



OPINION ARTICLE

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Clinical and Surgical Procedure of Colostomy: Patient's Care and Management with a Stoma

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Description

Colostomy is a surgical procedure where a portion of the colon is brought to the surface of the abdomen through a surgically created opening. This opening is called a stoma, and it allows waste products to leave the body without passing through the rectum and anus. Colostomy is usually performed as a treatment for conditions such as cancer, diverticulitis, inflammatory bowel disease, or trauma.

There are different types of colostomies, depending on the location of the stoma and the portion of the colon that is diverted. A sigmoid colostomy, for example, involves diverting the sigmoid colon, which is the last part of the large intestine before the rectum. A transverse colostomy involves diverting the transverse colon, which is the middle portion of the large intestine. An ascending colostomy involves diverting the ascending colon, which is the first part of the large intestine.

Colostomy surgery is usually performed under general anaesthesia, and it may be done as an open surgery or a laparoscopic procedure. In an open surgery, a large incision is made in the abdomen, and the surgeon locates the affected portion of the colon. The colon is then brought to the surface of the abdomen, and a stoma is created by suturing the colon to the skin. In a laparoscopic procedure, several small incisions are made in the abdomen, and a laparoscope (a thin, lighted tube with a camera) and other surgical instruments are inserted through these incisions. The surgeon then locates the affected portion of the colon and creates the stoma using specialized instruments.

After the colostomy surgery, the patient will need to adapt to life with a stoma. The stoma is usually located on the left side of the abdomen, and it may be round or oval in shape. The stoma is usually about 1-2 inches in diameter, and it protrudes slightly from the

surface of the skin. The stoma is pink or red in color, and it is moist to the touch. A special bag called an ostomy pouch is placed over the stoma to collect waste products. The pouch is usually worn all the time, and it can be emptied or replaced as needed.

Living with a colostomy can be challenging, especially at first. Patients may experience a range of physical and emotional changes, including changes in bowel habits, skin irritation around the stoma, and anxiety or depression. However, with proper care and support, most patients are able to adjust to life with a colostomy and resume their normal activities.

One of the most important aspects of colostomy care is maintaining good hygiene. Patients should clean the skin around the stoma with warm water and mild soap, and they should avoid using harsh chemicals or abrasive materials. Patients should also check the stoma and the ostomy pouch regularly for signs of leakage, blockage, or other problems. It is important to contact a healthcare provider if any problems arise, as they may require medical attention.

Patients with a colostomy may also need to make changes to their diet and lifestyle. Certain foods and drinks may cause gas, bloating, or diarrhea, which can be uncomfortable or embarrassing. Patients should work with a dietitian or healthcare provider to develop a balanced diet that meets their nutritional needs and minimizes digestive problems. Patients should also avoid heavy lifting or strenuous exercise until they have fully recovered from the surgery.

In addition to physical care, patients with a colostomy may benefit from emotional support. Adjusting to life with a colostomy can be challenging, and many patients experience anxiety, depression, or other emotional changes. Patients should talk to their healthcare provider or a mental health professional if they are struggling with these issues.

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