

# Living With Your Continent Ileostomy: A Guide to Home Care

UNC Health Care

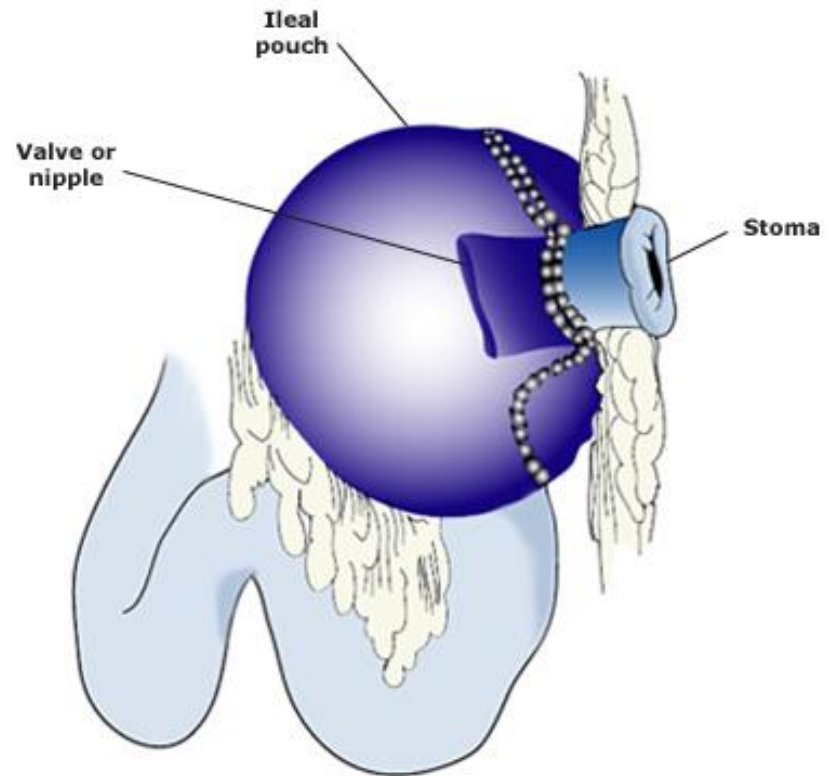
Nursing Professional Development, Practice,  
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# Post-Op Care: Short-Term

- Allow newly constructed reservoir and valve to heal
  - Expect large-bore catheter from stoma, which will drain from pouch
  - Catheter will remain in place for at least 2 weeks
  - When catheter removed, expect temporary leakage for several days
- Per the surgeon, irrigate with saline or tap water
- Follow a low-residue diet

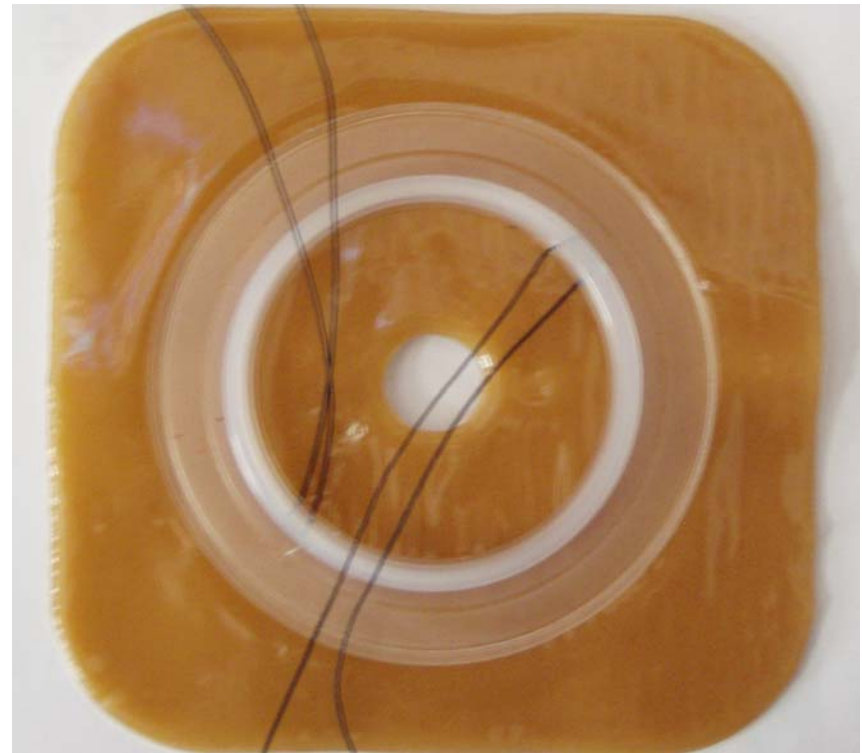


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# Post-Op: Short-Term

- Apply 2-piece pouching system around catheter
  - Thread suture through the flange to tie in the catheter



# Post-Op Care: Long-Term

- Empty/catheterize reservoir at intervals
  - Begin @ every 1-2 hour intervals and gradually increase to every 6 hours and as needed for fullness.
  - Insert #28-#34 Fr., lubricated catheter into pouch with steady, gentle pressure
  - May use slight twisting
  - If encounter thick stool, instill luke-warm water into pouch, increase fluid intake, and follow low residue diet
- Wear absorbent dressing over stoma
- Wear medic-alert bracelet



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# Trouble Shooting for Difficult Intubation

- Relax/take some deep breathes
- Try again in 10-15 minutes
- Try in a different position and/or with smaller catheter
- Try instilling water/air while inserting
- Have another person try intubating



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