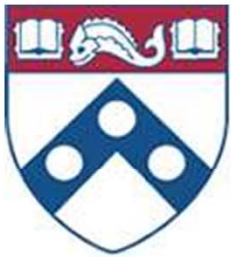


# **Patient & Family Guide to Ileal J-Pouch Anal Anastomosis (IPAA) Surgery**

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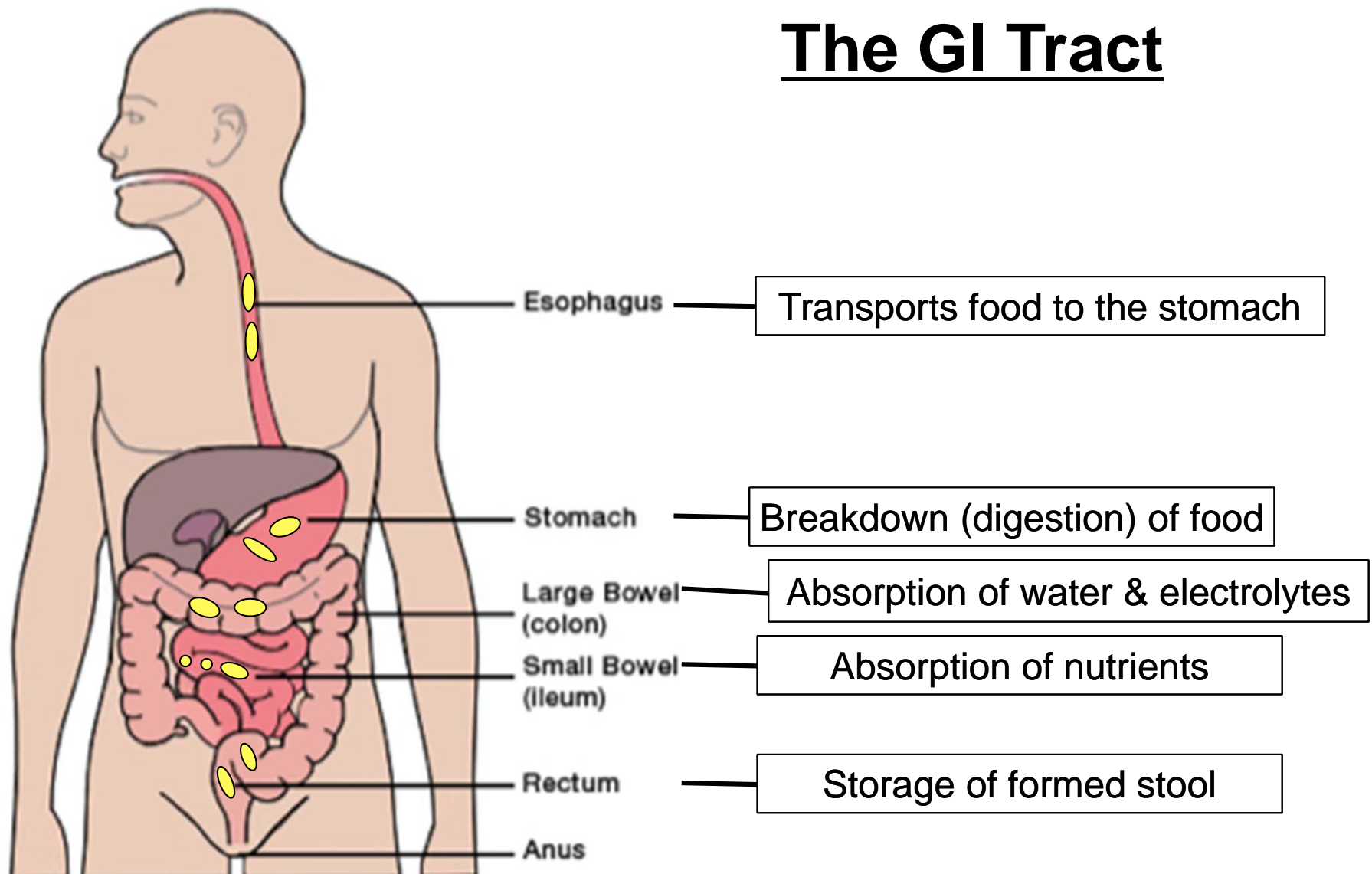


**University of Pennsylvania Health System  
Division of Colon & Rectal Surgery**



# Normal Anatomy

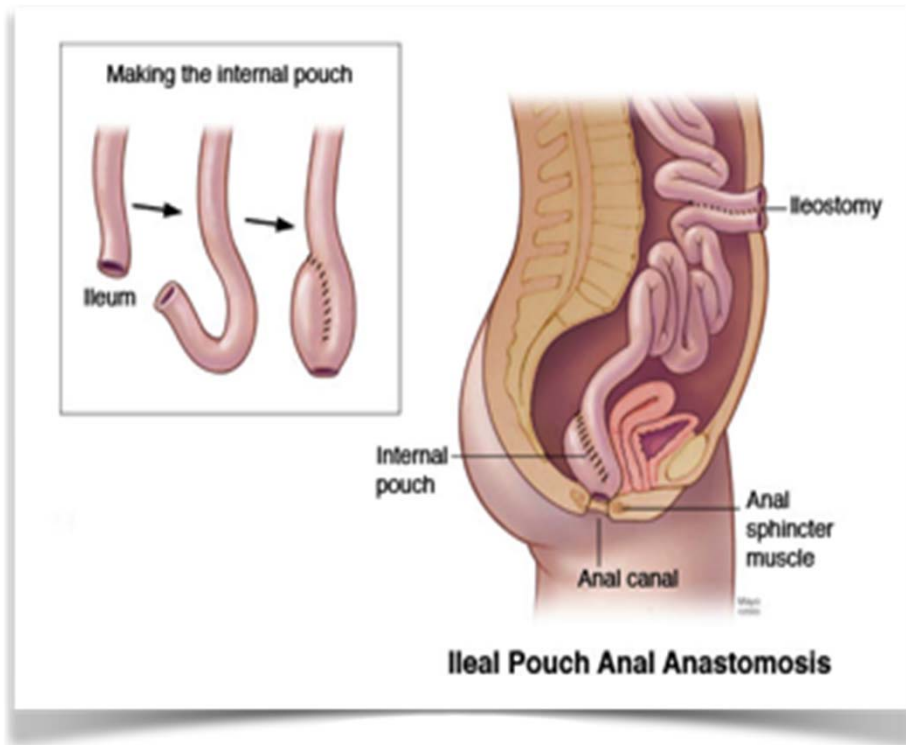
## The GI Tract





# What is an ileal J-pouch?

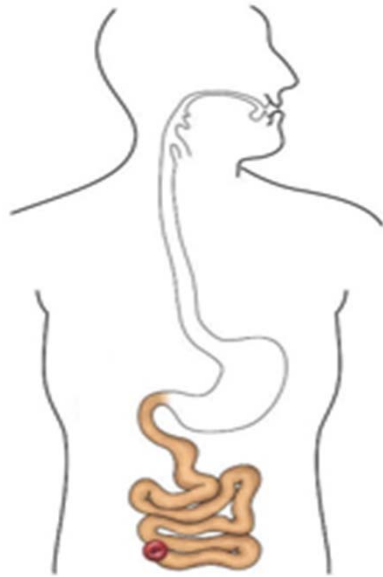
- Patients with certain diseases that require complete removal of the colon and rectum (e.g. familial adenomatous polyposis (FAP) or ulcerative colitis) are candidates.



- ☑ After the colon & rectum are removed, the end of the small intestine (ileum) is used to create an internal pouch that is attached to the anal canal
- ☑ A temporary diverting ileostomy is created during the same procedure



# What is an ostomy (or stoma)?



**Ileostomy**

- ◉ An ostomy is a surgically-created opening in the intestine that is brought out through the abdomen (belly)
- ◉ Ostomies are frequently temporary, but they can be permanent
- ◉ **Ileostomy**
  - An opening in the small intestine (usually on the right side of the abdomen)
  - A temporary ileostomy is needed for about 3 months to allow the J pouch to heal



# What to expect after surgery



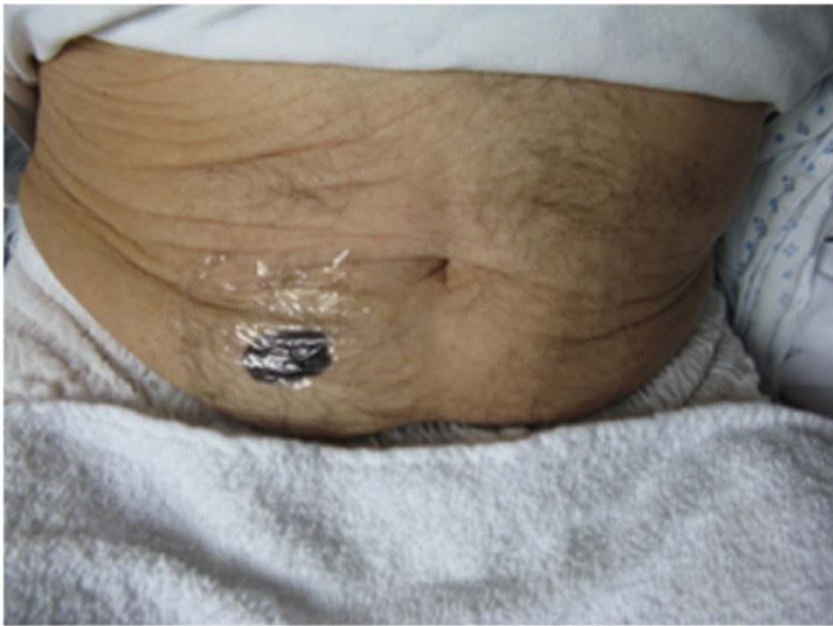
- ◉ A healthy stoma is red, moist and has NO feeling



- ◉ It is usually less than 1 ½ inches in size but will shrink by 30% in the first 4-6 weeks.

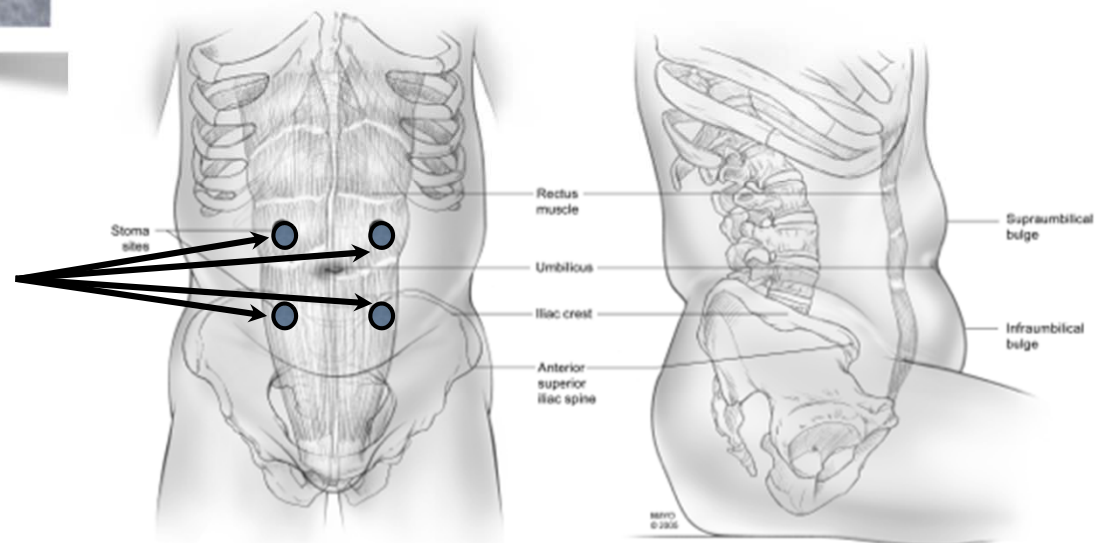


# Ostomy Marking



When possible, stoma sites are marked **before** surgery to assure a good spot away from skin folds (creases).

**Four** potential ostomy sites







# Caring for your ileostomy



- ◉ **Wear an external pouch (bag) over the stoma that sticks to your belly** (the pouch should not show under your clothes)
- ◉ **Empty the pouch when it is one-third to half way full**
- ◉ **In the beginning your stool will be loose and you may have to empty the pouch 6-8 times per day**
  - As your stool thickens (toothpaste consistency), you will empty the pouch about 4-5 times per day
- ◉ **The skin barrier that sticks to your belly around your stoma (called a wafer) is changed every 3-4 days**





# Emptying your appliance

## A Few Easy Steps!!



**1. Undo the velcro at the bottom**



**2. Pinch the pouch to open & allow the stool to empty into the toilet or a disposable container**





# Emptying your appliance

## A Few Easy Steps!!

**3. Clean the opening of the pouch with tissue or a wet paper towel**



**4. Roll the bottom of the pouch up 3 times and secure the velcro flaps**





# Changing your appliance

A Few Easy Steps!!



**Gather all the supplies that you will need  
to change your ostomy appliance**



# Changing your appliance

## A Few Easy Steps!!

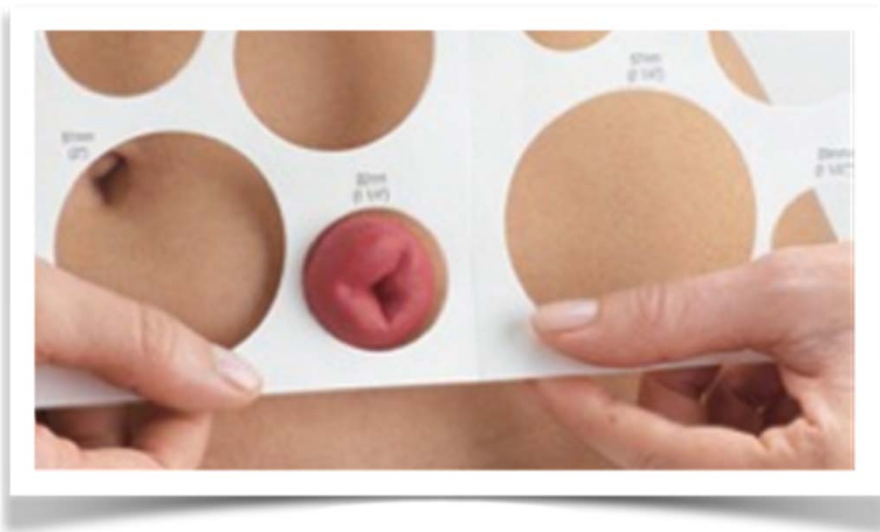


**Carefully remove the skin barrier  
then clean the stoma & surrounding skin**



# Changing your appliance

## A Few Easy Steps!!



**Measure the stoma using the guide then cut the corresponding opening onto the new skin barrier**



# Changing your appliance

## A Few Easy Steps!!



**Apply the new skin barrier  
& secure the pouch**





# Changing your appliance

## A Few Easy Steps!!



**Press the pouch firmly onto the skin barrier  
and roll up the velcro bottom**

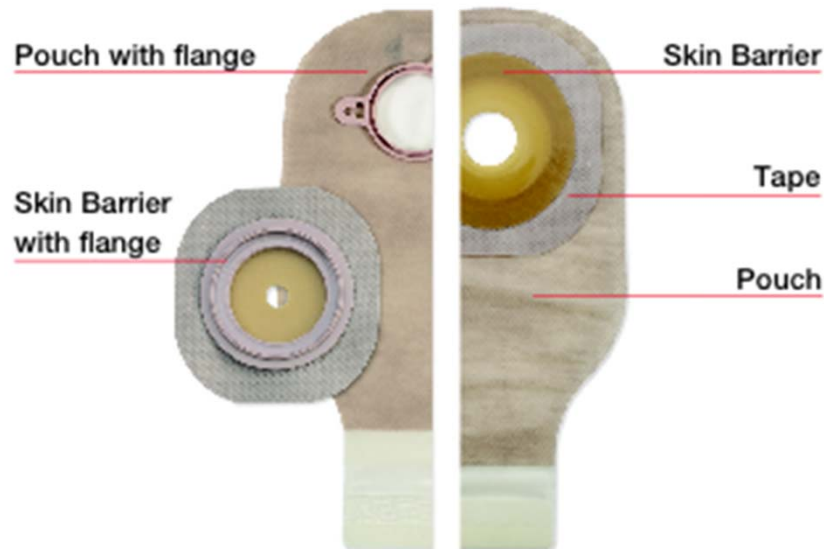




# Choosing your supplies

**We will help you find what works best for you!!**

**Two-Piece Pouching System    One-Piece Pouching System**



- ◉ 1-piece vs. 2-piece appliance
- ◉ Drainable vs. closed pouch

- ◉ Clip vs. velcro closure
- ◉ Accessories

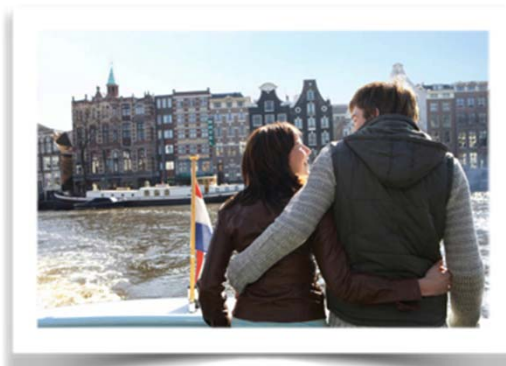


# Daily life and activities

## How will surgery affect your daily life & activities?



- ◉ **You can wear your regular clothes**
  - The pouch should not show under your clothing
  - Avoid belts laying over the stoma
- ◉ **You may shower with the pouch on**
  - On the day you are due to change the appliance, you may shower with the entire pouch off
- ◉ **People with ostomies return to work, travel, swim, and play most sports**
- ◉ **Intimacy will not hurt the stoma**





# How will an ileostomy change my diet

- ◉ **Avoid foods & drinks that cause excess gas**

- broccoli, cabbage, beans, corn, soda, cucumbers, dairy products, mushrooms, onions



- ◉ **Drink 8-10 glasses of fluids daily to avoid dehydration**



- ◉ **Avoid high-fiber foods that may cause blockages**

- **High-fiber foods:** raw fruits, raw vegetables, nuts, popcorn, foods with seeds, meats with casings





# Common Concerns

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## ◉ **Will there be an odor?**

- When everything is on securely, no one should smell anything
- When you open the pouch, there is some odor, but there are deodorant products available which help lessen this odor

## ◉ **Will the pouch leak?**

- Leakages should be rare, especially after you find the product that works best for you and know how to use it properly

## ◉ **Will anyone know you have one?**

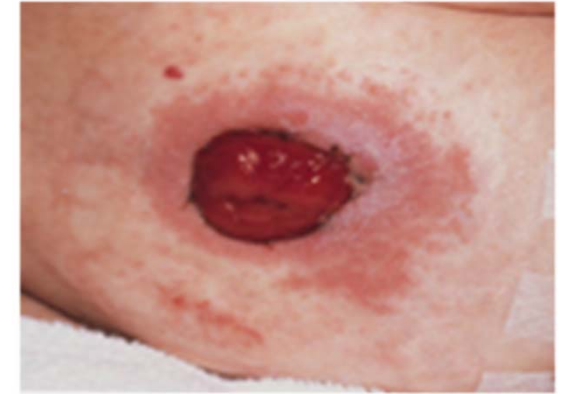
- Not unless you choose to tell them



# Common Ileostomy Problems

## ◉ Skin irritation (usually minor)

- Usually caused by skin being exposed to stool
- Use powders instead of creams or ointments
- Re-evaluate products being used



## ◉ Dehydration

- Drink at least 8-10 glasses of fluid per day
- Report high output of stool to your doctor or ostomy nurse specialist
- You may need to take Imodium pills to decrease the output

## ◉ Food blockage

- Chew your food well
- Eat frequent small meals
- Avoid high-fiber foods for about 6-8 weeks after ileostomy surgery
- Speak with your surgical team to ensure that blockage is not related to the surgery



# Home care & Supplies



- ◉ **Your ostomy nurse specialist & the floor nurses caring for you after surgery will teach you and your family how to care for your ostomy before you leave the hospital.**
- ◉ **The discharge planning nurse on your team will arrange for home care nurses to continue to help you and your family at home until you feel confident**
- ◉ **We will give you some initial supplies and help to make a plan for how you will order ostomy supplies at home**
  - Most insurances cover 80% of the cost of supplies
  - Supplies are usually **NOT** available in pharmacies or local medical surgical suppliers
  - There are several large distributors which will ship supplies right to your home and bill your insurance company





# Keys to Success

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- ◉ **A positive attitude**
- ◉ **A sense of humor**
- ◉ **Let your loved ones help**
- ◉ **Ongoing follow-up for questions, support, and to report any problems**
  - Home Care Nurses
  - Ostomy Nurse Specialist
  - Your surgical team



# Web-based Resources

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- ◉ **Ostomy Product Manufacturers:**

- [www.hollister.com](http://www.hollister.com)

- [www.convatec.com](http://www.convatec.com)

- [www.us.coloplast.com](http://www.us.coloplast.com)

- ◉ **Ostomy Online Communities:**

- [www.c3life.com](http://www.c3life.com)

- [www.ostomy.org](http://www.ostomy.org)

- ◉ **American College of Surgeons' Ostomy Home Skills Kit:**

- [www.facs.org/patienteducation/skills/skillspatient.html](http://www.facs.org/patienteducation/skills/skillspatient.html)



## ◉ **Your Surgical Team:**

### **Surgeons:**

- Robert Fry, MD
- Najjia Mahmoud, MD
- Joshua Bleier, MD
- Brian Kann, MD
- Cary Aarons, MD

### **Ostomy Nurse Specialists:**

- Ave Preston
- Dawn Carson
- Bill Falone

### **Nurse Practitioners & Physician Assistants:**

- Helena McElhenney
- Michael Fejka
- Jennifer Elliot

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