

STOMA CARE—SIZE

Each stoma has its own unique size and shape. Not all stomas are round. Some are oval in shape, whilst others have no real shape at all.

The size of your stoma may vary. After the surgery it may appear very big and swollen. As your stoma settles it may get smaller and look creased.

You may even notice that it moves on its own. This is called peristalsis, which is the natural movement that the bowel uses to push the contents along. Remember your stoma is part of your bowel.

It is important that the hole in your appliance is the right size for your stoma. If your stoma is oval, measure both the length and the width.

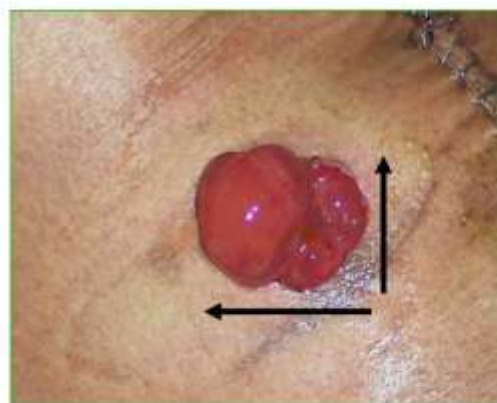
You may have to measure the stoma daily or at each appliance change for the first six weeks or so, until it reaches its ultimate size.

Once the stoma size is established you may be able to get pre-cut or pre-sized appliances.

If the stoma shrinks and disappears back into the skin (retracts) you will need to see your Stomal Therapy Nurse or doctor.

If the stoma falls out (prolapses) you will need to see your Stomal Therapy Nurse or doctor.

If you have any concerns, it is best to speak with your Stomal Therapy Nurse.



If your stoma is oval, measure both the length and the width.