION

Odor & Ballooning : Use bags with charcoal filter. Can use charcoal tablets or oxidizing solution or Ostomy Deodorant for reducing bad odor. Add in pouch after draining contents. Use pin puncture and sticker patch method for releasing excessive flatus / gas.

Emptying of Pouch and Disposal : Drain out the pouch in toilet / kidney tray when 1/3 is filled. Change pouch periodically. Wash pouch thoroughly & discard pouch in a plastic bag and dispose off in medical / hazardous waste.

General Instructions :

A) Trouble shooting for short wear time

Possible Cause	Management Option
Excessive weight	Empty frequently (usually when 1/3 is filled)
Wrong method of locking	Lock & unlock carefully. Follow manufacturer's guidelines.
Physical activity	Use Ostomy Binder / Belt during physical activity.
Climatic conditions	The adhesive strength may reduce at temperature above 40 c or below 10 c and also during high humidity & perspiration.
Leakage	Select right size of the appliance and avoid finger contact with adhesive surface during application.
Incorrect application	Follow correct methods of application.

B) Back to living a normal life

- 1. Clothing :** You can use the same clothes as before the surgery.
- 2. Bathing :** With an ostomy, you can shower or take bath, just as you did before. If you are taking the bath along with the appliance, we suggest the use of plastic wrap over the appliance. You may also swim with the use of special mini cap, both in sea and in public swimming pools.
- 3. Sexual Relationships:** People tend to believe that a colostomy will be a barrier to a normal sex life, but you should be aware not to create a false problem, You can enjoy just as natural sex life as before the surgery. Before sexual intercourse you may change to a smaller size of bag or use a special mini cap to cover stoma / Empty Pouch.
- 4. Travel :** An ostomy needs not prevent you from travelling. But to be on safer side, you should carry extra bags and accessories for emergencies.
- 5. Diet :**
 - Take small regular meals, preferably a balanced diet.
 - Gradually try to figure out what is ok and what to avoid in diet.
 - Prepare own diet chart or ask a dietician. Diet chart is available on www.kanavhealthcare.in
 - Eat slowly and chew your food well with mouth closed.
 - Avoid chewing gum and use of straw while drinking.
 - Smoking and alcohol are injurious to health.

OSTOMY DIET CHART

Illeostomy	Colostomy	Urostomy
GOOD: Banana and apple (mashed form), orange, chikoo, Gourd, Plums, figs, pear, curd, sweet potato, bitter gourd, lady finger, bottle gourd, brinjal, soya, carrot, Pumpkin, coffee / tea / jaljeera / buttermilk (avoid incase of diarrhea), rice, wheat, bran, Porridge, non-veg soup, potato, eggs, ginger, dry fruit, (in small quantity), drink plenty of water.	GOOD : Same as for illeostomy person (post-operative). Can take Normal Diet after normal evacuation begins from Stoma	GOOD : No eating restriction but take plenty of water and citrus juices like orange & lemon.
AVOID: Milk and milk products (except curd and buttermilk), papaya, water melon, pineapple, tomato, peas, green leafy vegetables, Cabbage, cauliflower, jack-fruit, asparagus, radish, Cucumber, peas, carbonated drinks, beer/ alcohol, onion, coriander leaves, red chili, black pepper, pigeon pea, kidney beans, nuts, seeds, corn, tough meat, pickles, whole lentil.	AVOID : Alcohol & carbonated drinks	AVOID : Alcohol & carbonated drinks

PRODUCT CODES

ONE PIECE TYPE SYSTEM

CODE	STOMA SIZE	DESCRIPTION
1023 TNF	UPTO 60 MM	ONE PIECE TRANSPARENT POUCH WITH FILTER (SEPARATE CLAMP)
1117001F	UPTO 70 MM	ONE PIECE TRANSPARENT POUCH WITH FILTER AND FLEX CLAMP
1146001F	UPTO 60 MM	ONE PIECE TRANSPARENT POUCH WITH FILTER AND VELCRO CLAMP
1146008F	UPTO 60 MM	ONE PIECE OPAQUE POUCH WITH FILTER AND VELCRO CLAMP
10910201F	UPTO 102 MM	ONE PIECE TRANSPARENT POUCH WITH FILTER (SEPARATE CLAMP)
1155001F	UPTO 50 MM	ONE PIECE TRANSPARENT POUCH WITH FILTER AND VELCRO CLAMP PAEDIATRIC
4016001	UPTO 60 MM	ONE PIECE TRANSPARENT POUCH FOR UROSTOMY WITH NON RETURN VALVE AND SPOUT
4025001	UPTO 50 MM	ONE PIECE TRANSPARENT POUCH FOR UROSTOMY WITH NON RETURN VALVE AND SPOUT

LOCAL DEALER



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Email: kanavhealthcare@gmail.com

www.matrurg.com • www.kanavhealthcare.in

TWO PIECE TYPE SYSTEM

CODE	STOMA SIZE	DESCRIPTION
3015001	UPTO 40 MM	HYDROCOLLOID SKIN BARRIER WITH FLANGE, 50 MM
2145008F	UPTO 40 MM	DRAINABLE OPAQUE POUCH WITH VELCRO AND FILTER MATCHING 50 MM FLANGE
4035001	UPTO 40 MM	DRAINABLE OPAQUE POUCH WITH VELCRO AND FILTER MATCHING 50 MM FLANGE
3016001	UPTO 50 MM	HYDROCOLLOID SKIN BARRIER WITH FLANGE, 60 MM
3064001	UPTO 45 MM	HYDROCOLLOID SKIN BARRIER WITH FLOATING FLANGE, 60 MM
3013001	UPTO 50 MM	THIN HYDROCOLLOID SKIN BARRIER WITH FLANGE, 60 MM THIN ADHESIVE
2146008F	UPTO 50 MM	DRAINABLE OPAQUE POUCH WITH VELCRO AND FILTER MATCHING 60 MM FLANGE
2146001F	UPTO 50 MM	DRAINABLE TRANSPARENT POUCH WITH VELCRO AND FILTER MATCHING 60 MM FLANGE
2023001	UPTO 50 MM	DRAINABLE TRANSPARENT POUCH, SEPARATE CLAMP MATCHING 60 MM FLANGE
4036001	UPTO 50 MM	UROSTOMY POUCH WITH NON RETURN VALVE AND SPOUT MATCHING 60 MM FLANGE
3017001	UPTO 60 MM	HYDROCOLLOID SKIN BARRIER WITH FLANGE, 70 MM
2207008F	UPTO 60 MM	DRAINABLE OPAQUE POUCH WITH VELCRO AND FILTER MATCHING 70 MM FLANGE

ACCESSORIES

CODE	SIZE	DESCRIPTION
MS 06	OSTOMY BINDER SMALL TO XXXL	FOR EXTRA SUPPORT AND HERNIA PREVENTION
003	OSTOMY APPLIANCE BELT 120 CM	SOFT BELT WITH CUSHIONING AND HOOKS FOR HOLDING OSTOMY POUCH
6012	OSTOMY PASTE 60 GM TUBE	HYDROCOLLOID ADHESIVE PASTE FOR SEALING, FILLING AND LEVELLING AROUND STOMA
6023	OSTOMY POWDER 30 GM	KARAYA AND CMC POWDER FOR TREATING EXCORIATED / WEAPING / DAMAGED SKIN
60320	WIPE	SKIN PROTECTIVE FILM
5000012	20 X 20 CM	HYDROCOLLOID SKIN BARRIER SHEET FOR SKIN PROTECTION AND EXCORIATED SKIN / FISTULA / WOUND DRAINAGE
5000014	25 X 30 CM	DO
5000015	10 X 10 CM	DO