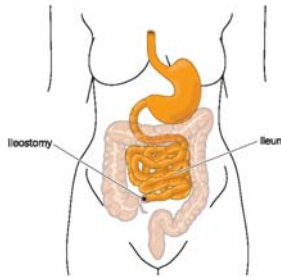


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ILEOSTOMY FACTS

Ileostomy: A surgically created opening in the abdomen in which a piece of the ileum (lowest part of the small intestine) is brought outside the abdominal wall to create a stoma through which digested food passes into an external pouching system.



Temporary ileostomy: May be required when a surgical site lower in the digestive tract needs time to heal. Examples include colorectal cancer surgeries, diverticulitis surgery, j-pouch surgery for ulcerative colitis or familial polyposis. A temporary ileostomy is usually constructed with a “loop” stoma.

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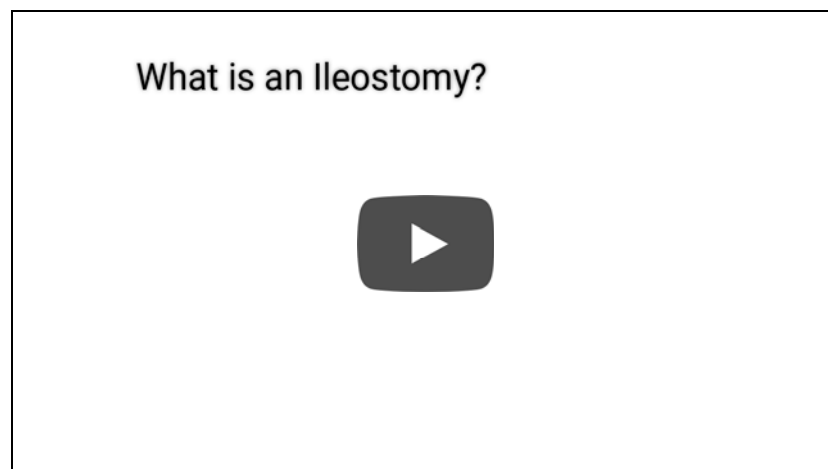
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and reconnection to the anus isn't feasible. Possible causes include Crohn's disease, some cancers, colonic dysmotility, some cases of ulcerative colitis or familial polyposis. A permanent ileostomy is usually constructed with an "end" stoma.



CARE OF ILEOSTOMY

A **pouching system is worn**. Pouches are odor free and different manufacturers have disposable or reusable varieties to fit your lifestyle. Ostomy supplies are available at medical supply stores and through the mail and are covered by most health insurance plans.

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LIVING WITH AN ILEOSTOMY

Work: With the possible exception of jobs requiring very heavy lifting, an ileostomy should not interfere with work. People with ileostomies are successful business people, teachers, carpenters, welders, etc.

Sex and Social Life: Physically, the creation of an ileostomy usually does not affect sexual function. If there is a problem, it is almost always related to the removal of the rectum. The ileostomy itself should not interfere with normal sexual activity or pregnancy. It should not prevent one from dating and continuing relationships and friendships. UOAA Affiliated Support Groups are available for emotional support to couples.

Clothing: Depending on stoma location usually one is able to wear similar clothing as before surgery, including swimwear.

Sports and activities: With a securely attached pouch one can swim and participate in practically all types of sports. Caution is advised in heavy body contact sports and a guard or belt can be worn for protection. Travel is not restricted in any way. Bathing and showering may be done with or without the pouch in place.

Diet: For guidance, follow your nurse or doctor's orders at each stage of your post-op adjustment. Individual sensitivity to certain foods varies greatly. You must determine, by trial, what is best for you. See our guide for special considerations for those with an ileostomy

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SHORT BOWEL SYNDROME (SBS, SHORT GUT)

SBS is a rare but severe malabsorption issue. Short bowel syndrome generally occurs when a large portion of the small intestine has been removed by surgery or as a result of disease or injury. Know the symptoms and talk to a doctor to see if you are at risk.

► [Read More About Short Bowel Syndrome](#)

RESOURCES AVAILABLE

Physicians and medical professionals are the first sources of help. Specially trained nurses called Wound, Ostomy and Continence Nurses (WOCN) or Ostomy Management Specialists (OMS) are available for consultation in most major medical centers and some community hospitals.

READ OUR LATEST POSTS ABOUT ILEOSTOMIES:

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COLOSTOMY, ILEOSTOMY, PATIENT STORIES
SCOTT STEEHN'S STORY

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