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Provider No: 223025KB

GOING HOME INSTRUCTIONS CLOSURE OF LOOP ILEOSTOMY

<Patient Full Name>

[Selected Appointment Start Time]

1. Soft bland diet for first month. Try eating small frequent meals rather than 3 big meals. Sweets tend to make the stool more liquid.
2. Fibres: Avoid raw vegetables and raw fruits for 6 weeks. Gradually increase the fibre in your diet after that, especially the soluble fibre. Increase by 5 gm every 3 days until 25-30 gm a day. This will thicken the stool. Lessen dose if abdominal cramps or bloating.
3. Dressing: Apply soft gauze or bandaid over the old stoma site and change as needed. Showers or baths OK. Pat gently dry afterwards. The wound usually closes completely in 8 weeks.
4. Activity: Avoid activity which causes pain. Walking and climbing stairs OK. Avoid lifting more than 2kg and vigorous sports for 6 weeks or as directed.
5. Driving: May drive whenever comfortable 24 hours after your procedure. Do not go alone the first time and do not drive after taking pain medication.
6. Erratic bowel movement is common up to 6 months after surgery: frequent bowel movement and seepage at night time may occur in the first month. The body adapts and this improves rapidly in the first 4 weeks. Gradual improvement continues for a number of months.
7. Anti-diarrhoeal medications:

Metamucil – 1 tablespoonful per day sprinkled on food. Do not use as the packet instructs, as this will result in diarrhoea.
Imodium (2mg) or Lomotil (2.5mg) by mouth, 30 minutes before meals and at bedtime as needed.
As diarrhoea improves, use Imodium or Lomotil less frequently.
8. We recommend anal muscle (pelvic floor) exercises by frequent contraction (10 x /hr during waking hours) and to hold off evacuation when the urge arises as long as possible. This helps to increase the capacity to control bowel movement (pelvic floor muscle training brochure attached).

9. Possible Problems:

- a) Bowel issues: abdominal pain, bloating, nausea, vomiting and constipation. When these develop, contact your doctor for advice. If the symptoms are severe or if persist beyond a few hours, you should call for advice.
- b) Irritation around anus from severe diarrhoea: Use a zinc based cream eg. Sudocream. Avoid vigorous wiping after a bowel movement. Instead, use a shower nozzle attachment to the shower to clean the area. A warm tub bath or sitz bath is also useful. Pat gently dry afterwards.
- c) Infection: Fever, shaking, chills, lower abdominal discomfort, difficulty in passing urine and sometimes drainage of pus from anus. Call for advice if this happens.

10. Follow up appointment at 3 – 6 weeks after surgery. If not already arranged, please call 9328 8890 for appointment.

Any problems, please call 9328 8890 between 8.00am – 4.00pm

After hours and weekends (for urgent or emergency only) text 0432 288 890.

Please note that if you contact the after hours call service, a rostered colleague may respond to your call.