

# A Guide for Ostomy Care & Services

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Having ostomy surgery can be a stressful time. The following information is meant as a guide to prepare you for your surgery and provide resources for a successful recovery. The following link is a helpful resource for the ostomy patient's journey: <http://careguides.med.umich.edu/ostomy>. Ileostomy patients, type in keyword "ileostomy" to view videos on care.

- **Before surgery--** You will meet with the outpatient ostomy nurse. The nurse will provide you with education about living a full life with an ostomy. The ostomy site will be selected. The ostomy nurse will help you identify how to get supplies after you are discharged from the hospital. You may also want to think about a family member or friend that may be available to help you care for yourself at home.  
**Your resources:** Outpatient ostomy nurse, surgeon
- **After surgery--** While you are in the hospital, the inpatient ostomy nurse will teach you and your family how to care for your ostomy. You will have the opportunity to practice the care yourself and ask questions. Before you are discharged you will receive some supplies to use at home along with a prescription for additional supplies. Arrangements will be made to provide you with the opportunity to receive home care nursing services to continue with your ostomy teaching. We encourage you to take advantage of this, as most patients benefit from the service.  
**Your resources:** Inpatient ostomy nurse, staff nurses, your surgery team
- **At home--** The homecare nurse will help guide you through the process of caring for yourself independently, including how to obtain your ostomy supplies. Give a copy of the ostomy supply prescription to your homecare nurse so he/she will know what supplies you will need. If you have Medicare as your primary insurer, the home care nurse is responsible for providing you with ostomy supplies. If you have private insurance or you choose not to receive homecare services, then you will

be responsible for getting your own supplies from a durable medical equipment company. A list of suppliers will be provided to you during your inpatient stay.

**Your resources:** home care nurse, surgeon, DME company, family/friend

- **Ostomy clinic visits--** We recommend that you follow-up after your surgery in 4-8 weeks and again at 1 year. At these visits your ostomy and surrounding skin will be evaluated as well as the effectiveness of the appliance you are wearing. Options for pouching styles and any concerns you might have will be addressed. If you identify any issues between these scheduled visits contact your ostomy nurse or surgeon.

**Your resources:** Outpatient ostomy nurse or surgeon.

### Contact Information

Ostomy Type	Phone
Urostomy (ileal conduit) by a general surgeon	(734) 936-7030
Colostomy or ileostomy by a general or colorectal surgeon (Taubman clinics)	(734) 936-5738
Colostomy, ileostomy or urostomy by a cancer surgeon (Cancer Center clinics)	(734) 647-8903
Pediatric patient with any type of ostomy (Pediatric Surgery clinic)	(734) 764-4151

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	<b>Before Surgery</b>	<b>After Surgery</b>	<b>At home following surgery</b>	<b>After Surgery Phone Call</b>	<b>Follow-up Ostomy Visit</b>	<b>Long-term Ostomy Clinic Follow-up</b>
<b>Visit Occurs</b>	1-3 weeks before surgery	During inpatient stay	Post-discharge - 4 weeks following surgery	2-4 weeks following surgery	4-8 weeks following surgery	1 year following surgery
<b>Who</b>	Outpatient Ostomy Nurse	Inpatient Ostomy Nurse	Home Care Nurse	Surgical Service Nurse	Outpatient Ostomy Surgeon & Nurse	Outpatient Ostomy Nurse
<b>Purpose</b>	Education & marking for upcoming Ostomy surgery	How to care for your Ostomy  Ostomy supplies determined and educational materials provided	Continued Ostomy teaching, support, and assistance with supplies as needed	Nurse will call you to evaluate your Ostomy, skin and healing progress	Determine pouching needs, fittings, and pouch selection	Follow-up visit with outpatient Ostomy nurse to assess how things are working  May also include a visit with your surgeon