

OSTOMY INFORMATION AND SUPPORT

UNITED OSTOMY ASSOCIATION, INC.

The UOA is a volunteer-based health organization dedicated to providing education, information, support, and advocacy for people who have had or will have intestinal or urinary diversions.



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You Are Not Alone

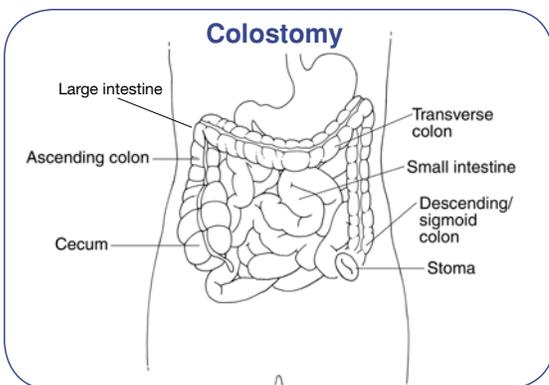
There are approximately 750,000 individuals with an ostomy in the United States and an increase of 65,000 per year. Ostomy surgery saves many lives and returns people to better health and a full, productive life.

What Is an Ostomy?

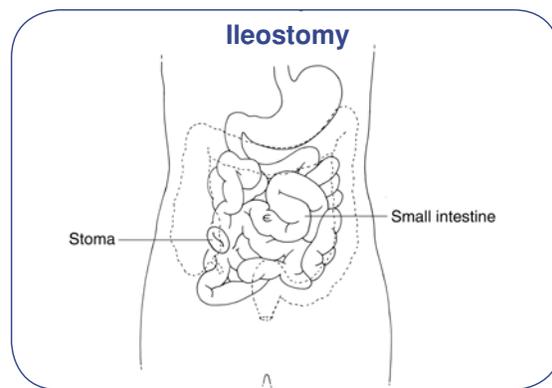
An ostomy is a surgically created opening through the abdominal wall for discharge of bowel or bladder wastes. Ostomates wear an external pouch to collect liquid or food waste.

Some may be temporary to allow a disease process or operative site to heal and others will be permanent. There are three main types of incontinent ostomies:

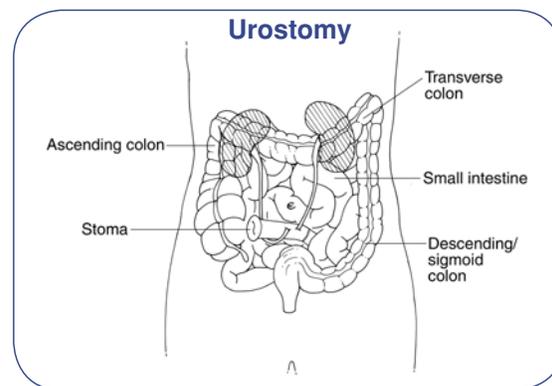
Colostomy: a portion of the large intestine is removed or by-passed. The remaining portion of the functioning large intestine (colon) is brought through the abdominal wall, creating a stoma.



Ileostomy: the entire colon, rectum and anus are removed or by-passed. The small intestine (ileum) is brought through the abdominal wall, creating a stoma.



Urostomy: the bladder is removed or by-passed. A conduit is constructed from a segment of small intestine into which the ureters are implanted. The intestinal conduit is brought through the abdominal wall and an external stoma is created.



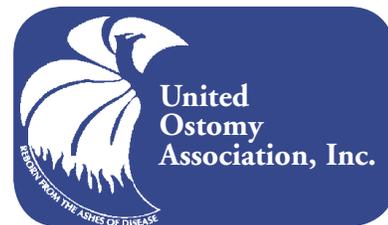
Continent procedures may be appropriate if the patient meets criteria as determined by the physician. An external pouching system is not needed with these surgeries:

- Continent Ileostomy (abdominal pouch)
- Ileoanal Reservoir/Pelvic Pouch (J-Pouch)
- Continent Urinary Reservoir (Indiana Pouch)
- Neobladder (new bladder)

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Frequently Asked Questions

Will I need to be on a special diet?

Most ostomates return to a regular diet soon after recovering from surgery. A few special precautions are warranted such as chewing well, eating a well-balanced diet and drinking plenty of fluids. If you experience problems with a certain food, wait a couple of weeks and try it again.

Will there be odor and noises?

Pouching systems are designed to be odor-proof or odor-resistant. In addition, there are deodorants for use in the pouch and some deodorants that can be taken by mouth.

You will experience less gas and fewer noises as your digestive system settles down after surgery. Limit gas-producing foods and carbonated beverages.

How much time will it take to care for my ostomy?

At first, you may spend lots of time in the bathroom until you become proficient with changing your pouching system or other management techniques. Eventually, time spent in the bathroom will return to normal.

Will I be able to return to work?

People with ostomies can perform most jobs, although heavy lifting is sometimes discouraged. As soon as your strength returns, you should be able to resume your occupation as before.

What about intimacy?

Sexual relationships and intimacy are important and fulfilling aspects of your life that should continue after ostomy surgery. Any intimacy-related concerns should be discussed openly between you and your partner.

UOA Member Benefits

Join UOA to connect, support and share with over 23,000 ostomates. Membership offers a wealth of benefits to improve your quality of life – Join Today!

Community-Level Support

- Visiting program
- Newsletter
- Support group meetings

Ostomy Quarterly Magazine

www.uoa.org

Discounts on Books and Patient Care Guides

Conference/Event Discounts

- UOA National Conference
- Youth Rally
- Young Adult Conference

Travel ID/Security Cards

Insurance Reimbursement Advocacy

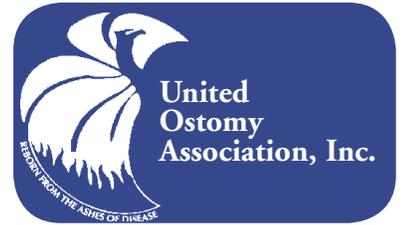
National Network Membership

Call 800-826-0826 to join. You can also use the application in this brochure or browse to www.uoa.org. We welcome you to the United Ostomy Association, Inc.

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Frequently Asked Questions

Can I wear regular clothing?

You need no special clothing because ostomy pouches are fairly flat and inconspicuous. The pressure of undergarments with elastic will not hurt the stoma or prevent functioning of the ostomy.

Can I participate in sports?

An ostomy should not limit your participation in sports. Many people with ostomies are distance runners, skiers, swimmers, etc. and participate in most athletic activities. Check with your physician about strenuous physical activity such as weight lifting.

We Are Here to Help

The UOA is a nationwide volunteer organization for those affected by ostomy or diversionary surgery who need information, support, education or advocacy.

Over 400 UOA local support groups offer assistance through a visitor program, mutual-aid meetings and educational publications.

For more information, call 800-826-0826, e-mail info@uoa.org or go to www.uoa.org.

UOA Patient Care Guides

Written, reviewed and updated by WOC (ET) nurses, UOA care guides are excellent resources for ostomates, their families and health care professionals.

These guides are written to provide a better understanding of specific bowel or bladder diversions, management techniques and psycho-social issues.

Seven guides provide down-to-earth answers to help alleviate fears and concerns by educating the reader: Colostomy, Ileostomy, Urostomy, Ileoanal Reservoir, Continent Urostomy, Sex, Intimacy and an Ostomy and Diet and Nutrition.

UOA members receive discounted prices for all guides and there are quantity discounts as well.

To order, call 800-826-0826 or go online to www.uoa.org.

