

Your Health Matters: Living with a Colostomy

您的健康至要: 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 isn't a life-changing experience. It is a life-changing experience, but the changes can be incorporated into your lifestyle. This booklet is aimed at answering 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>許多做過結腸造口的人繼續過著正常生活。他們工作、做運動、生育及做各種事情與大多數人一樣；但這並不是說，結腸造口術並不改變人生。其實它是一種改變人生的體驗，但種改變是可以融入你的生活的。這小冊子目的是為你解答最常見有關結腸造口術方面的問題。歡迎你與護士或醫生自由探索談論這些或這裡未有提及的問題。</p>
What you need to know before you leave the hospital	離院前須知
<p>Hospital nursing station:</p> <ul style="list-style-type: none">• 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:	<p>醫護站:</p> <ul style="list-style-type: none">• 有問題或難以處理的事情時，可提供幫助給你的人是： 造口術護士 Susan Barbour, RN (415) 353-1085 或醫護師 Lois Anne Indorf, (415) 885-3613, 或• 你的手術名稱： _____

<ul style="list-style-type: none"> You can buy your supplies at (or they have been ordered from the following supply house) 	<ul style="list-style-type: none"> 你現用的人工造口用品： <hr/> <ul style="list-style-type: none"> 您可以在下商店購買用品（或者用品已經從下面供應日用品的商店為你訂購）你在何處可購買這些需用品（或找從下面供應日用品的商店訂購） <hr/>
<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 congenital 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>普通資訊</p> <p>結腸(也稱為大腸)造口術是將結腸的末端引向皮膚外的一個小口，創造一條從體內到皮膚外的通道，這稱為人造口或造口術，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許多，包括癌症、克隆氏症、結腸穿孔、意外而導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樣式要根據切除結腸多少與你在手術前之排便習慣而定。如果你仍然保留直腸，你可以預計有粘液或血水通過肛門。有些人會給自己用快速灌腸劑或用非常小量的自來水灌腸，每星期要清洗直腸一次。</p>

Common Questions and Answers***How often do I change the pouch?***

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.

How do I change the pouch?

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.

How often do I need to empty the pouch?

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.

Where do I buy the pouches?

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.

Does insurance pay for the supplies?

- Many insurance companies will pay 50 percent to 100 percent of the cost of pouches.
- If you belong to an HMO, they will tell you exactly where to get supplies they will cover.

常見的問題與解答**袋子要多久更換一次？**

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。

如何更換膠子？

在你回家之前，護理員會開始指導你或你的家人如何更換袋子。通常，我們可以安排家訪護士，以提供繼續指導。在本小冊子的結尾，附有更換袋子的操作步驟說明。

袋子要多久清理一次？

當膠子達到三分之一或半滿，你就要清理它。大多數人在一天內清理一至四次。

哪裡可買到袋子？

你可以在就近的醫療物料商店買到袋子，另外，你也可以郵購。這小冊子結尾附有更多資料與電話號碼。

保險賠償會包含需用品的費用嗎？

- 很多保險公司會支付一半至全部的袋子費用。
- 如果你是屬於一家保健組織機構(HMO)的話，他們會確切地告訴你那些用品供應商是他們認可的。

- 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

- 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確定有合同關係的供應商。
- 聯邦醫療保險(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 的賠償額後之差額。
- 每年都需要為造口術用品開處單。在第一年做永久造口術之後，你的主診醫生就要為你所需的用品開處單。

如果我沒有保險，物料的費用會是多少？

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、除黏結劑、抹巾或袋帶，會增加額外的費用。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。

又怎麼樣處理氣味呢？

多年前，這些袋子並不防臭，而且造口術的人們也就具有氣味。今天，新款的袋子都是防臭的。除非有糞便在袋子外、夾子

are odor proof and you shouldn't smell anything unless there is stool on the outside of the pouch or on the clip or if the pouch is leaking. It is not unusual to be hypersensitive to odors after surgery. There are deodorants to put in the pouch or tablets you can take by mouth for the 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 more than you will have in a few weeks. The sound of the gas passing will lessen with 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 often 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

上，或袋子正在滲漏，否則你不應該嗅到任何氣味。手術後，對氣味非常敏感的人是常有的。但你可於袋內放置除臭劑，或者可以口服藥片以防氣味。當你在浴室裏清理袋子時，如果氣味煩擾你，可嘗試用袋子除臭劑。

有關腸內發生氣體與蠕動噪音，我怎樣做呢？

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經過一段時間後才會減弱。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，可避免進食一些產生氣體的食物，或在你不介意噪音時才進食這類食物。例如：外出前，不要吃豆類、花椰菜或類似產生氣體的食物。也可避免飲汽水和用飲管喝水。

其他人會知道我曾做造口術嗎？

不會，除非你告訴他們。起初，每個人都覺得人們能看到他們衣服下面的袋子，但過了一段時間，你會明白他們其實是不會知道的。無法控制的腸內噪音是會在手術後最初的數個星期內發出最多的。慢慢地，聲音通常會減少。即使仍有，會與胃

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 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. Keep your sense of humor and if 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 does not hurt the stoma and will not 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.

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

在平時發出的聲音大致相同。

性事又如何呢？

當身體發生改變後，許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，或者擔心你的人造口。這都是一些常見的感受。請與你的伴侶講述關於你的感受，並鼓勵他或她與你分享其感受。如果持續不斷地感到不舒服而需要更多的協助，可以向造口術護士找辦法。有些手術可能會影響男性勃起的能力與女性在性交時會引起疼痛。如果有這些問題，請與你的外科醫生商量。

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。水並不會造成損傷，也不會進入造口，糞便仍會在造口處排出。因此，如果你不想帶著袋子淋浴，就要選擇在一個造口不排泄的時間。你也可以帶著袋子享受浸一個熱水浴。如果帶著袋子淋浴，要確保將袋子的氣體濾器蓋好，以免弄濕。

有那些活動我不能夠參加？

如果你已切除直腸，在一段時間內那部位

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

仍感疼痛，因此，直至疼痛消退前，你不可以騎自行車或騎馬。至於其他活動，包括游泳，都可以。若有其他疑問，可找你的外科醫生查看。

我需要採用一種特別的飲食嗎？

不用。你可以吃你在手術前常吃的食物。若有某些食物產生氣體而煩惑著你，就要避免吃這些食物。

甚麼是結腸造口沖洗法？我是否需要了解些？

結腸造口沖洗法類似灌腸法，就是通過造口進行灌腸。其目的是每日一次或隔日清理結腸一次，並且在灌腸之後當天內沒有糞便排出。這方法不是對所有人都有效，有些人也不想用此法。做一次沖洗結腸造口要大約一天花一個小時。請向你的護士或造口治療護士詢問有關結腸造口沖洗法施行的步驟。

我可以怎樣找到不同類型的造口袋子？

- 專門護理造口術病人的護士能告訴你關於造口袋子的類型。這些護士也可以被稱為造口專科護士、造口術專科護士、ET(造口專科治療師)護士或 WOC(傷口、造口和失禁)護士。
- 你的醫護師或家訪護士也能經常可以協

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 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

助你。

- 美國聯合造口協會 (www.uoaa.org) 也是一處好的資信站。
- 袋子有“一件”與“兩件”之分。
“一件”袋子的話，袋子與膠貼是一體的；至於“兩件”袋子，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的。在你離開醫院之前，你的護士通常會選擇一種最適合你需要的。之後，你如果需要或希望用另一種類型的袋子，你也可與袋子製造商聯繫取免費試用品。
- 一些造口術製造商與他們的免費電話號碼如下：

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指導護士去協助你選擇一些適合你需要的產品。

當我外出時遇到袋子滲漏，怎辦？

若你定期更換袋子，它是不會滲漏的。不過，最好還是常有準備；任何時候都要額

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, the skin can be irritated by its exposure to stool. Measure the stoma and add 1/8 inch to the opening and you will usually not have skin irritation. Contact a specialist nurse if it persists.
 - 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.

外備帶一個袋子。雖然袋子滲漏機會極少，如發生時，你應尋求專科護士的協助。

如果在處理這問題時我需要更多協助，要怎樣做？

跟其他有相同經驗的人們討論，無論是在互助小組或一對一的互助都是非常有益的(參閱“有益的聯繫”一節)。也可跟你的護士、專科護士、你的朋友與家人討論。轉診給一名治療師，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。

我未來會遇上什麼種類的問題？

- 皮膚受刺激：在造口周圍出現皮膚刺激，可能是對膠貼過敏或造口使用肥皂有關，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，這樣通常可避免皮膚受刺激。若是刺激持續不斷，可與專業護士聯繫。
 - 確保袋口寬度與造口是相稱，既不要觸及造口，亦不要露出皮膚。
 - 當更換袋子時，將受刺激的皮膚在空氣中暴露 20 至 30 分鐘。

<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> ○ 除非已得到醫生或護士准許，不要在受刺激的皮膚上用任何溶劑，封閉劑或藥物。 ○ 若紅腫未能消退，請打電話給造口護士求助。 ● 疝氣：有些人會在造口周圍產生疝氣。當造口周圍的肌肉過度延伸，腸子可滑進這個窩，造成膨出，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後面的壓力。手術之後的六個星期，要避免提起重物(超過 10 磅的)和過量咳嗽、嘔吐或過勞。將你的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. 	<p>有用的提導和資訊</p> <ul style="list-style-type: none"> ● 常常更換滲漏的袋子(糞便會刺激皮膚)。 ● 外出時有可能會遺失行李箱，所以造口術用品要隨身帶。 ● 常常要帶額外的袋子在錢包或衣袋內。 ● 當清洗造口時有小量出血是正常的，不必擔心。 ● 造口的大小與形狀會隨體重與懷孕而改變；你要相應改變袋口的樣式與大小以防止皮膚受到刺激。 ● 大多在手術後最初的一個月內，你的造口會縮小。若你之後發現在造口周圍有

If you notice skin irritation around the stoma later or notice that the pouch opening seems big, your skin barrier may need re-sizing.

- 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 every our days. 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.

皮膚刺激的情況，或者袋口大了，你可能需要調整皮膚屏障的大小。

- 若袋子下的汗毛阻礙袋子黏貼或在袋子脫下時由於牽拉汗毛感到不舒服，可以小心地將汗毛剪除或刮去。
- 定期更換膠袋是重要的，大約一星期內要換一至兩次。定期更換袋子應可以避免意外的滲漏或刺激皮膚。
- 若袋子塑料部份引起不舒服或刺激皮膚，可試加一個袋套。你可仿袋子的模式自己製作，也可購買現成的。
- 若在晚間出現滲漏，可放一塊膠布或一個塑料垃圾袋在床褥墊下。
- 手術後由於身體初時有些腫脹，你的衣服似是緊身。但是，在手術三至四星期後，你應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。

How to get ostomy supplies after you go home:

- 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, you can arrange for supplies to be delivered monthly or every 3 months,
- Some mail order/distributors:

Byram Medical Supplies
(800) 213-0890
www.Byramhealthcare.com

Shield Health Care
(800) 765-8775
www.shieldhealthcare.com

Sterling Medical
(888) 907-8775
www.sterlingmedical.com

American Ostomy Supply
(800) 858-5858
<http://aos.dirxion.com>

Bruce Medical
(800) 225-8446
www.brucemedical.com

回家後如何取到造口用品：

- 在你出院回家時，我們給予的造口用品大約可更換袋子五次。
- 個案管理員會訂購用品，在出院後用直郵寄到你家中；或會跟家庭護理機構安排一名家訪護士去繼續協助指導你與提供用品。
- 很多時候你會安排一家醫療用品分銷商繼續供應物品。選擇那一家分銷商要根據你的保險契約而定。所有分銷商都有範圍廣泛的用品以滿足你的需求。當家訪護士停止為你服務後，你便要自行安排每月或每三個月一次郵寄物品給你。
- 一些郵購/分銷商：

Byram Medical Supplies
(800) 213-0890
www.Byramhealthcare.com

Shield Health Care
(800) 765-8775
www.shieldhealthcare.com

Sterling Medical
(888) 907-8775
www.sterlingmedical.com

American Ostomy Supply
(800) 858-5858
<http://aos.dirxion.com>

Bruce Medical
(800) 225-8446
www.brucemedical.com

Edgepark Medical

<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>(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 wonderful 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 (ulcer- 	<p>有用的聯繫資訊</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) 是一個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、資訊與支持。這組織擁有豐富的資源。若你參加，你會收到一本鳳凰雜誌 (Phoenix Magazine)，它會提供最新有關造口術的信息。他們給青少年、三十歲以上、年輕的成年人與同性戀的造口者提供本地與在線的互助支持小組。網址是 www.uoaa.org. • 美國回腸炎和結腸炎基金會 Crohn's and Colitis Foundation of America (CCFA) 是另一家服

<p>ative colitis and Crohn's disease). They can be reached at (800) 932-2423 or on the Internet at www.cdfa.org. The CCFA Northern California contact number is (415) 356-2232.</p> <ul style="list-style-type: none"> • 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 	<p>務炎性腸病[潰瘍性結腸炎和克羅恩氏 (Crohn's disease)] 病患者的支持與研究基金組織。他們的電話是 (800) 932-2423，網址是 www.cdfa.org。這組織的北加州聯絡電話是(415) 356-2232。</p> <ul style="list-style-type: none"> • 美國癌症協會。舊金山地區的電話是 (415) 394-7100，也可查閱其網站 www.cancer.org。 • 我們為你推薦 Barbara Dorr Mullen 與 Terry McGinn 寫的造口術專作: "舒適地與結腸造口術、回腸造口術及尿道造口術共存 (The Ostomy Book: Living Comfortably with Colostomies, Ileostomies and Urostomies)"。這本書可以在本地的圖書館內找得到，也可以在線上或本地書店訂購。 • 有很多造口術產品製造商在其公司網站提供教育材料。在本小冊子內也有列出這些網址。 • 另一有用的網站是 www.C3Life.com。
<p>How to change the pouch: One-piece pouch</p> <p><i>Collect supplies:</i></p> <ul style="list-style-type: none"> • Pouch • Plastic bag for disposing of used pouch • Clamp closure • Scissors • Water and tissues • Pattern or template <p>1. This is often done at your sink in the</p>	<p>如何更換袋子：一件裝的袋子</p> <p>收集造口用品：</p> <ul style="list-style-type: none"> • 造口袋子 • 用以裝載丟棄舊袋子的膠袋 • 封鉗 • 剪刀 • 水與紙巾 • 模板

<p>bathroom.</p> <ol style="list-style-type: none">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.	<ol style="list-style-type: none">1. 這程序通常是在浴室之內的洗滌盆進行。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。要確保去除袋子上的封鉗留下，可用在下一個袋子。3. 只用暖水清洗造口周圍的皮膚。用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導致皮膚過敏。4. 若你已經有一個造口模板，先把它放在造口上看看皮膚有沒有外露，檢查一下以確定它的大小是否仍是合適的。將符合尺寸的模板放到袋背，然後將模板在黏貼紙的背上描繪。在皮膚屏障內切一個相配模板的孔。將紙撕去之前，檢查你造口袋切口之大小，確保造口是相當適合的。5. 將背後的紙撕去。若你用 Stomahesive 防漏膏，在切口周圍擠出大約 1/8 至 1/4 吋厚之防漏膏。如果擠膏時遇到困難，先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，便再清潔皮膚一次。6. 用紙巾、毛巾將皮膚輕拍至乾或用乾髮器吹乾。皮膚一定要完全乾透，否則
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<ol style="list-style-type: none"> 7. Center the pouch opening over the stoma and press it against the skin. Press the tape against skin, working from stoma to the outside of the wafer. 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. 9. Clean the bottom of the pouch with toilet paper. The tail end must be absolutely clean or there may be an odor. 10. Change the pouch one or two times a week, or as needed, to prevent leakage. 	<p>黏貼不能黏上皮膚。</p> <ol style="list-style-type: none"> 7. 將袋口的中心放置於造口上，然後對著皮膚按壓。從造口袋膠封的中心按壓著皮膚至膠封的外圈。 8. 當袋子有 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，袋子便可能會滲漏。在清理袋子時，要坐在馬桶上，除去夾子，然後將袋子內的全部倒入馬桶內。 9. 用紙巾清理袋子底部。其末端必須是絕對乾淨，否則可能會產生氣味。 10. 一星期內要更換袋子一至兩次，或在必要時更換，以防滲漏。
<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 <ol style="list-style-type: none"> 1. This is often done at the sink in your 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 	<p>如何更換袋子：兩件裝的袋子</p> <p>收集物料：</p> <ul style="list-style-type: none"> • 袋子與帶邊緣的皮膚屏障 • 用以裝載丟棄舊袋子的膠袋 • 封鉗 • 剪刀 • 水與紙巾 • 造口模板 <ol style="list-style-type: none"> 1. 這通常是在洗手間的洗滌盆上進行。 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。要確保除去鉗子，不留下次用。

- 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. 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.
 5. 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 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.
 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.
 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 wa-
3. 用暖水清洗造口周圍的皮膚。用肥皂會在皮膚上留下油性殘留物，使袋子難以黏貼。有些肥皂內的化學物也可能會導致皮膚過敏。
 4. 用紙巾、毛巾將皮膚輕拍至乾或用乾髮器吹乾。皮膚一定要完全乾透，否則黏貼不能黏上皮膚。
 5. 若你已經有一個造口模板，將模板放在造口上，檢查一下以確保它的大小仍然合適，並且看看皮膚有沒有外露。將符合尺寸的模板放到附有邊緣的皮膚屏障背後，然後在黏貼的紙背後描繪模板。在皮膚屏障內剪一個相配模板的孔，但不要剪越過紙背上周線的標示。將紙撕去之前，檢查你造口套之切口，確保對口大小是相當適合的。
 6. 將背後的紙撕去。若你用 Stomahesive 防漏膏，在切口周圍擠出大約 1/8 至 1/4 吋厚之防漏膏。如果擠膏時遇到困難，先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，便再清潔皮膚一次。
 7. 將袋口的中心放置於造口上，然後對著皮膚按壓。從造口袋膠封的中心按壓著皮膚至膠封的外圈。

<p>fer.</p> <ol style="list-style-type: none">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.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.10. Clean the bottom of the pouch with toilet paper. The tail end must be absolutely clean or there may be an odor.11. Change the pouch one or two times a week, or as needed, to prevent leakage.	<ol style="list-style-type: none">8. 將袋子附在皮膚屏障的邊緣上。放置袋子密封墊的下端對著邊緣的下部。用手指和姆指用力壓，將邊緣與密封墊合起來。然後，完全圍繞著邊緣，用你的手適當按壓密封墊，直至牢固地密封為止。按住邊緣，將袋向外拉進行檢查。根據造口術的類型，裝上鉗或轉動活塞至關上的位置。9. 當袋子有 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。10. 用紙巾清理袋子底部。其末端必須是絕對乾淨，否則可能會產生氣味。11. 一星期內要更換袋子一至兩次，或在必要時更換，以防滲漏。
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