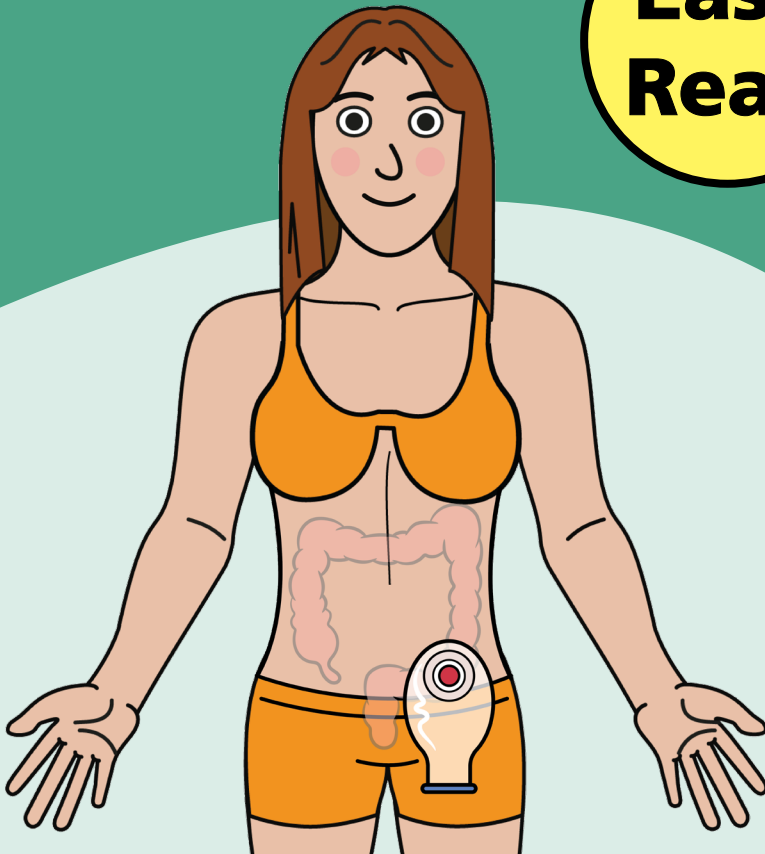


What is a stoma?

Information for patients,
carers and relatives



**Easy
Read**



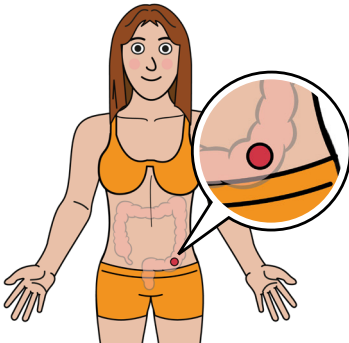
easy read



This booklet uses easy words and pictures.

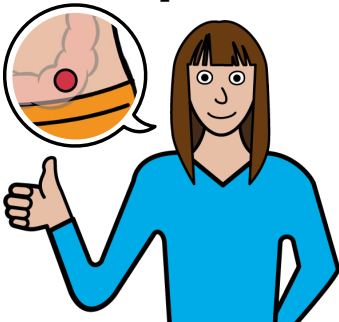
You might want to ask someone to help you read it.

stoma



A stoma is a small piece of your bowel that is on your tummy.

no pain



It does not hurt.

tell you

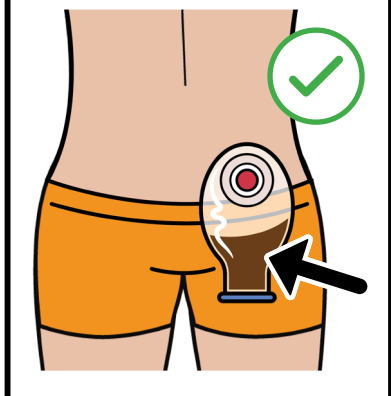


Nurses will teach you about the stoma.

poo



Your poo will now come out of this hole on your tummy, not your bottom.



A bag sticks over the stoma for the poo to go into.

bag sticks



The bag sticks to the skin like a plaster.

do not touch



Do not touch or pull at the bag.

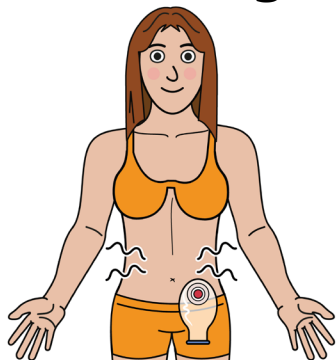
It might unstick and the poo will leak.

wash hands



Always wash your hands before and after touching your stoma.

rumbling



You will still feel your tummy rumbling.

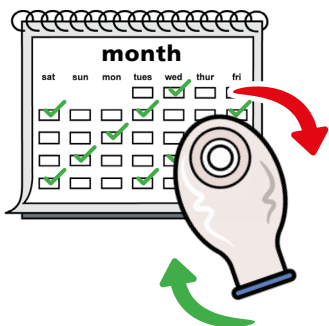
wind



You will still pass wind.

You will pass wind through the stoma now.

change bag



You will need to change the bag over regularly.

You can make a plan with your nurse.

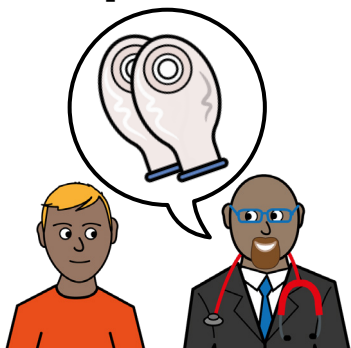
empty bag



You can empty the stoma bag if it has poo or wind in it.

Always do this over a toilet or bowl.

GP prescribe



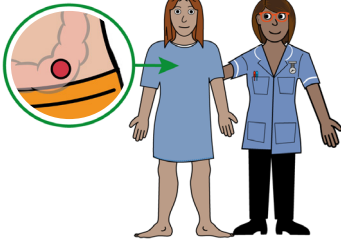
Your GP will prescribe your stoma bags.

spare bag



Always keep a spare bag with you.

stoma nurse



You will have a number for your stoma nurse.

You can write this here:

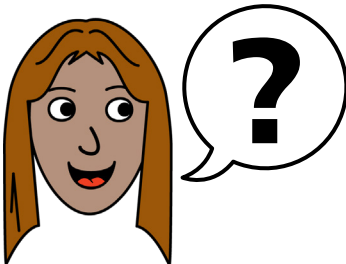
stoma bags



You will have a number for the company that supply your stoma bags.

You can write this here:

ask



If you have any questions, you can ask the staff.

hospital passport



If you have a Learning Disability or Autism diagnosis please complete a Health Passport and return it to the Learning Disability and Autism team on:

**leedsth-tr.lidautism
@nhs.net**

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