



Introduction

This Stoma Care Manual has been written to assist people, all over the world, who have a stoma.

The purpose is to share my knowledge and experience as a Stomal Therapy Nurse with everyone who is ready to learn more about the wonders of their body and to embrace a new lease on life with a stoma.

I understand that this may be an extremely difficult time for you and you may be feeling as though you could not possibly cope with having a stoma, or wearing a bag. You may even be feeling that you are different now.

We were not born with a stoma, so having one *does* make you a *little* different, but only in the way that your body lets go of its discarded products. It is simply a diversion of energy flow.

Otherwise you are exactly the same person that you were before your surgery.

It may take you a little while to accept your stoma. It may look unattractive to you, as it is swollen and bulky. However, many stomas shrink over several weeks and become easier to look at. It will all get better for you. Allow yourself time to rest. Allow yourself time to heal.

SECTION	
Introduction	A
Stoma Care	B
Diet & Fluids	C
Trouble-Shooting	D
My Information	E

Allow
yourself time
to rest

Allow yourself
time to heal