

Colostomy Highlights

結腸造口術簡要

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<p><u>Change</u> your bag every 4 days- first thing in am before eating/drinking, while it is most quiet.</p> <p><u>Empty Bag</u> at ½ or less full</p> <p><u>Pouch charcoal filter</u>- allows gas to expel without odor.</p>	<p>每隔四天<u>更換</u>你的袋子 - 一件首要辦的事 - 是在早上飲食前最安靜的時刻去做。</p> <p><u>清理袋子</u>應在其半滿或少過半滿時便做。</p> <p>○</p> <p>袋裝活性炭過濾器 - 讓排出的氣體不帶異味。</p>
<p><u>Skin Barrier</u> for red, irritated skin or if difficulty getting a good seal. Apply to skin after drying skin, allow to dry, place pouch.</p> <p><u>Powder</u> for broken skin. Apply to skin after drying. Sprinkle on, brush off extra and put new bag on. Stop using when skin healed.</p> <p><u>Crusting</u>- Clean and dry skin. Apply powder, pat on skin barrier, let dry. Do powder and barrier three times. Apply bag. This is for raw, weepy, broken skin.</p> <p><u>Stoma shrinks</u> over 6 weeks. You will need cut to fit flanges. Once stop shrinking, you can get pre-sized flanges.</p>	<p>皮膚<u>屏障霜</u>可供皮膚受到刺激變紅時或者如果袋子不能在皮膚上封密好時用。當弄乾皮膚後，塗在皮膚上，等它乾了後然後放上袋子。</p> <p>皮膚<u>粉末劑</u>供皮膚破損之用。弄乾皮膚之後塗上去。灑上、刷掉多餘的粉，然後放新袋上去。皮膚癒合後就停止使用。</p> <p>皮膚<u>結痂</u> - 將皮膚清潔並弄乾。塗上粉末，在皮膚屏障霜上輕拍，讓其弄乾。重複塗粉與屏障霜三次。放上袋子。這是針對擦破、滲水、爆裂之皮膚。</p> <p><u>造口收縮</u>在六個星期之內。在六個星期之內，您將要改切邊沿(flange)以配合造</p>

	口之小大。一旦停止收縮後，你可以購買配合到造口大小的邊沿。
<p><u>Leaks</u>: To avoid leaks- change on regular schedule, use only water to clean, dry well, assure stoma opening fits around the stoma, and hold for 10 minutes once you put on the pouch.</p> <ul style="list-style-type: none"> - <u>If your bag leaks</u>- change the bag - <u>If your bag leaks two times in a day</u>- change the bag and add paste and/or belt 	<p><u>滲漏</u>：為避免滲漏 –</p> <p>要定期更換造口袋，只用水去清洗、乾透、確定造口袋的開口是適合造口周圍小大，並且在戴上袋子時要用你的雙手壓之十分鐘。</p> <ul style="list-style-type: none"> - <u>若你的袋出現滲漏</u> - 將袋更換 - <u>若你的袋一天滲漏兩次</u> - 將袋更換，加黏貼劑和/或用袋帶
<p><u>Diet</u>: Eat small meals during the day, focus on protein for healing. Cut food up small, chew well, drink fluid while eating.</p>	<p><u>飲食</u>：日間進食少量食物，重點是食蛋白質以幫助康復。將食物切成小塊、充份咀嚼、進食時要喝飲料</p>
<p><u>Gas</u>: worse in the beginning, only way to control gas is to avoid gas producing foods and liquids.</p> <p><u>Diarrhea</u>- watery stool in very large amounts. If you empty your pouch greater than 7 times per day, call the doctor's office.</p> <p><u>Constipation</u>-no stool output for 24 hours, call the doctor's office.</p>	<p><u>臭氣</u>：開始時會比較差，而惟一可控制臭氣的是不吃製造氣體的食物與飲料。</p> <p><u>腹瀉</u> - 大量像水一般的糞便。若你每天清理袋子超過七次，要致電醫生。</p> <p><u>便秘</u></p> <p>二十四小時沒有糞便排出，也要致電醫生。</p>
<p><u>Activity</u>- do not lift anything over 10 pounds for 6 weeks. Always use proper body mechanics to decrease risk of a hernia.</p> <p><u>Intimacy</u>- change bag that day, empty bag</p>	<p><u>活動</u> –</p> <p>在六個星期內，不要拿起任何超過十磅的物品。務必使用正確的身體力學姿態，以減低形成疝氣的風險。</p>

<p>before, disguise pouch with bag cover, tube top, or scarf.</p>	<p><u>親密行爲</u> - 當天要換袋，之前要將袋清理，用袋套、筒狀彈性上衣、圍巾將袋子掩蓋好。</p>
<p><u>Accessories</u>: Ostomy accessories such as pouch covers, belts and special underwear with a pocket for the pouch. An inexpensive way to disguise your pouch is to use a tube top pulled down around your waist. Some web sites: Ostomy Secrets.com, Sleath Belt.com, CSPouchCovers.com, Tubetop.com.</p> <p><u>Supplies</u>: You will receive 5 bags and necessary accessories when you go home. If you have Medicare, Home Care will supply ostomy pouches during the time they see you. Your Case Manager will arrange supplies to be sent to your home by a Medical Supply Company that contracts with your insurance. You will call them for your next supply order, usually this is monthly. Most insurance companies cover 20 pouches per month and needed accessories.</p> <p><u>Home Care</u>: Your Case Manager will make every attempt to arrange Home Care Nursing for you. You will be given the information before you leave.</p> <p><u>Support/Resources</u>. United Ostomy Association has a wonderful web site. Many of the</p>	<p><u>配件</u>：造口配件，例如：袋套、帶與特製內衣(有口袋裝載袋子的)。一個不昂貴去掩蓋袋的方法是將筒狀彈性上衣拉低大約至腰間。一些參考網頁： Ostomy Secrets.com, Sleath Belt.com, CSPouchCovers.com, Tubetop.com</p> <p><u>供應</u>：你返家時，會收到五個袋子與所需的配件。如果你有Medicare聯邦醫療保險，家庭護理員會在與你會面時供給你造口袋子。 你的個案經理人會安排由一家與你的保險有協議的醫療物料公司將物料送到你的家。以後的供應訂單，通常是每月一次，你要自行與他們聯絡。大部份保險公司每月會供應20個袋子與包括所需的配件。</p> <p><u>家庭護理</u>：你的護理個案經理人會儘一切為你安排家庭護理服務。你會在離院前得到有關的資訊。</p> <p><u>支援/資源</u>。United Ostomy Association有一個極佳的網站。許多</p>

<p>manufacturing companies have Patient Support Programs and provide samples. The numbers are in the Your Health Matters handout.</p>	<p>生產商設有病人支援計劃 (Patient Support Programs)與提供產品樣本。你可以在“Your Health Matters”手冊內找到他們的電話。</p>
<p><u>When to contact your Surgeon’s office:</u></p> <ol style="list-style-type: none"> 1. Anything that has to do with this surgery, such as a fever. 2. A change in the color of your stoma- blue, black, purple, white. 3. A large amount of bleeding (> 4 table-spoons) in the pouch. 4. Nausea and vomiting for more than a day. 5. Bleeding and skin opening between the stoma and the skin. 6. Severe skin breakdown that is not healing. 7. Diarrhea (emptying bag > 7 times a day) with signs of dehydration (dark urine, very thirsty) 8. Severe cramping and no stoma output for 4-6 hours. 	<p><u>什麼時候要去見外科醫生：</u></p> <ol style="list-style-type: none"> 1. 任何與這次手術有關的事情，例如：發燒。 2. 造口皮膚顏色有變 - 藍、黑、紫、或白。 3. 袋子內有大量出血 (超過四湯匙)。 4. 噁心與嘔吐超過一天。 5. 造口之皮膚出血與皮膚裂開。 6. 嚴重的皮膚破裂而不癒合。 7. 腹瀉 (一天內要清理袋子超過七次)，並有脫水的徵狀(尿變深色、非常口渴)。 8. 出現嚴重痙攣(抽筋)，造口也四至六個小時期間無排出物。