

Getting ready before your bowel surgery:

What to do before coming to the hospital

Dear patient, family and caregivers,

This letter has important information about getting ready for your bowel surgery. As you know, it is possible the surgeon will need to create a new opening for your bowel. The new opening will be located on your abdomen. This is called an 'ostomy' or a 'stoma'.

If you do have an ostomy, some reading and practice before your surgery will help you get used to it.

For details on what you can do, see the section below called "Getting ready for an ostomy." There is reading which you can do online or on paper. We also ask you to practice with the supplies we give you. If you do get an ostomy during your surgery, getting used to it will be easier if you read this information before you come to the hospital.

Before your surgery, you will meet with an Ostomy Nurse at the Pre-Admission Clinic. We will answer your questions and provide some basic teaching. After your surgery, the Ostomy Nurse will teach you how to change your appliance (also called a pouch), help with ordering your supplies, and arrange follow up for you.

Getting ready for an ostomy

▶ **If you have internet access**, please go to <http://colorectal.providencehealthcare.org>.

- Click on 'Patient Info' at the top of the page
- Then click on 'Stoma Care' at the center bottom of the page.
- Read through this information and follow the links for the type of ostomy the surgeon discussed with you.

▶ **If you do not have internet access**, please read these booklets.

Your surgeon will give these to you.

- "Caring for your ostomy: What you should know"
- "A guide for your ostomy surgery"

Practice cutting, applying, wearing and "emptying" your seal and appliance. We provide everything you need in the grey pouch. Your surgeon will give this to you.

If you have questions before your Pre-Admission Clinic appointment, contact the Ostomy Care Team Nurses at:

Office: 604-682-2344 extension 62917

Email: phcwoundostomyteam@vch.ca

This material has been reviewed and approved by patients, families and staff.

