

UCSF Medical Center 加州大學舊金山分校醫療中心

Your Health Matters 健康資訊寶庫**Living with a Colostomy 做結腸造口術後的生活**

Living with a Colostomy	做結腸造口術後的生活
<p>Most people who have colostomies continue to have normal lives. They go to work, play sports, have babies and do the things that most people do. That is not to say that having a colostomy is not a life-changing experience. It is a life-changing experience, but the changes can be incorporated into your life-style. This booklet is aimed at giving answers and information to the most common questions and concerns about colostomy. Please feel free to discuss any of these issues, or issues that aren't addressed here, with your nurse or doctor.</p>	<p>許多做過結腸造口術的人繼續過著正常生活。他們工作、做運動、生育與做普通人做的事；但這並不是說，結腸造口術並非一次改變人生的體驗。這實實在在是一個改變人生的體驗，但一切都可以調整而融入日常生活。結腸造口術會帶來很多問題與擔憂；這小冊子之目的是為最常見的問題提供答案與資訊。歡迎你與護士或醫生談論這些問題或任何在這裡未有提及的憂慮。</p>
<p>What you need to know before you leave the hospital</p> <ul style="list-style-type: none"> • Hospital nursing station: • Who can help with questions or problems: Ostomy Nurse Susan Barbour, RN (415) 353-1085 or Nurse Practitioner Lois Anne Indorf, (415) 885-3613, or • Name of your operation: • Ostomy supplies you are now using: • You can buy your supplies at (or they have been ordered from the following supply house): 	<p>離院前需知</p> <ul style="list-style-type: none"> • 醫院護理站 • 有問題或麻煩時，誰可以提供幫助： 造口術護士 Susan Barbour, RN (415) 353-1085 或 執業護理師 Lois Anne Indorf, (415) 885-3613, 或 • 你所接受的手術名稱： • 你需用的人工造口用品： • 你在何處可購買這些用品 (或已經幫你從以下的供應商訂購)
<p>General information</p> <p>A colostomy is creation of a passageway that brings the end of your colon, also called the large intestine, to an opening in the skin called a stoma or ostomy, usually on the left side of your lower abdomen. People need to have a colostomy for many reasons including cancer, Crohn's disease, perforations of the colon, accidents causing injury to the colon and con-</p>	<p>普通資訊</p> <p>結腸(也稱為大腸)造口術是將結腸的一端引去皮膚外的一個口孔，製造一條從內到皮膚外的通道，這稱為造口或造口術，造口的位置通常是在下腹的左面。要進行結腸造口術的原因有很多，包括癌症、克隆氏症、</p>

<p>genital problems.</p> <p>Some colostomies are temporary and some are permanent. Your pattern of having a bowel movement with a colostomy will depend on how much of your colon was removed and what your bowel pattern was like before surgery. If you still have your rectum, you can expect to have mucus or blood pass through the anus. Some people will give themselves a Fleet enema or a very small tap water enema once a week to clean out the rectum.</p>	<p>結腸穿孔、意外而引致的結腸損傷與先天性的問題。</p> <p>有些結腸造口術是臨時性的，而有些則是永久性的。你在結腸造口術下的排便模式會根據你有多少結腸已被切除與你在手術前之排便模式。如果你仍然保留有直腸，你可以預期會有粘液或血水通過肛門。有些人會給自己灌清腸劑或用非常小量的自來水灌腸，一星期一次清洗直腸。</p>
<p>Common Questions and Answers</p> <p><i>How often do I change the pouch?</i></p> <p>Most people change the pouch once or twice a week. This also depends on the shape and location of your stoma and your personal preference. Change the pouch on a regular schedule to avoid leakage.</p> <p><i>How do I change the pouch?</i></p> <p>The nursing staff will begin to teach you or your family how to change the pouch before you go home. Usually, we can arrange for home health nurses to come to your house for continued teaching. The step-by-step directions on how to change the pouch are at the end of this booklet.</p> <p><i>How often do I need to empty the pouch?</i></p> <p>You will empty the pouch when it is 1/3 to 1/2 full. Most people empty the pouch one to four times a day.</p> <p><i>Where do I buy the pouches?</i></p> <p>You can buy the pouches at medical supply stores in your area or you can order them through the mail. See the end of this booklet for resources and numbers.</p> <p><i>Does insurance pay for the supplies?</i></p> <ul style="list-style-type: none"> • Many insurance companies will pay 50 percent to 100 percent of the cost for pouches. • If you belong to an HMO, they will tell you 	<p>常見的問題與解答</p> <p><i>袋子要多久更換一次？</i></p> <p>很多人一星期更換袋子一至兩次。這完全是根據你的造口形狀和位置與你個人喜好而定，定期更換袋子可以防滲漏。</p> <p><i>如何更換袋子？</i></p> <p>在你回家之前，護理員會開始指導你或你的家人如何去更換袋子。通常，我們可以安排家訪護士，以提供持續指導。在本小冊子的結尾，附有詳盡的更換袋子指示。</p> <p><i>袋子要多久清理一次？</i></p> <p>當袋子達到三分之一或半滿，你就要清理它。多數人會在一天內清理一至四次。</p> <p><i>哪裡可買到袋子？</i></p> <p>你可以在就近的醫療用品店買到袋子，另外，你也可以郵購。小冊子結尾附有更多資料與電話號碼。</p> <p><i>保險賠償會包括用品的費用嗎？</i></p> <ul style="list-style-type: none"> • 很多保險公司會支付一半至全部的袋子費用。 • 如果你是屬於一家健康維護組織(HMO)的話，他們會

exactly where to get supplies they will cover.

- If you have MediCal your discharge coordinator will help determine the contracted supplier.
- Medicare pays 80 percent of the cost of most pouches. The monthly allowance includes 20 drainable pouches or 60 closed pouches, 20 skin barriers and one belt. If you have a secondary insurance plan to your Medicare, it will pick up the difference between the actual cost and the amount covered by Medicare.
- An annual prescription for ostomy supplies is necessary. After the first year with a permanent ostomy your primary care provider will write the prescriptions you need for supplies.

If I don't have insurance, how much do supplies cost?

A typical colostomy pouch costs about \$6. Extra supplies, like paste, powder, adhesive removers, wipes or a belt, add to the cost. It is hard to estimate a yearly cost as different people use different supplies and change pouches on different schedules. A minimum of \$700 to \$1000 per year is a reasonable estimate.

What about odors?

Many years ago the pouches were not odor-proof, and people associated ostomies with odor. Today's modern pouches are odor-proof. You should not smell anything unless there is stool on the outside of the pouch, on the clip or if the pouch is leaking. It is not unusual to be very sensitive to odors after surgery. Deodorants are available to put in the pouch, or you can take tablets by mouth to prevent odor. If the odor bothers you when you are emptying your pouch in the bathroom, try using pouch deodorants.

What can I do about the gas and the noise it makes?

Everyone worries about this. The amount of gas you have after the operation is usually

清楚地告訴你那些用品供應商是他們認可的。

- 如果你有政府低收入醫療保險計劃的白卡(MediCal), 你的出院協調員會幫助你找有協議的供應商。
- 政府老年醫療保險計劃的紅藍白卡(Medicare)會支付八成袋子的費用。每月的津貼包括二十個可排水的袋或六十個密封袋、二十張保護皮膚的膠屏障與一條袋帶。如果你在Medicare以外有第二個保險計劃, 他們會負責實際費用減去Medicare賠償後之差額。
- 每年都需要為造口術用品定處方。在第一年固定造口術之後, 你的主診醫生會為你所需的用品定處方。

如果我沒有保險, 物料的费用會是多少?

一個普通的結腸造口術袋子的費用是六元。其他用品, 如膠貼、粉末、膠粘除去劑、抹巾或袋帶, 會增加額外費用。因為各人可以選用不同的物料, 而且更換袋子的次數也有異, 所以很難預計周年費用數目。每年最少700元至1000元是一個合理的估計。

氣味又怎麼樣呢?

多年前, 這些袋子並不防臭的, 而帶著造口術的人也帶著氣味。今天, 新款的袋子都是防臭的。除非有糞便在袋子外、夾子上, 又或者袋子正滲漏, 否則你不應該嗅到任何氣味。手術後, 對氣味非常敏感並非什麼特別的反應。可在袋內放置防臭劑, 或者你可以口服藥片以防氣味。當你在浴室裏清理袋子時, 如果氣味困擾你, 可嘗試用袋子防臭劑。

有關腸內氣體與腸動噪音, 有什麼我可以做去減少?

每個人都會擔心這個問題。在手術後的幾個星期內, 氣體量通常會比較多。氣體在腸內通過的聲音會隨著

more than you will have in a few weeks. The sound of the gas passing will lessen in time. Sometimes putting your arm/hand/handbag/book right over the stoma when it starts making noise will muffle the sound. If the gas continues and is a problem, avoid foods that cause gas or eat these foods when you don't care about the noise. For example, don't eat beans, broccoli or similar foods that may cause gas before you go out. Avoid carbonated drinks and drinking with straws.

Will everyone know I have a colostomy?

Not unless you tell them. At first, everyone feels that people can see the pouch under their clothes but after a while, you realize that they can't. It will make noises that you will not be able to control. It makes the most noise in the first few weeks after surgery. Eventually, the noises usually diminish and they sound about the same as normal stomach rumbling.

What about sex?

Many people feel uncomfortable at first about being intimate when there are changes in their body. You may feel unattractive and concerned that your partner may not want to get close to you anymore. Your partner may be afraid of hurting you, or afraid of your stoma. These are all common feelings. Talk to your partner about your feelings and encourage him or her to share their feelings. If you continue to feel uncomfortable and you need more help you can talk to an ostomy nurse for resources. Some operations may affect a man's ability to have an erection and may cause pain with intercourse for a woman. Discuss this with your surgeon.

Can I shower, take a bath or get in a hot tub?

Yes. You can take a bath or shower with or without the pouch. The water doesn't hurt the stoma and won't go inside. Stool will continue to come out of the stoma so if you want to shower with the pouch off choose a time when the stoma is inactive. You may enjoy a hot tub/bathtub with a pouch on. If you shower with the pouch, be sure to cover gas filters to avoid getting them wet.

時間而減弱。當有腸噪音時，將手臂、手、手袋、書放在造口上面，有時是可以將噪音減弱。如果氣體持續而且構成麻煩，可避免進食一些引致氣體的食物，或在你可以不擔心噪音的時候才進食這類食物。例如：外出前，不要吃豆類、西蘭花或類似製造氣體的食物。避免碳酸飲料與使用飲管喝飲料。

其他人會知道我曾做造口術嗎？

不會，除非你告訴他們。起初，每個人都覺得所有人都會看到他們衣服下面的袋子，但過了一段時間，你會明白到他們是不會知道的。它會發出無法控制的腸內聲音；而手術後的首數個星期內，發的聲音是最多的。但到最後，聲音通常不會再出現。即使它仍有發聲，大概也似是胃在平時發出來的隆隆聲。

性事又如何呢？

當身體發生改變後，很多人再開始進行性交時會感到不自在。你可能覺得失去吸引力，並且注意到你的伴侶可能不再想與你親近。你的伴侶可能擔心傷害到你，或者擔心你的造口。這都是一些常見的感受。請與你的伴侶開心見誠地講述你的感受，並鼓勵他或她與你分享其感受。如果你持續感到不舒服而需要更多的協助，你可以向造口術護士查詢有關資訊。有些手術可能會影響男性勃起的能力與女性在性交時引起痛楚。如果有這些問題，請與你的醫護人員談論。

我可以淋浴、浸浴或浸熱水浴嗎？

可以的。不論帶著袋子與否，你都可以浸浴或淋浴。水並不會傷到你的造口，也不會走進去。糞便仍然會從造口處出來，因此，如果你不想帶著袋子淋浴，便要選擇在一個造口不活躍的時間。你也可以帶著袋子享受浸一個熱水浴。如果帶著袋子淋浴，要先確定將袋上的氣體濾部分蓋好，以免將其弄濕。

Are there certain activities I can't do?

If you have had your rectum removed that area will be tender for a while and you may not be able to ride a bike or a horse until the pain is gone. All other activities are fine including swimming. Check with your surgeon if you have further questions.

Do I have to follow a special diet?

No. You can eat anything you ate before your operation. If certain foods cause you gas, and it is a problem for you, avoid those foods.

What is colostomy irrigation and is it something I should learn?

A colostomy irrigation is like an enema given through the stoma. The purpose is to empty the colon once a day or every other day and not to have stool output the rest of the day. This doesn't work for everyone and some people don't want to do this. An irrigation takes about an hour a day to perform. Ask your nurse or enterostomal therapist nurse about how to perform a colostomy irrigation.

How do I find out about different types of pouches?

- Nurses who specialize in the care of people with ostomies can tell you about different pouches. These nurses may be referred to as stoma nurses, ostomy nurses, "ET" nurses (short for Enterostomal Therapist) or WOC nurses (Wound; Ostomy and Continence nurses).
- Your nurse practitioner or home care nurse can often help.
- The United Ostomy Association of American is a good resource for information. www.uoaa.org
- Pouches are either "one-piece" or "two-piece" systems. In a one-piece pouch, the pouch and adhesive are in one piece. A two-piece pouch has a separate adhesive part. There are drainable pouches and closed pouches, short pouches and long pouches, transparent and opaque pouches, pouches

有那些活動我不能夠參與？

如果你已將直腸切除，一段時間內那手術部分仍會感到疼痛，因此，直至痛楚消退，你不可以騎自行車或騎馬。至于其他活動，包括游泳，都可以。若有其他疑問，可向醫護人員查詢。

我需要依從一份特別的餐單嗎？

不用。你可以吃任何你在手術前慣吃的食物。若有某些食物引起氣體而給你麻煩，你才避免吃這些食物。

結腸造口灌是什麼？我是否要認識它？

結腸造口灌是類似灌腸，這是通過造口給予灌腸。它的目的是每日一次或隔日清理結腸一次，並且在灌腸之後的一天內再不需要排出糞便。這方法並不對所有人都有效，有些人也不想用此法。做一次結腸造口灌大約一天花一個小時。請向你的護士或造口治療護士查詢有關結腸造口灌的步驟。

我可以怎樣找到不同款式的造口袋子？

- 專門照顧造口術病人的護士可以告訴你關於造口袋子的款式。這些護士也可以被稱為造口護士、造口術護士、ET(造口治療師)護士或WOC(傷口、造口和失禁)護士。
- 你的執業護士或家庭護理護士也可以經常可以協助你。
- 美國聯合造口協會(www.uoaa.org)也是一處好的資訊來源。
- 袋子有“一件”與“兩件”之分。“一件”袋子的話，袋子與膠貼是二合為一的；至於“兩件”袋子的話，膠貼則是分開的。袋子也有分為可排出的和密封的、短的和長的，透明的和不透明的、帶膠貼的和用袋帶去固定

with adhesive and those held on by a belt. Your nurses usually will choose the one that best suits your needs before you leave the hospital. You may need or want a different type of pouch later. You also may contact manufacturers of pouches for free samples.

- Some ostomy manufacturers and their toll-free telephone numbers are:

Convatec (800) 422-8811 www.convatec.com
 Hollister (888) 740-8999 www.hollister.com
 Coloplast (800) 533-0464 www.coloplast.com
 Nu-Hope (800) 899-7711 www.nu-hope.com
 Cymed (800) 582-0707
www.cymedostomy.com

These companies often provide an advice nurse to help you select a product appropriate for your needs.

What if my pouch leaks when I am out?

If you change the pouch on a regular schedule, it shouldn't leak. However, it is always best to be prepared. Keep an extra pouch with you at all times. If your pouch leaks more than very rarely, you should see a specialist nurse for help.

What can I do if I feel I need more help in dealing with this?

Talking to other people who have had the same operation either in support groups or one-on-one can be very helpful (see the section on Helpful Contacts). Talk with your nurse, the specialist nurse and your friends and family. A referral to a therapist also can be helpful in sorting out all the feelings you may have after your operation. It is perfectly normal to have these feelings and need help in dealing with them.

What kind of problems can I have in the future?

- **Skin Irritation:** Skin irritation around your stoma may be due to an allergy to the adhesive, or from using soaps around the stoma, so cleanse with water only. Sometimes if the opening of the pouch is too large, this skin can be irritated by its exposure to stool. Measure the stoma and add

的。在你離開醫院之前，你的護士通常會選擇一種最配合你需要的。之後，你如果需要或希望用另一種袋子，可以向袋子生產商查詢免費試用品。

- 這裡有一些造口術生產商與他們的免費電話號碼：

Convatec (800) 422-8811 www.convatec.com
 Hollister (888) 740-8999 www.hollister.com
 Coloplast (800) 533-0464 www.coloplast.com
 Nu-Hope (800) 899-7711 www.nu-hope.com
 Cymed (800) 582-0707 www.cymedostomy.com

這些公司經常會安排一名護士顧問去協助你選擇一些配合你需要的產品。

當我外出時遇到袋子滲漏，怎辦？

若你定期更換袋子，它是不會出現滲漏的。不過，我們當然也要有所準備；所以，任何時候都要帶備多個袋子。雖然袋子滲漏應很少出現，但萬一不是時，你便當尋求專科護士的協助。

如果在處理這問題時我覺得我需要更多協助，我該怎樣做？

跟其他有相同經驗的人仕討論，無論是在支援小組或是單對單都是非常有用的(參閱“有用聯繫”的一節)。也可跟你的護士、專科護士、你的朋友與家人討論。轉介去一名治療師，亦會對處理你在手術後可能產生的各種感受有幫助的。有這些感受是完全正常的，因此需要協助去將之化解。

我未來將會遇上什麼問題？

- **皮膚刺激：**在造口附近出現皮膚刺激，可能是對膠貼過敏或造口受到肥皂刺激，所以，只能用清水洗滌。有時，若袋口太寬，皮膚接觸到糞便，也會造成皮膚刺激。量度造口，並將袋口寬度增加1/8吋，這樣通

<p>1/8 inch to the opening and you will usually not have skin irritation. Contact a specialist nurse if it persists.</p> <ul style="list-style-type: none"> • Make sure the pouch opening fits your stoma without actually touching the stoma with no skin showing. • Expose the irritated skin to air for 20 to 30 minutes during changes. • Do not use any solvents, sealants or medications on irritated skin unless your doctor or nurse has approved them. • Call the stoma nurse if redness doesn't go away. • Hernias: Some people can get a hernia around their stoma. A hernia occurs when the opening in the muscle around the stoma stretches so much that the intestines slip into this hole and cause a bulge. We don't know how to prevent this from happening but it seems sensible to avoid increasing the pressure behind the stoma for 4-6 weeks. For 6 weeks following surgery avoid heavy lifting (more than 10 pounds), excessive coughing, vomiting or straining. Keep your weight in a healthy range. 	<p>常可避免皮膚刺激。若是持續，可向專業護士查詢。</p> <ul style="list-style-type: none"> ○ 確定袋口寬度與造口是合稱的，不會觸及造口，亦不會露出皮膚。 ○ 當更換袋子時，將受刺激的皮膚在在空氣中暴露20至30分鐘。 ○ 除非預先得到醫生或護士准許，不要在受刺激的皮膚上用任何溶劑，密封劑或藥物。 ○ 若紅腫未能消退，請向造口護士查詢。 • 疝氣：有些人會在造口附近產生疝氣。當造口周圍的肌肉過份鬆弛，腸子可滑進這個肌肉洞，造成隆起，這就是所謂的疝氣。我們並不知道怎樣去預防這情況，不過，一個合理的處理方法是在四至六個星期內避免增加造口背後的壓力。手術之後的六個星期，要避免提重物(超過10磅的)和過量咳嗽、嘔吐或勞損。也應將體重保持在一個健康的範圍內。
<p>Helpful Tips and Information</p> <ul style="list-style-type: none"> • Always change a leaky pouch (stool on the skin causes irritation). • When traveling, carry your supplies with you in case your luggage is lost. • Always carry an extra pouch in your purse or pocket. • A small amount of bleeding from the stoma when you clean the area is normal. Do not be alarmed. • The stoma will change size and shape with weight loss or gain and with pregnancy. You will need to change the pattern or size of the opening to prevent skin irritation if this occurs. • Your stoma will shrink in size for a while after surgery, mostly in the first month. If 	<p>有用的提示和資訊</p> <ul style="list-style-type: none"> • 常常將滲漏的袋子更換(在皮膚上的糞便會刺激皮膚)。 • 外出時，有可能會遺失行李箱，所以，造口術用品要跟身為佳。 • 常常要帶隨額外的袋子在錢包或手袋內。 • 當清洗造口時出現出小量血是正常的，不必擔心。 • 造口的大小與形狀會隨體重與懷孕而改變；你要相應改變袋口款式與大小，以防刺激皮膚。 • 手術之後，大多在首個月內，你的造口會在一短暫時間內縮小。若你之後發現在造口周圍有皮膚刺激的情

<p>you notice skin irritation around the stoma later or notice that the pouch opening seems big, your skin barrier may need re-sizing.</p> <ul style="list-style-type: none"> • Carefully clip or shave the hairs under the pouch area if they interfere with the pouch sticking or if it is uncomfortable to take the pouch off because it pulls the hair. • It is important that you change the pouch on a regular schedule, approximately once or twice a week. Changing your pouch regularly should avoid unexpected leaks or skin irritation. • If the plastic of the pouch causes discomfort or skin irritation, try using a pouch cover. You can make your own, using your pouch as a pattern, or you can buy them already made. • In case of leakage during the night, place a plastic sheet or plastic garbage bag under your mattress pad. • Your clothes may seem snug at first because of some overall swelling but you should be back wearing the same clothes three to four weeks after surgery. • Pre-cut pouches are available once your stoma has stopped shrinking. 	<p>況，或者袋口大了，你的皮膚屏障可能需要調整大小。</p> <ul style="list-style-type: none"> • 若袋子下的毛髮阻礙袋子黏貼或將袋子脫下時感到不舒服(因為袋子會拉起毛髮)，小心地將其毛髮剪除或刮去。 • 定期更換袋子是重要的，大約一星期內一至兩次。定期更換袋子應當可以避免意外的滲漏或皮膚刺激。 • 若袋子塑料部份引起不舒服或皮膚刺激，可嘗試加一個袋套。你可用袋子作為模板自己製作，也可購買已製好的。 • 若在晚間出現滲漏，可放置一塊膠布或一個塑料垃圾袋在床褥墊下。 • 手術後由於身體有些腫脹，你的衣服初時似是緊緊的，但是，你應當在手術三至四星期後便可以重穿以前的衣服。 • 當你的造口停止收縮後，你便可以用一些預裁袋口的袋子。
<p>How to get ostomy supplies after you go home:</p> <ul style="list-style-type: none"> • We will send you home with enough supplies for about five pouch changes. • The Case Manager will order supplies to be delivered to your home after discharge, or will arrange with a home care agency for a visiting nurse to help with ongoing teaching and supplies. • Most often you will be set up with a medical supply distributor for ongoing supplies. The choice of distributor will depend on your insurance. All the distributors carry a wide range of products to meet your needs. Once you are discharged by the visiting nurse, 	<p>返家後如何取到造口用品：</p> <ul style="list-style-type: none"> • 在你出院回家時，我們給予的造口用品足可大約五次更換袋子。 • 個案經理會訂購用品，在出院後直郵到你家中；或會跟家庭護理機構安排一名家訪護士去為你持續的附導與提供協助取到造口用品。 • 你很多時候會與一家醫療用品分銷商安排持續物品供應。選擇那一家分銷商要視乎保險公司而定。所有分銷商都有多元化的產品以滿足你的需求。當家訪護士停止家訪後，你便要自行安排郵送物品

<p>you can arrange for supplies to be delivered monthly or every 3 months, depending on your preference and needs.</p> <ul style="list-style-type: none"> Some mail order/distributors: <p>Byram Medical Supplies (800) 213-0890 www.Byramhealthcare.com</p> <p>Shield Health Care (800) 765-8775 www.shieldhealthcare.com</p> <p>Sterling Medical (888) 907-8775 www.sterlingmedical.com</p> <p>American Ostomy Supply (800) 858-5858 http://aos.dirxion.com</p> <p>Bruce Medical (800) 225-8446 www.brucemedical.com</p> <p>Edgepark Medical (800) 321-0591 www.edgepark.com</p> <p>CCS Medical (800) 260-8193 www.ccsmed.com</p> <p>Liberator Medical (800) 643-3953 www.liberatormedical.com</p>	<p>，視乎你的喜好和需要，每月或每三個月一次。</p> <ul style="list-style-type: none"> 一些郵購/分銷商： <p>Byram Medical Supplies (800) 213-0890 www.Byramhealthcare.com</p> <p>Shield Health Care (800) 765-8775 www.shieldhealthcare.com</p> <p>Sterling Medical (888) 907-8775 www.sterlingmedical.com</p> <p>American Ostomy Supply (800) 858-5858 http://aos.dirxion.com</p> <p>Bruce Medical (800) 225-8446 www.brucemedical.com</p> <p>Edgepark Medical (800) 321-0591 www.edgepark.com</p> <p>CCS Medical (800) 260-8193 www.ccsmed.com</p> <p>Liberator Medical (800) 643-3953 www.liberatormedical.com</p>
<p>Helpful contacts</p> <ul style="list-style-type: none"> UCSF has an "ostomy nurse" also called an enterostomal therapist (ET) nurse or a wound, ostomy, continence (WOC) nurse to help you with this type of surgery. Ask your surgeon to put you in contact with her. The United Ostomy Association of America (UOAA) is a volunteer-based health organization dedicated to providing education, information, and support for those having ostomy surgery. The organization is a won- 	<p>有用聯繫資訊</p> <ul style="list-style-type: none"> 加州大學舊金山分校駐有“造口術護士”，也稱為造口治療師(ET)護士或傷口、造口術、尿失禁(WOC)護士去協助你處理這類手術。請向你的外科醫生查詢，安排跟她聯絡。 美國聯合造口術協會(UOAA)是一以義工為基礎的健康組織，致力為曾接受造口手術人士提供教育、資訊與支援。這組織擁有豐富的資源。若你參加，你會收到

derful resource. If you join you will receive Phoenix Magazine to help keep you up to date on ostomy information. They have local and online support groups for teens, over 30s, young adults and gay and lesbian ostomates. The website: www.uoaa.org.

- The Crohn's and Colitis Foundation of America (CCFA) is another support and research funding organization for people with Inflammatory Bowel Disease (ulcerative colitis and Crohn's disease). They can be reached at (800) 932-2423 or on the Internet at www.ccfa.org. The CCFA Northern California contact number is (415) 356-2232
- American Cancer Society. San Francisco Area call (415) 394-7100, or visit online at www.cancer.org
- We recommend "The Ostomy Book: Living Comfortably with Colostomies, Ileostomies and Urostomies" by Barbara Dorr Mullen and Terry McGinn. It is available at your local library or can be ordered on-line or at your local bookstore.
- Many of the manufacturers of ostomy products have educational materials on their websites. The websites are included in this booklet.
- Another website that is helpful is www.C3Life.com

鳳凰雜誌 (Phoenix Magazine) , 它會提供最新有關造口術的資訊。他們給青少年、三十歲以上、年輕成年與同性戀的造口者提供本地與在線的支援小組。網址：www.uoaa.org

- Crohn's and Colitis Foundation of America (CCFA) 是另一家服務炎症性腸病(潰瘍性結腸炎和克羅恩氏病)患者的支援與研究基金組織。他們的電話是(800) 932-2423 , 網址是www.ccfa.org。這組織的北加州聯絡電話是(415) 356-2232。
- 美國癌症協會。舊金山地區的電話是 (415) 394-7100, 也可閱覽其網站www.cancer.org。
- 我們建議 Barbara Dorr Mullen 與 Terry McGinn 寫的書 "The Ostomy Book: Living Comfortably with Colostomies, Ileostomies and Urostomies"。你可以在本地的圖書館內找得到, 或可以在網站或在本地書店訂購。
- 很多造口術產品生產商在其網站提供教育材料。在本小冊子內也有列出他們的網址。
- 另一會用得著的網址是www.C3Life.com。

How to change the pouch: One-piece pouch

Collect supplies:

- Pouch
- Plastic bag for disposing of used pouch
- Clamp closure
- Scissors
- Water and tissues
- Pattern or template

1. This is often done at your sink in the bathroom.
2. Gently remove the pouch you are now wearing by using both hands, one hand pulling off the pouch while the other is pushing the skin away from the pouch. Be sure to remove the clamp to use on your next pouch.
3. Cleanse the skin around your stoma with warm water. Soap can leave an oily residue on the skin and keep the pouch from sticking. Some soap also may cause skin sensitivity from the chemicals in the soap.
4. If you already have a pattern, check to make sure it is still the right size by placing it over the stoma and seeing if there is any skin exposed. Transfer the correctly sized pattern to the back of the pouch and trace the pattern onto the paper backing of the adhesive. Cut a hole in the skin barrier that matches the pattern. Check the cut opening to your stoma before taking the paper off to ensure a good fit.
5. Remove the paper covering on the back. If you use Stomahesive paste, squeeze it around the cut opening about 1/8-to-1/4 inch thick. If the paste is hard to squeeze out, put it in a glass of hot water for a few minutes to soften it. Once the pouch opening fits well, clean the skin again if there is some mucus or stool on the skin.
6. Pat the skin dry using tissues, a towel or a hair dryer. The skin must be absolutely dry or the adhesive will not stick to the skin.
7. Center the pouch opening over the stoma

如何更換袋子：一件裝的

準備造口用品：

- 造口袋子
- 用以裝載丟棄袋子的膠袋
- 封裝鉗
- 剪刀
- 水與紙巾
- 造口模板

1. 這通常是在洗手間的洗臉盆進行。
2. 用雙手輕輕地除去你身上戴著的袋子，一隻手脫下袋子，而另一隻手則將皮膚與袋子分開。要確定從除去的袋子上保存封袋鉗，可用在下一個袋子。
3. 用暖水清洗造口周圍的皮膚。肥皂會在皮膚上留下油性殘留物，令到袋子難以黏貼。有些肥皂內的化學物也可能會引致皮膚敏感。
4. 若你已經有一個造口模板，把它放在造口上，檢查一下以確定它的大小是否仍然是合適的，並且看看皮膚是否外露。將貼身的模板放到造口袋背，然後將模板套配在黏貼紙的背上。在皮膚屏障內切一個對模板的孔。將紙撕去之前，檢查你造口袋之切口大小，確定對造口是適合的。
5. 將背後的紙撕去。若你用 Stomahesive 貼，在切口周圍按壓大約1/8至1/4吋厚。如果按壓遇到困難，將它放在一杯熱水內數分鐘，令其軟化。當袋口安置妥後，如果在皮膚上有粘液或糞便，再將皮膚清潔一次。
6. 用紙巾、毛巾或乾髮器(風筒)將皮膚輕拍至乾。皮膚一定要完全乾透，否則黏貼不能黏上皮膚。
7. 將袋口中心置於造口上，然後對著皮膚沿袋口按壓

<p>and press it against the skin. Press the tape against skin, working from stoma to the outside of the wafer.</p> <p>8. The pouch must be emptied when 1/3 to 1/2 full or the weight will weaken the seal and the pouch might leak. To empty the pouch, sit on toilet, remove the clamp and empty contents into toilet.</p> <p>9. Clean the bottom of the pouch with toilet paper. The tail end must be absolutely clean or there may be an odor.</p> <p>10. Change the pouch one or two times a week, or as needed, to prevent leakage.</p>	<p>◦ 從造口至護墊的外面，對著皮膚按壓紙貼。</p> <p>8. 當袋子1/3滿或半滿時，必須要清理，否則，它的重量會令膠封漸漸失效，袋子便可能會滲漏。要清理袋子，坐在馬桶，除去夾子，然後將袋子內的全部倒入馬桶內。</p> <p>9. 用紙巾清理袋子底部。它的最尾部必須要完全清潔，否則可能會產生氣味。</p> <p>10. 一個星期要更換袋子一至兩次，或在有需要時，以防滲漏。</p>
<p>How to Change the Pouch: Two-Piece Pouch</p> <p><i>Collect supplies:</i></p> <ul style="list-style-type: none"> • Pouch and skin barrier with flange • Plastic bag for disposing of used pouch • Clamp closure • Scissors • Water and tissues • Pattern or template <p>1. This is often done at the sink in your bathroom.</p> <p>2. Gently remove the pouch you are now wearing by using both hands, one hand pulling off the pouch while the other is pushing the skin away from the pouch. Be sure to remove the clamp to use on your next pouch.</p> <p>3. Cleanse the skin around your stoma with warm water. Soap can leave an oily residue on the skin and keep the pouch from sticking. Some soap also may cause skin sensitivity from the chemicals in the soap.</p> <p>4. Pat the skin dry using tissues, a towel or a hair dryer. The skin must be absolutely dry or the adhesive will not stick to the skin.</p> <p>5. If you already have a pattern, check to make sure it is still the right size by plac-</p>	<p>如何更換袋子：兩件裝的</p> <p>準備物料：</p> <ul style="list-style-type: none"> • 袋子與帶邊框的皮膚屏障 • 用以裝載丟棄袋子的膠袋 • 封鉗 • 剪刀 • 水與紙巾 • 造口模板 <p>1. 這通常是在洗手間的洗臉盆上進行。</p> <p>2. 用雙手輕輕地除去你身上戴著的袋子，一隻手脫下袋子，而另一隻手則將皮膚與袋子分開。要確定除去鉗子，俾可用在下一個袋子。</p> <p>3. 用暖水清洗造口周圍的皮膚。肥皂會在皮膚上留下油性殘留物，令到袋子難以黏貼。有些肥皂內的化學物也可能會引致皮膚敏感。</p> <p>4. 用紙巾、毛巾或乾髮器(風筒)將皮膚輕拍至乾。皮膚一定要完全乾透，否則黏貼不能黏上皮膚。</p> <p>5. 若你已經有一個造口模板，放在造口上，檢查一下以確定它的大小仍然是合適的，並且看看皮膚有否</p>

<p>ing it over the stoma and seeing if there is any skin exposed. Transfer the correctly sized pattern to the back of the skin barrier with flange and trace the pattern onto the paper backing of the adhesive. Cut a hole in the skin barrier that matches the pattern. Do not cut beyond the circular line indicated on the paper backing. Check the cut opening to your stoma before taking the paper off to ensure a good fit.</p> <p>6. Remove the paper covering on the back. If you use Stomahesive paste, squeeze it around the cut opening about 1/8 to 1/4 inch thick. If the paste is hard to squeeze out, put it in a glass of hot water for a few minutes to soften it. Once the barrier opening fits well, clean the skin again if there is some mucus or stool on the skin.</p> <p>7. Center the skin barrier opening over the stoma and press it against the skin. Press the tape against skin, working from stoma to the outside of the wafer.</p> <p>8. Attach pouch to the flange on skin barrier. Place lower end of pouch gasket against lower portion of flange. Exerting pressure with your fingers and thumbs, press flange and gasket together. Then, work your way completely around flange, pressing gasket in place until it is securely sealed. Test by pulling outward on the pouch while holding the flange. Attach the clamp or turn the valve to the closed position, depending on type of ostomy.</p> <p>9. The pouch must be emptied when 1/3 to 1/2 full or the weight will weaken the seal and the pouch might leak. To empty the pouch, sit on toilet, remove the clamp and empty contents into toilet.</p> <p>10. Clean the bottom of the pouch with toilet paper. The tail end must be absolutely clean or there may be an odor.</p> <p>11. Change the pouch one or two times a week, or as needed, to prevent leakage.</p>	<p>外露。將大小合適的套放到附有邊框的皮膚屏障背後，然後將套配在黏貼的紙背上。在皮膚屏障內剪一個對上套的孔，但不要剪越過紙背上周線的指示。將紙撕去之前，檢查你造口套之切口，確定對口大小是適合的。</p> <p>6. 將背後的紙撕去。若你用Stomahesive貼，在切口周圍按壓大約1/8至1/4吋厚。如果按壓遇到困難，將它放在一杯熱水內數分鐘，令其軟化。當屏障口安置妥後，如果在皮膚上有粘液或糞便，再將皮膚清潔一次。</p> <p>7. 將皮膚屏障中心置於造口上，然後對著皮膚沿屏障按壓。從造口至護墊的外面，對著皮膚按壓紙貼。</p> <p>8. 將袋子附在皮膚屏障的邊框上。放置袋子密封墊的下端對著邊框的下部。用手指和姆指的壓力，將邊框與膠封墊合起來。然後，完全圍繞著邊框，用你的方法按壓固定封墊，直至已牢固地密封。要檢查，可以按住邊框，將袋向外拉。視乎造口術的類型，裝上鉗或轉動活塞至關上的位置。</p> <p>9. 當袋子1/3或半滿時，必須要清理，否則，它的重量會令膠封漸漸失效，袋子可能會滲漏。要清理袋子，坐在馬桶，除去夾子，然後將袋子內的全部倒入馬桶內。</p> <p>10. 用紙巾清理袋子底部。它的最尾部必須要完全清潔，否則可能會產生氣味。</p> <p>11. 一個星期要更換袋子一至兩次，或在有需要時，以防滲漏。</p>
--	--