
OSTOMY BASICS

Adam Maerz, MD FACS

OUTLINE

- What
 - Why
 - Types & indications
 - Terms
 - Common problems and solutions
 - Questions
-

GOAL

- Superficial overview
 - Understand language around stomas
 - Troubleshoot common problems
 - Be aware of serious ostomy complications
-

WHAT IS AN OSTOMY

- Ostomy (or stoma) is an intentional external opening in an internal hollow organ.
- Used to allow entrance into or exit from that hollow organ from a non-native location

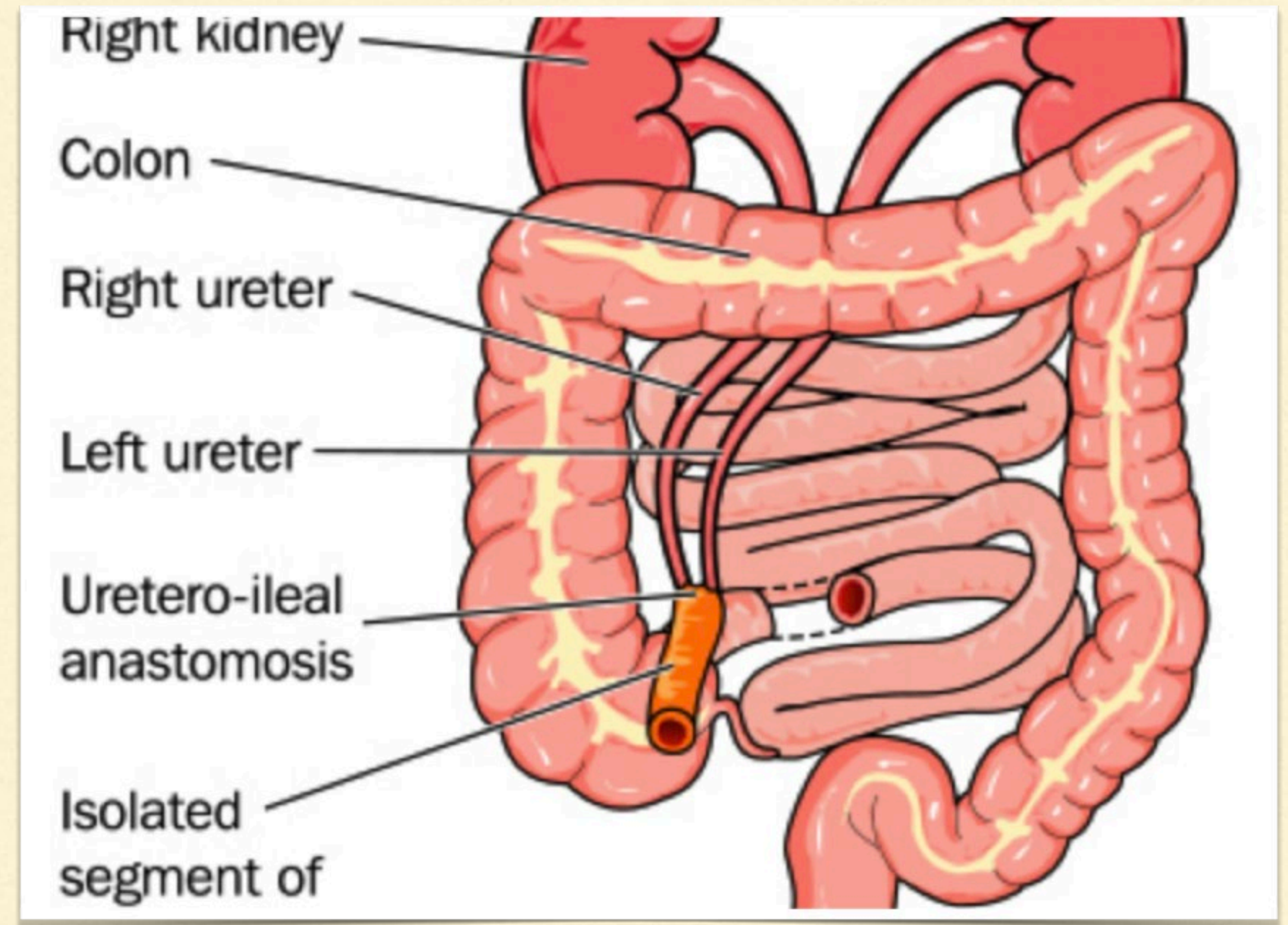


WHY

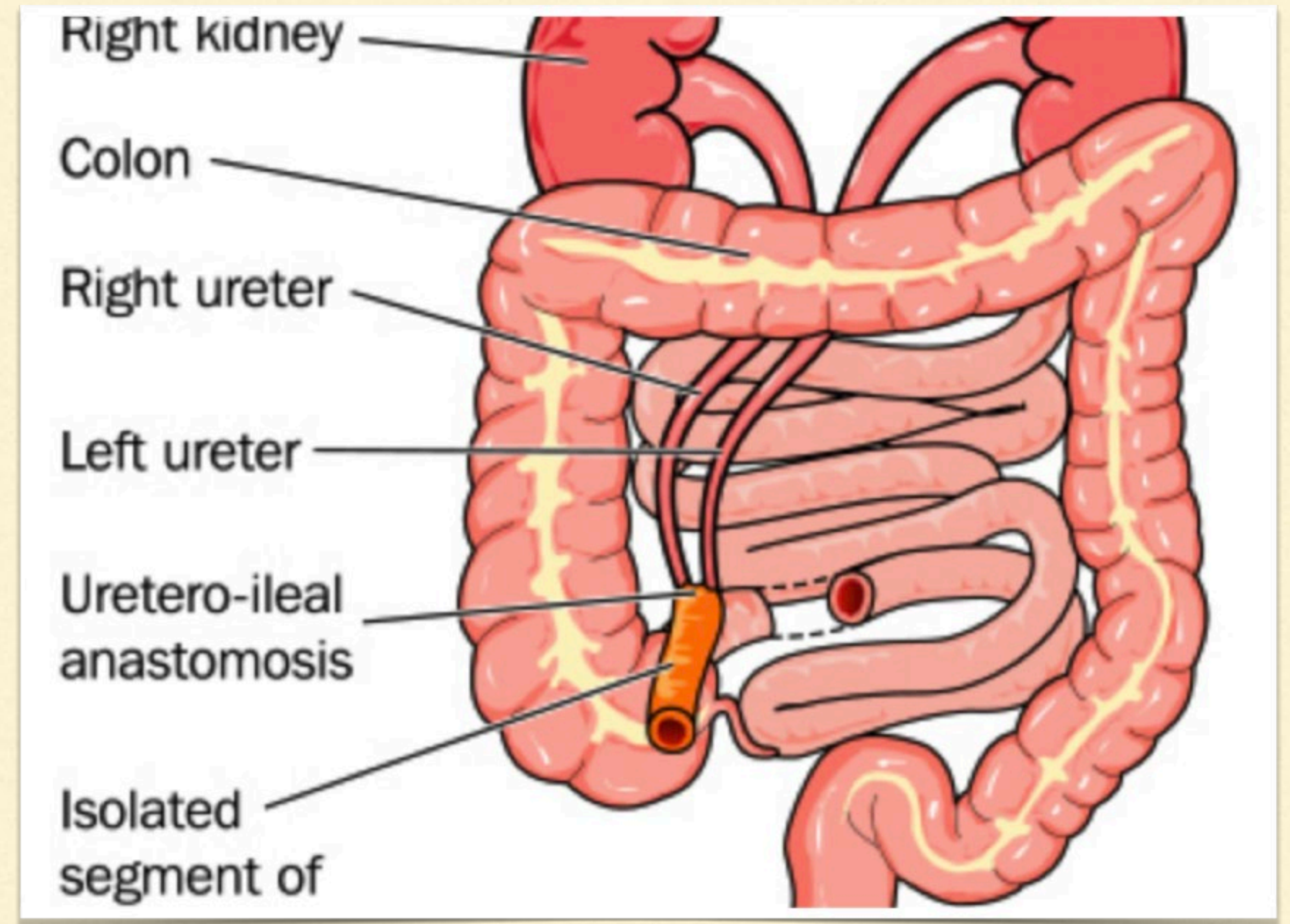
- Allow air to lungs (tracheostomy) for obstruction, breathing difficulty, surgery
 - Allow stool out (colostomy) for obstruction, infection, surgical resection, hygiene
 - Allow urine out (urostomy) obstruction, resection, hygiene
 - Allow small bowel content out (ileostomy) colon resection, healing
-

UROSTOMY

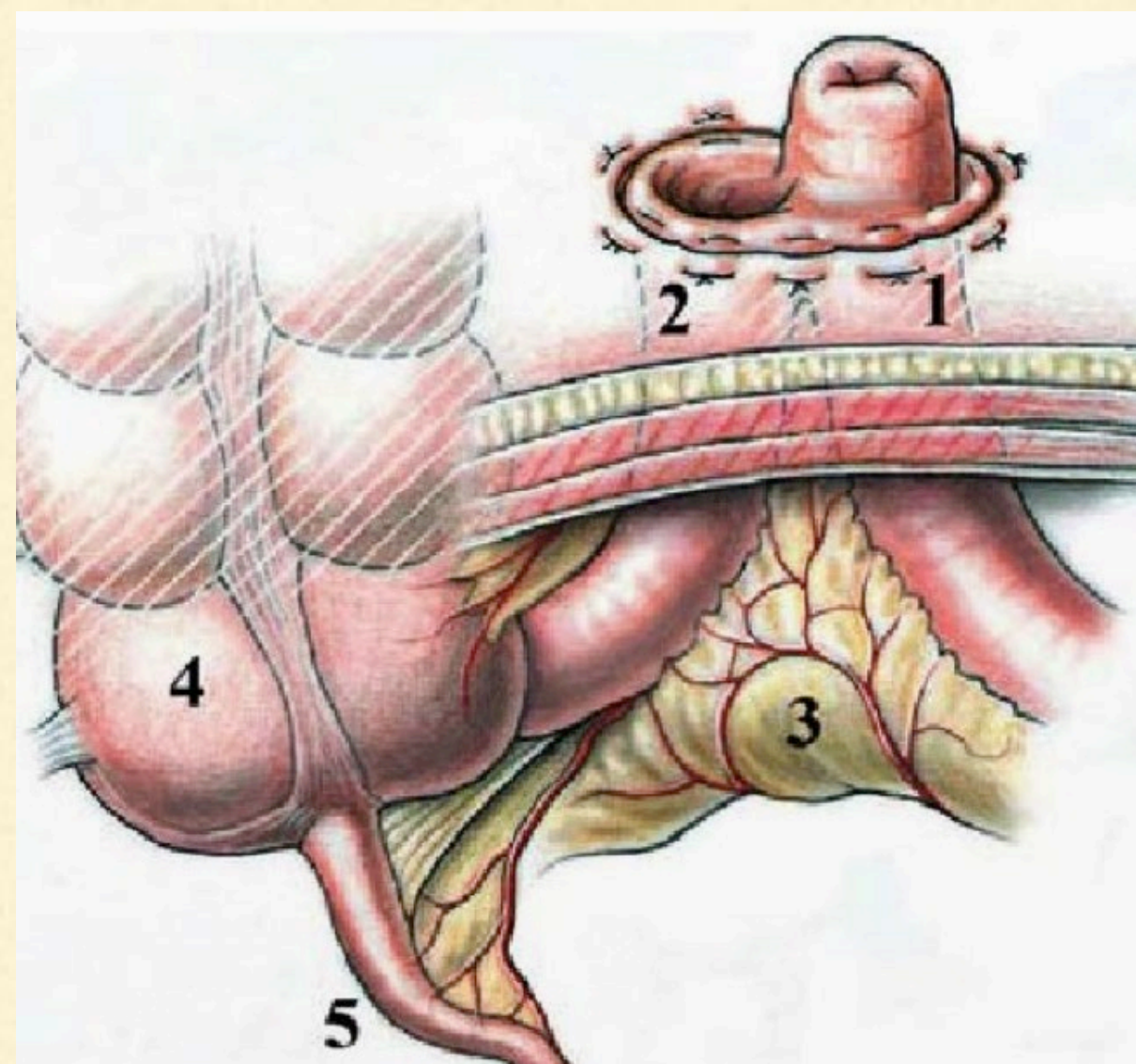
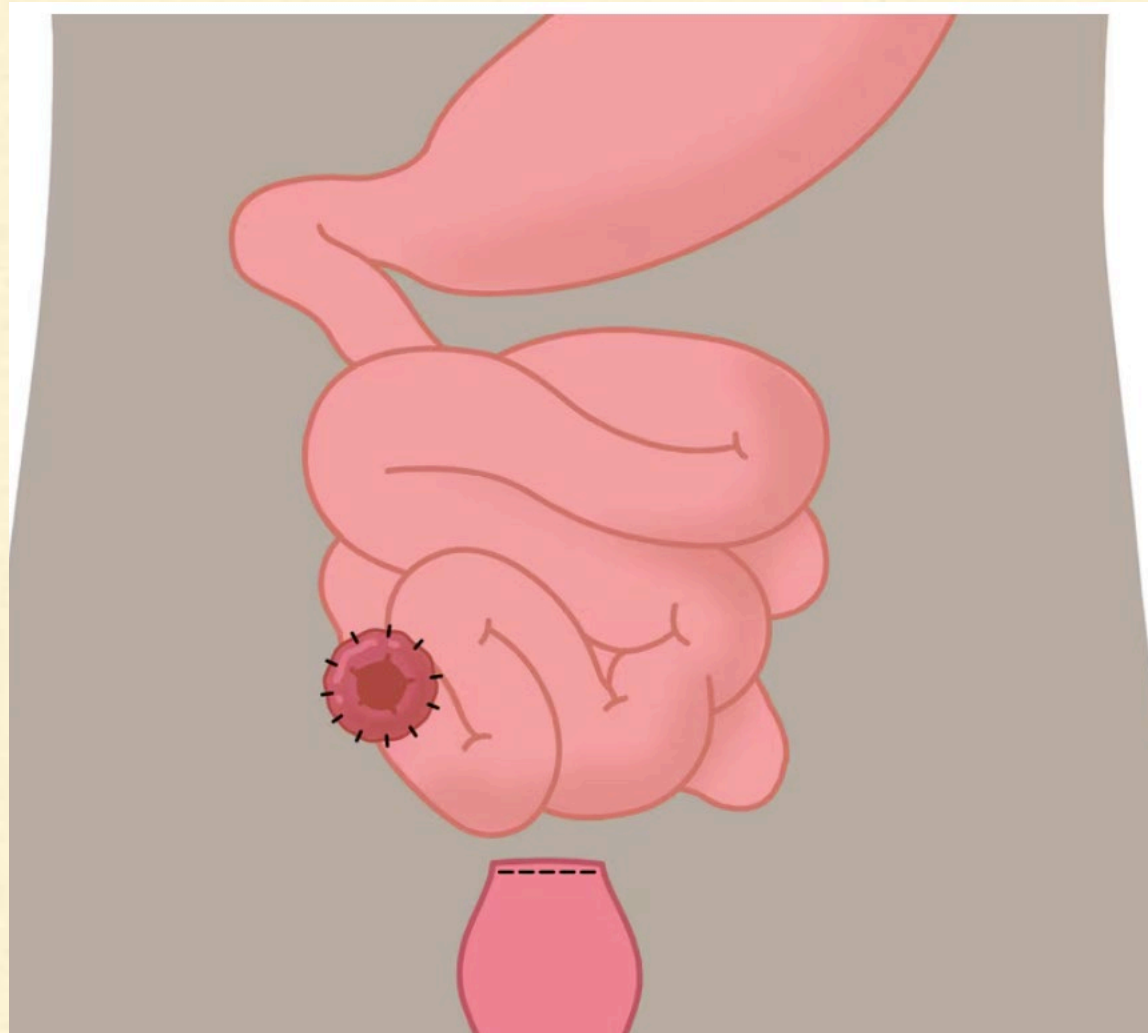
- Complex construction
- Drain urine to abdominal wall in case of distal urinary problems, cancer, strictures, trauma
- Typically on right abdomen
- Same external appearance as ileostomy



UROSTOMY

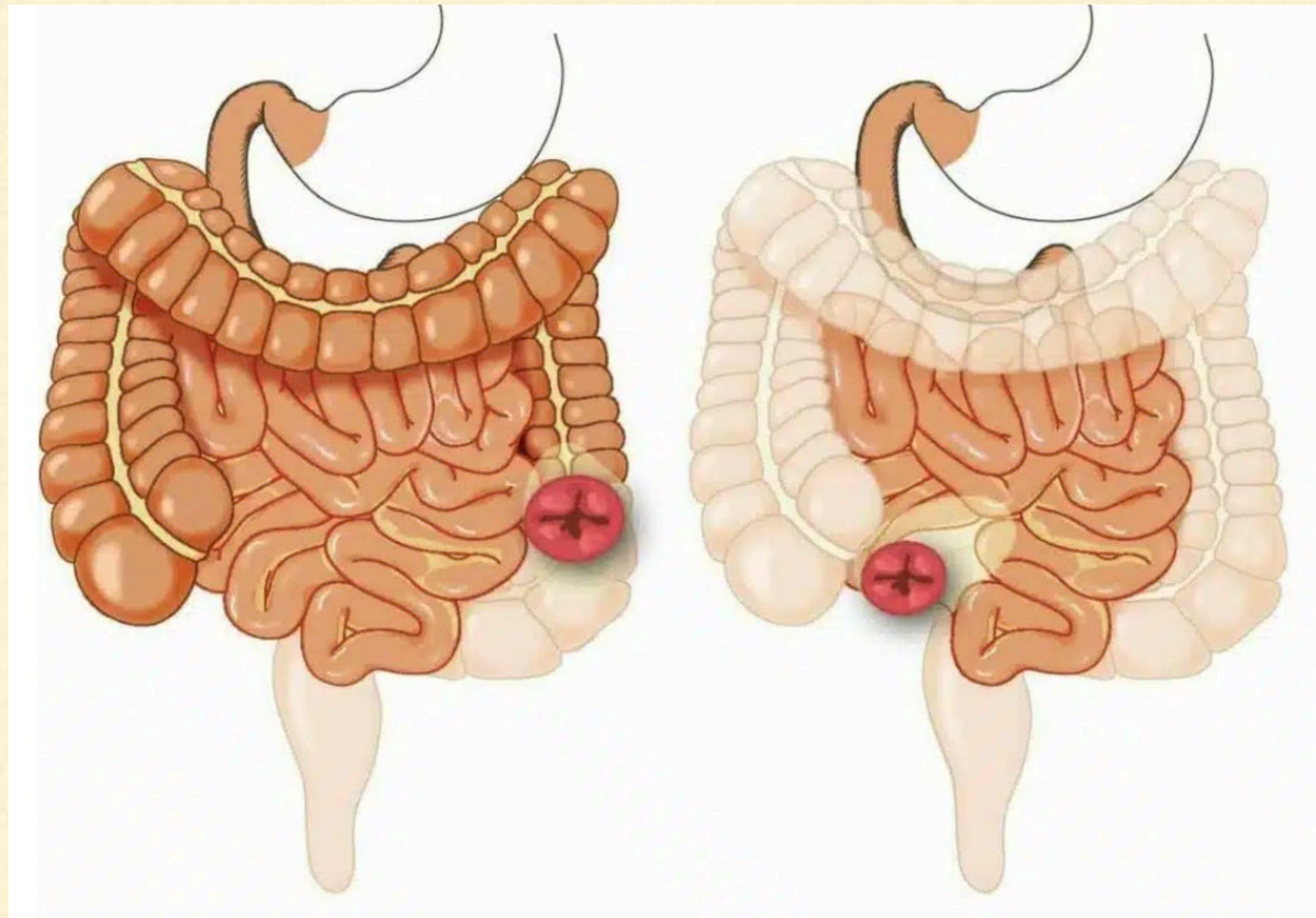


ILEOSTOMY



- Small bowel brought to skin surface
- Often used when there is no colon left (UC, FAP, infectious), or when content must be diverted away from colon
- Typically right abdomen
- Content irritating to skin

COLOSTOMY



Colostomy

Ileostomy

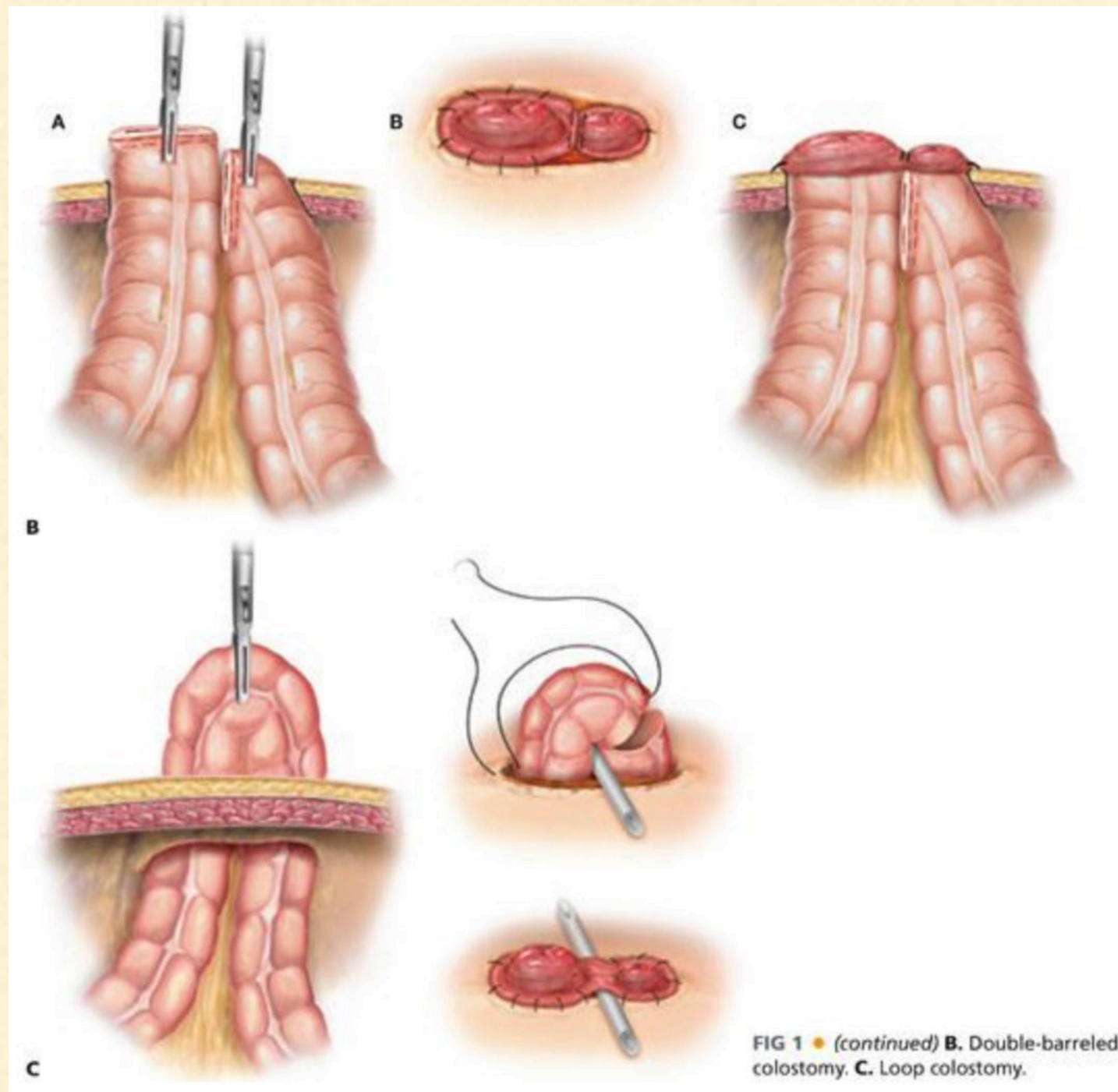
- Colon (large bowel) brought to skin surface
- Used to divert stool for obstruction, resection of distal colon, or removal of rectum
- Typically left lower abdomen, occasionally upper abdomen

A FEW TERMS

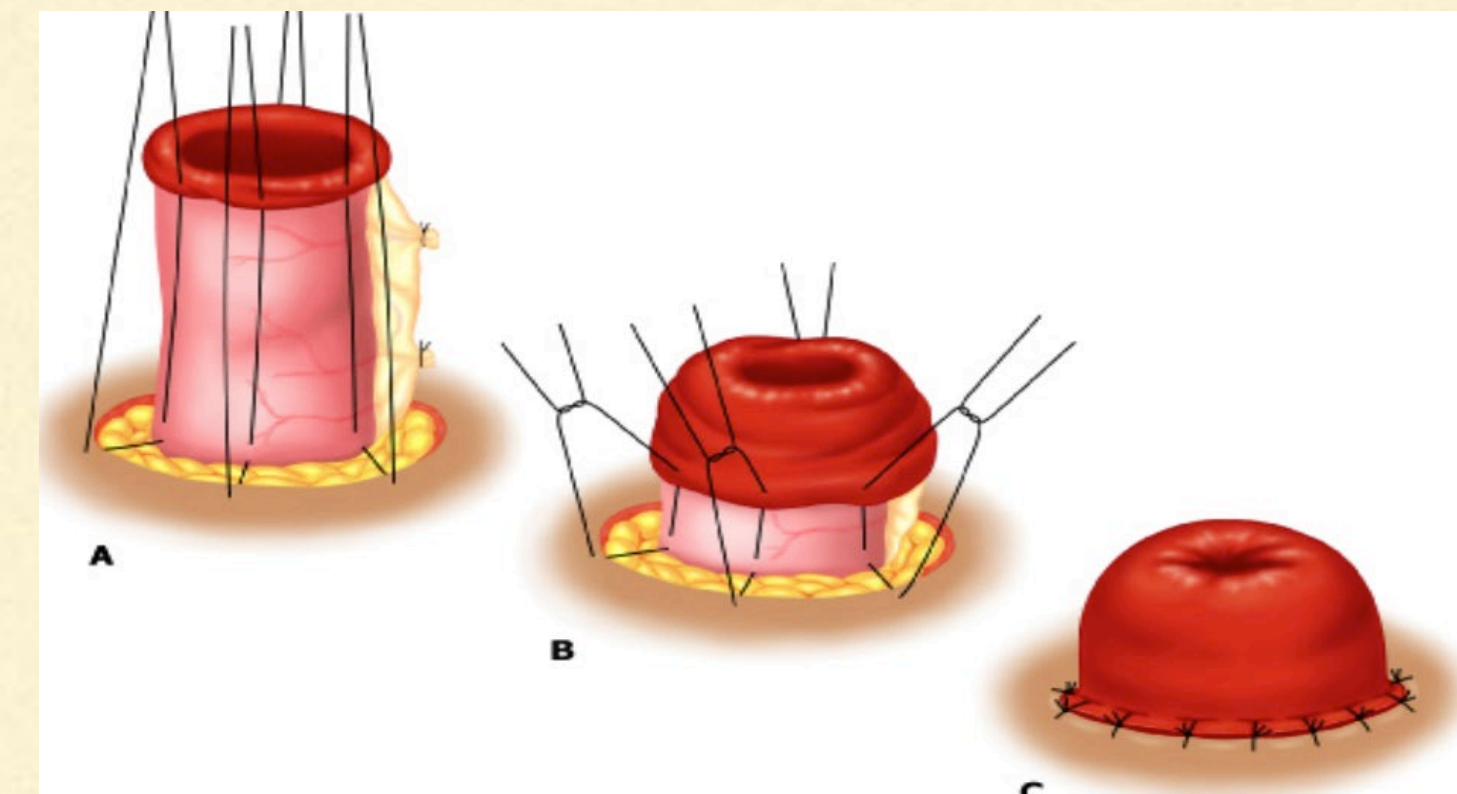
LOOP

VS

END

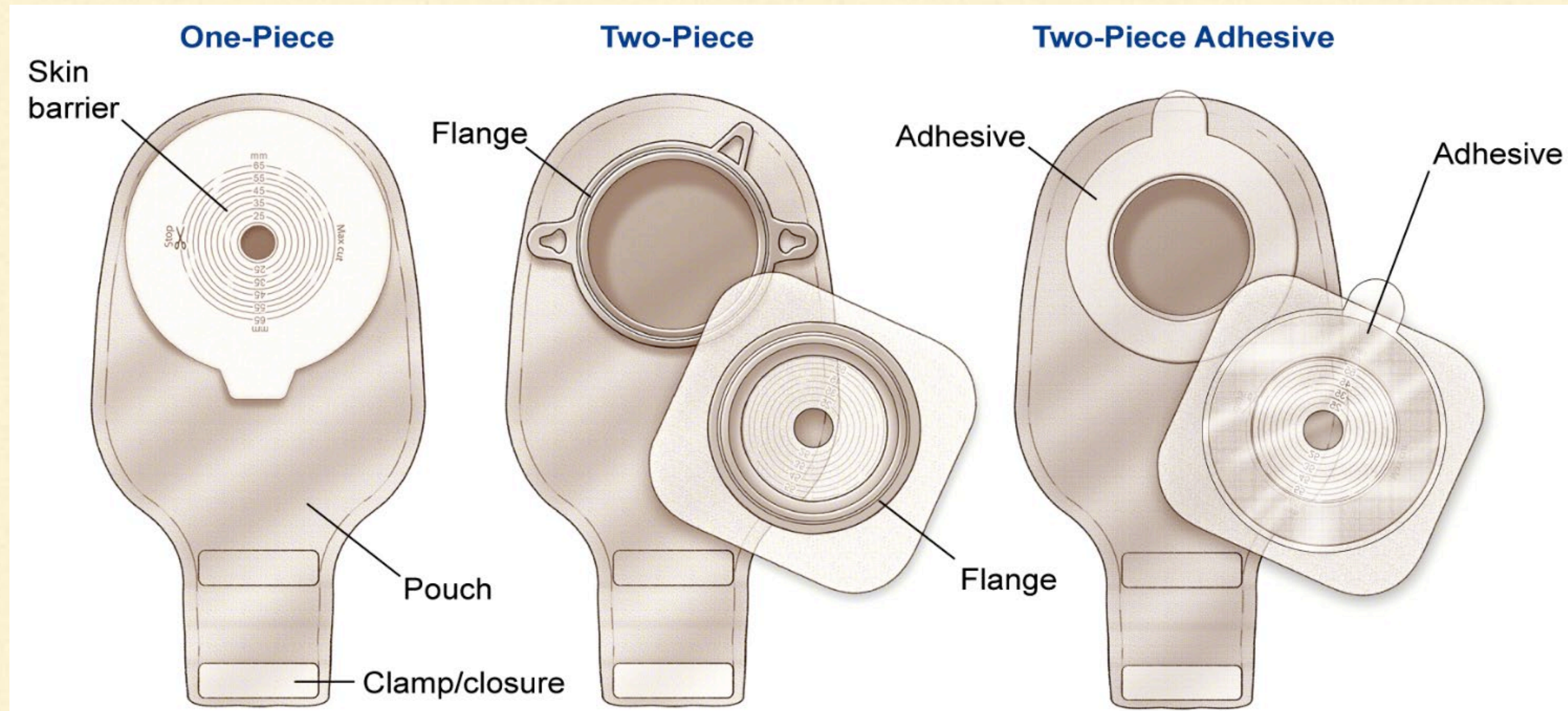


- Often designed to reverse
- Two openings at skin
- May have a stoma bar



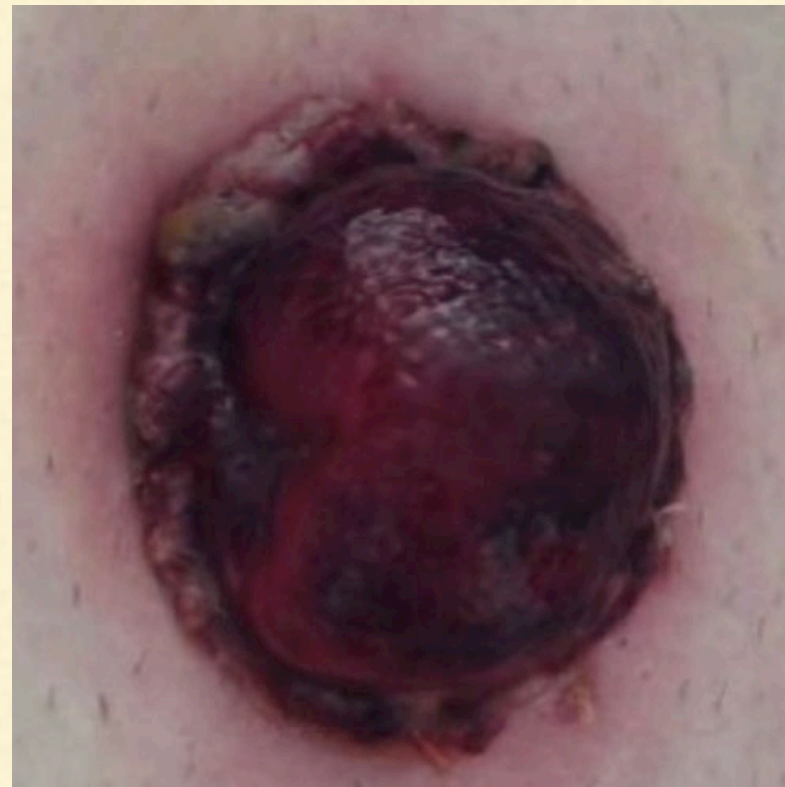
- Single opening
- complete diversion
- Reversal more difficult

APPLIANCES AND ACCESSORIES



- Wafer
- Reservoir
- Closure
- Vent
- One and two piece
- Paste, belt

COMMON PROBLEMS



Ischemia

Granulation & bleeding



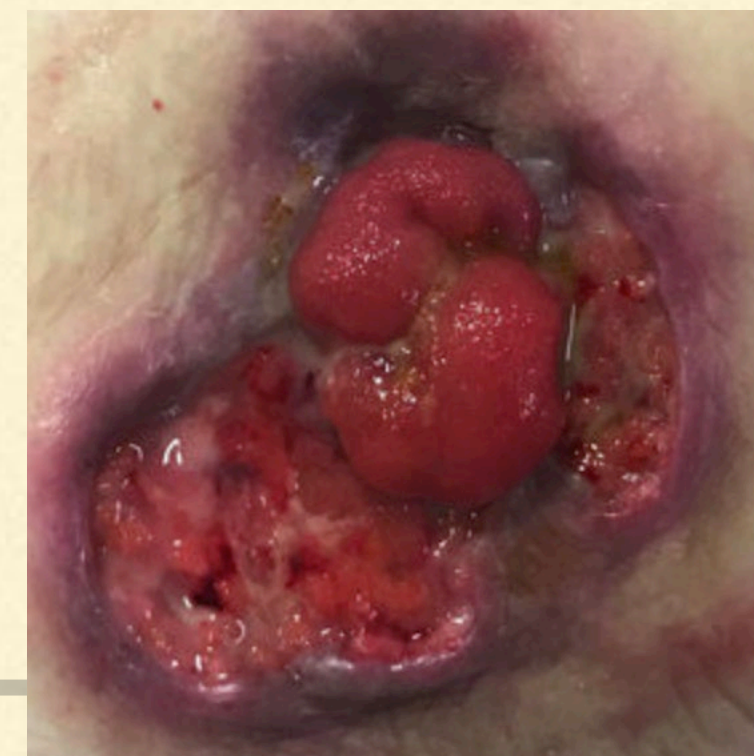
Retraction

Skin irritation



Hernia

Pyoderma



THE MOST COMMON PROBLEM



- Persistence
- Paste
- Appliance
- Trimming



QUESTIONS
