

給有人工造口病人的建議

我如何照護我的造口？

- 您的造口的大小在手術後幾個星期內會改變
- 這段時間每星期都量一下造口的大小，這樣您的袋子才可以恰當地配合
- 您的造口有的時候會移進又移出，這很正常
- 如果皮膚酸疼、發紅或發癢，告訴您的造口治療護士
- 如果您看到造口的長度有任何的大改變，或者如果您看到造口下方有息肉，告訴您的醫生或造口治療護士。

到醫院之前我應該做什麼？

- 確定您知道造口治療護士的名字和電話
- 在去醫院之前告訴您的造口治療護士
- 送進醫院時，從家裡帶著您自己的用品在醫院裡使用。

如何訂購及料理我的應用品？

- 學習袋子的名稱、大小和牌子、和您使用的護膚用品，使訂購容易方便
- 按時訂購補給品以免延誤，這樣您就不會缺貨
- 把您的應用品與說明書收集一起，放在涼爽乾燥的地方，避免陽光直射。



Hints for the patient with a stoma

How do I care for my stoma?

- Your stoma will change in size in the weeks after your surgery
- Measure your stoma every week during this time so that your pouch fits properly
- Your stoma may move in and out sometimes. This is normal
- If you have sore, red and itchy skin, speak to your Stomal Therapy Nurse
- If you see any big changes in the length of the stoma or if you see a lump under your stoma, speak to your Doctor or Stomal Therapy Nurse soon.

What should I do before going to the hospital?

- Ensure that you know the name and telephone number of your Stomal Therapy Nurse
- Speak to your Stomal Therapy Nurse before going to hospital
- When being admitted to hospital, take your own supplies from home to use in the hospital.

How do I order and look after my supplies?

- Learn the name, size and type of pouch and skin products you are using, to make ordering easy
- Order your supplies regularly in case of delays. In this way you will not run out
- Collect all your supplies and information sheets and keep them in a cool and dry place, away from direct sunlight.



給有人工造口病人的建議

如何除去袋中的異味？

- 如果有異味的問題，在袋內滴幾滴除臭劑。除臭滴劑可以向您的（Ostomy Association）「造口協會」訂購。

出國旅行時需要什麼？

- 隨身攜帶一個緊急造口護理包，裡面有造口袋、抹片與一個塑膠垃圾袋
- 旅行時帶一些排水造口袋與一些糞便增厚藥，以備腹泄時使用
- 向「造口協會」索取一個“旅行造口卡”
- 分別在手提行李和行李箱中帶一些您的應用品，如果您的行李箱弄失，這是尤其重要的
- 爲了安全的理由，切勿在您的手提行李中攜帶剪刀，把剪刀放在行李箱裡
- 出國的時候多帶一些比您預期所需的應用品

我應該怎樣排空並清洗我的開口造口袋？

- 在滿了三分之一或一半的時候就應該排空
- 您可以把袋中物傾倒在容器中或直接倒進廁所
- 您的造口袋並不須要清洗，不過假如您想要洗的話，使用一個塑膠醬汁瓶，將水通過排水末端部分灌入沖洗

在淋浴或用澡盆洗澡時，您的造口袋可以仍在身上或已被移離。在早餐之前洗澡，因爲這個時候您的造口活動比較少。



Hints for the patient with a stoma

How can I get rid of smells in my pouch?

- You can put deodorant drops in your pouch if smells are a problem. Drops can be ordered from your Ostomy Association.

What will I need when I travel overseas?

- Always carry an emergency stoma care kit with pouches, wipes and a plastic rubbish bag with you
- When travelling take some drainable pouches and some thickening medication in case of diarrhoea
- Ask the Ostomy Association for a 'Travelling Ostomy Card'
- Carry some of your supplies with you in your hand luggage and some in your suitcase. This is important particularly if your suitcase is lost
- For security reasons, do not carry scissors in your hand luggage. Carry them in your suitcase
- When you go overseas, take more supplies than you expect to need.

How should I empty and clean my open end pouch?

- Should be emptied when a third to a half full
- You can empty the pouch into a container or directly into the toilet
- Your pouch does not require rinsing, but if you want to do so, use a plastic sauce bottle to flush in water via the drainable end.

You can shower or bathe with your pouch ON or OFF. Do this before breakfast when your stoma is less active.



給有人工造口病人的建議

我應該如何更換造口袋？

- 給自己充份的時間更換造口袋
- 不要等到造口袋開始漏袋時候才更換
- 用溫水清洗造口和周圍的皮膚，然後把皮膚擦乾
- 在底部貼環內或袋內的洞口不應該看到超過 2 毫米的皮膚。如果洞口太大，您的會覺得皮膚酸疼或洩漏，如果洞口太小，造口也許會損壞
- 如果在淋浴或用澡盆洗澡的時候造口袋不在體上，用乾淨的布和水清洗造口周圍
- 洗澡的時候不要使用泡澡油，滑石粉或洗澡膏，因為這些東西會使您不能把袋子貼在皮膚上。使用不加香料的肥皂和溫水是清洗造口周圍的最好的方法
- 在清洗造口的時候您或會注意到微量血跡，這是正常的
- 造口周圍的毛髮要整修或剃掉，剃毛髮的時候在造口上蓋一張面紙。這樣可以保護造口
- 更換造口袋的時候，曬衣夾可以非常合適的把您的衣服從造口袋夾開。

我怎麼樣去掉黏渣？

- 可以用清除黏性抹片來擦去您皮膚發黏的殘渣



Hints for the patient with a stoma

How should I change my pouch?

- Give yourself plenty of time to change your pouch
- Do not wait for your pouch to leak before you change it
- Wash the stoma and surrounding skin with warm water, then dry the skin
- The hole in the base plate or pouch should show no more than 2mm of skin. You may have sore skin or leaks if the hole is too large. The stoma may be damaged if the hole is too small
- If you shower or bathe with your pouch off, wash around the stoma with water and a clean washcloth
- Do not use bath oils, talcum powder or creams as they will stop the pouch sticking to your skin. Unscented soap and warm water is the best way to clean around the stoma
- You may notice a trace of blood when cleaning the stoma. This is normal
- Keep the hairs around the stoma trimmed or shaved. Hold a tissue over the stoma while shaving. This will protect the stoma
- Clothes pegs are ideal for holding your clothes away from the pouch whilst you are changing it.

How do I remove sticky residue?

- To remove sticky residue from your skin, use an adhesive remover wipe.

