



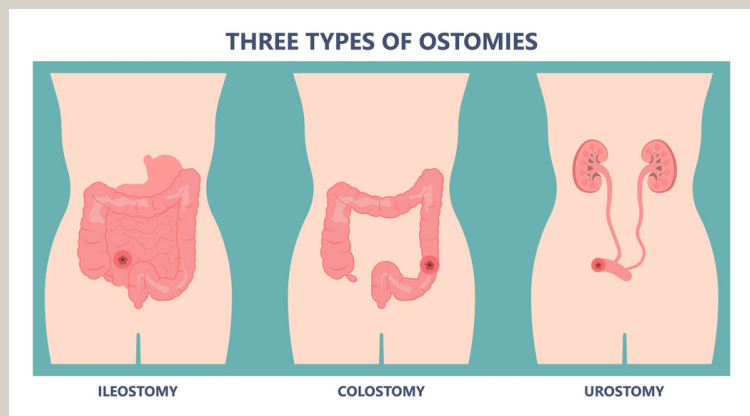
OSTOMY 101

What is an Ostomy?

Surgical creation of an abdominal opening (stoma) to redirect waste from an internal organ (e.g., intestine) to the skin surface.

Types of Ostomies

- **Colostomy:** Reroute waste from the large intestine
- **Ileostomy:** Reroute waste from the small intestine
- **Urostomy:** Reroute urine from the bladder



Stoma

- The surgically created opening on the abdomen
- Typically dark pink or red
- A pouch is worn outside the body over the stoma to collect waste

Common Reasons for Ostomies

- Digestive disorders (e.g. ulcerative colitis, Crohn's)
- Colon or rectal cancer
- Intestinal blockage
- Injury/trauma
- Diverticulosis
- Birth defects
- Incontinence

Advantages of an Ostomy

- Lifesaving: Can be crucial for severe medical conditions
- Improved Quality of Life: Restores independence and quality of life

Recovery and Reversibility

- Recovery Time: Typically 8 weeks to 3 months
- Reversibility: Depends on the condition; some are reversible, others may be permanent



Jennifer Bart, MSN, RN, CWOCN

Certified Wound Ostomy Continence Nurse
UF Health (University of Florida Health)

www.gh-foundation.com 

[_theghf](#) 

info@gh-foundation.com 