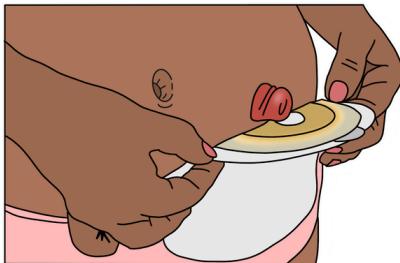


"What I wish YOU knew"

...about life with an ostomy

1.

What is an ileostomy or colostomy?



My ostomy does not smell. Most ostomy bags have deodorising technology.

A bowel ostomy (or stoma) is a surgically formed opening on the stomach. During ostomy surgery, a person's intestine is brought outside of their abdomen.

People with an ostomy wear a medical bag stuck on with adhesive which collects poo.

An **ileostomy** is formed from the small intestine. A **colostomy** is formed from the large intestine.

2. Why do people have an ostomy?



People have ostomy surgery for many reasons including Inflammatory Bowel Disease (IBD), Hirschsprung's Disease, bowel cancer, Necrotising Enterocolitis (NEC), Familial Adenomatous Polyposis (FAP), and more. This surgery can be permanent or temporary.

Important: People of all ages, genders, and ethnicity can have a stoma formed.

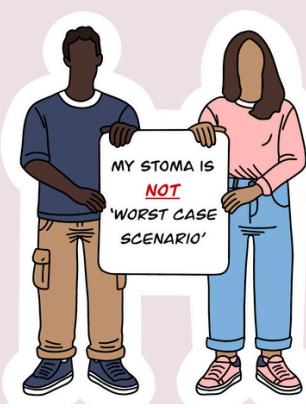
3. Do people with an ostomy have fulfilling relationships?



People with an ostomy develop and maintain the same positive relationships with friends, family and colleagues as those without an ostomy. For example, people with ostomies can have sex or other intimate relationships, and intimacy comes in many forms.

4. Does language matter?

Be curious! Some people are happy to talk about their stoma and others are not. Visit NHS and bowel charities' websites to learn more.



Living with an ostomy is not a "worst case scenario" and many people with a stoma live happy lives. Whether you are a friend, family member, healthcare professional or stranger, think about the words you use to talk to, and about, people living with an ostomy.

Important: There are many reasons why people use disabled toilets. Do not make assumptions based on their appearance. Not all disabilities are visible.



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THIS TOOLKIT WAS CREATED BASED ON EXPERIENCES AND FEEDBACK PROVIDED BY FOURTEEN YOUNG PEOPLE LIVING WITH AN OSTOMY IN THE UK.



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