

Me and My Stoma



Ileostomy & Internal Pouch
Association

Because we know, we care

Colour and Learn



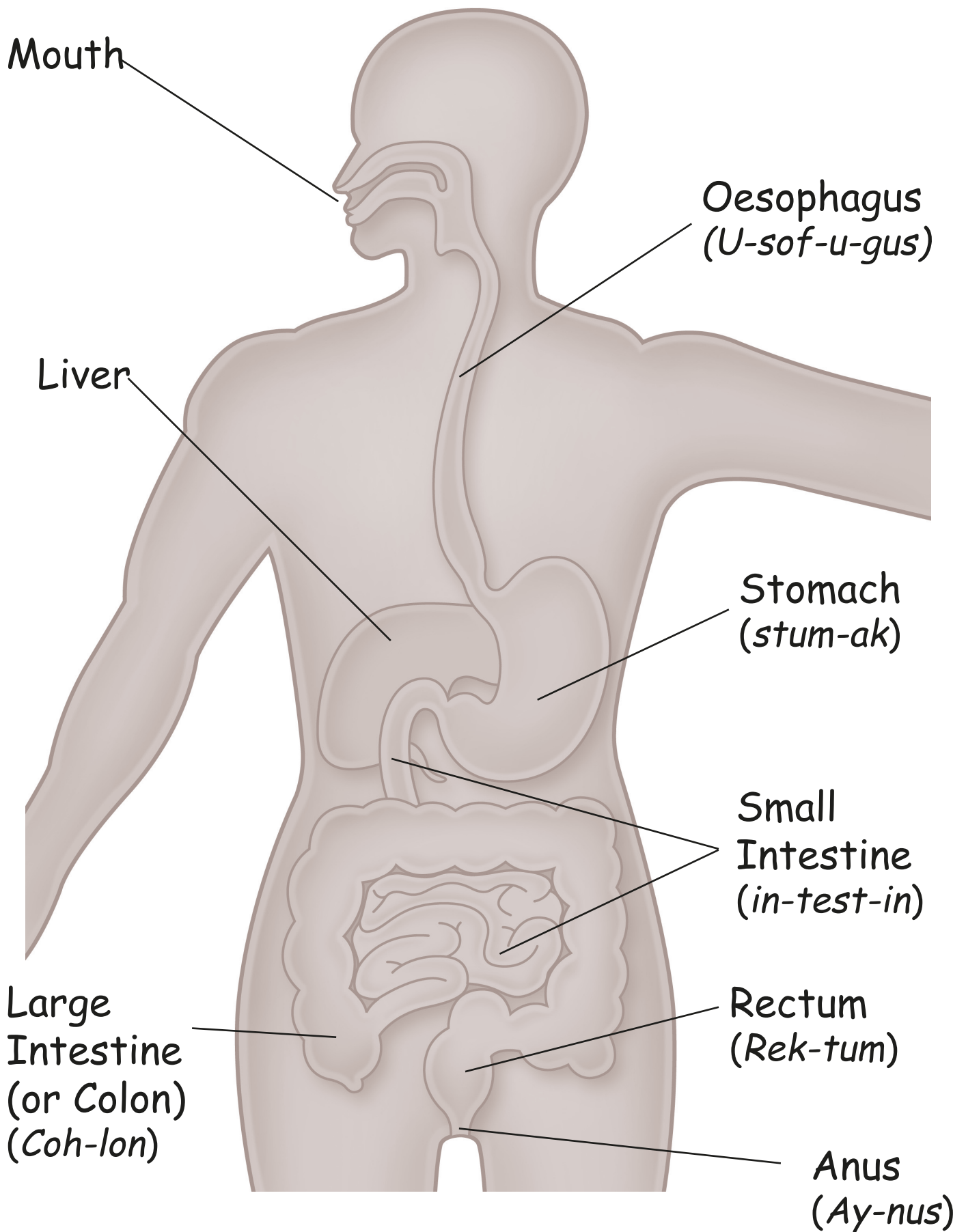
Me and My Stoma

'Me and My Stoma' has been designed to help children who are about to have, or have recently had, surgery for the formation of a stoma. The book introduces them to life with a stoma whilst having fun colouring the pictures. It introduces them the basics of their digestive system and how food travels through the body prior to surgery.

IA recommends that the book is used as an aid for discussing stoma surgery with children alongside the parent/guardian and/or specialist nurse.

The booklet is not intended to offer advice nor replace any information that has been given by the specialist nurse or medical team.

IA would like to record thanks to Sue Blackwell (past Young IA Co-ordinator), Karen Booth for providing the illustrations on pages 8-18, and to Lesley Nickell, CNS Stoma Care for assisting with the text.



your digestive system

(that's from your mouth all the way down to your bottom!)

If you could look inside your body to see what happens to the food that you eat, this is what it would look like.

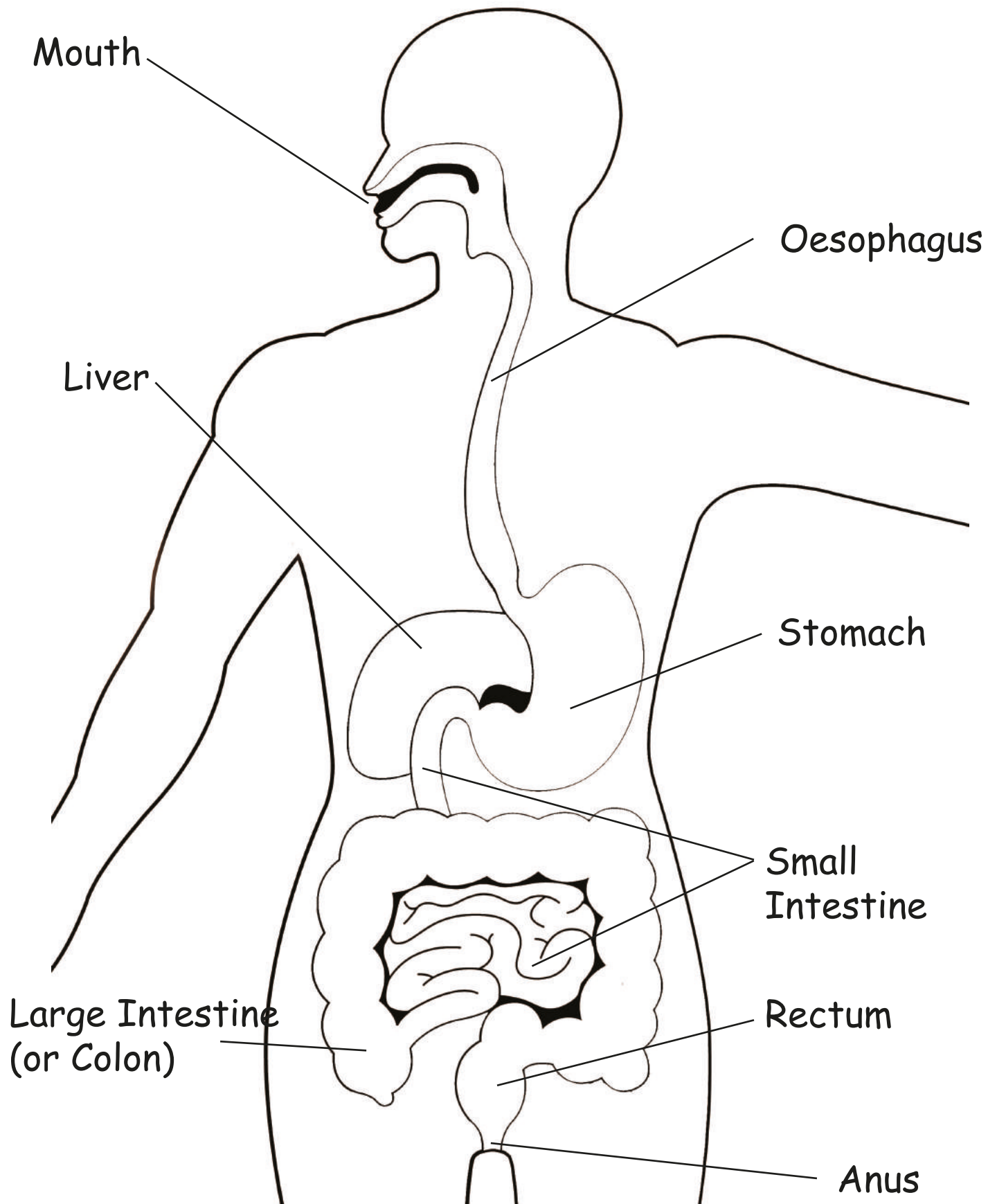
When you put food in to your **mouth**, you chew it with your teeth to break it down in to smaller pieces ready for you to swallow.

Swallowing food means food moves from the back of your mouth, down a long pipe called the **oesophagus** and into your **stomach**. Your **stomach** is like a small, stretchy bag with a special liquid inside that mixes and mashes the food down until it looks like watery porridge. The food is now ready to move into your **small intestine**.

The **small intestine** takes all the good things out of the food you eat, like vitamins and minerals, so that you can have healthy teeth, healthy bones and healthy eyes.

When you get as big as mum or dad, your **small intestine** will be about 22 feet/7m long (that's over 3 times longer than your bed or around 500 baked beans laid in a long line!).

Colour me in



your digestive system

After the **small intestine** has taken all the good things out of your food, your body uses the good things in lots of different ways. Your **liver** stores some of the vitamins your body needs and it also stores energy so you can do lots of running, jumping, swimming or climbing.

As food reaches the end of the **small intestine** all that's left is a mushy liquid with all the waste bits your body cannot use. This moves in to your **large intestine** (or **Colon**) where the water in the waste food is taken out by the body and used inside you to keep you healthy.

Your **large intestine** is about 5 feet or 1.5m long, so it is much smaller in length than your **small intestine** but is much wider for the waste food to pass through.

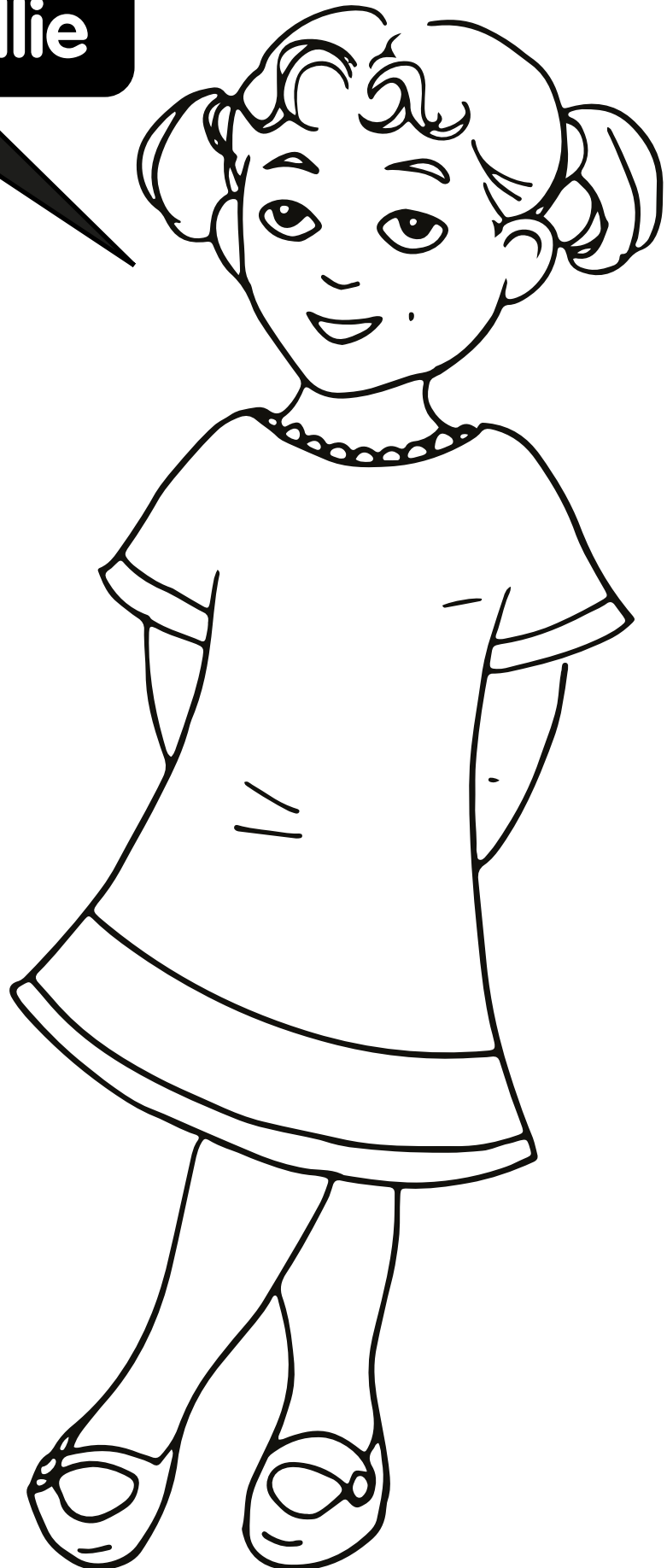
As the water is taken from the waste food, the waste food starts to become more solid and the large intestine pushes it towards the **rectum**. It stays here until you get the feelings that you need to go to the toilet. When you go to the toilet, the waste food is squeezed out of your **anus** and you poo into the toilet.

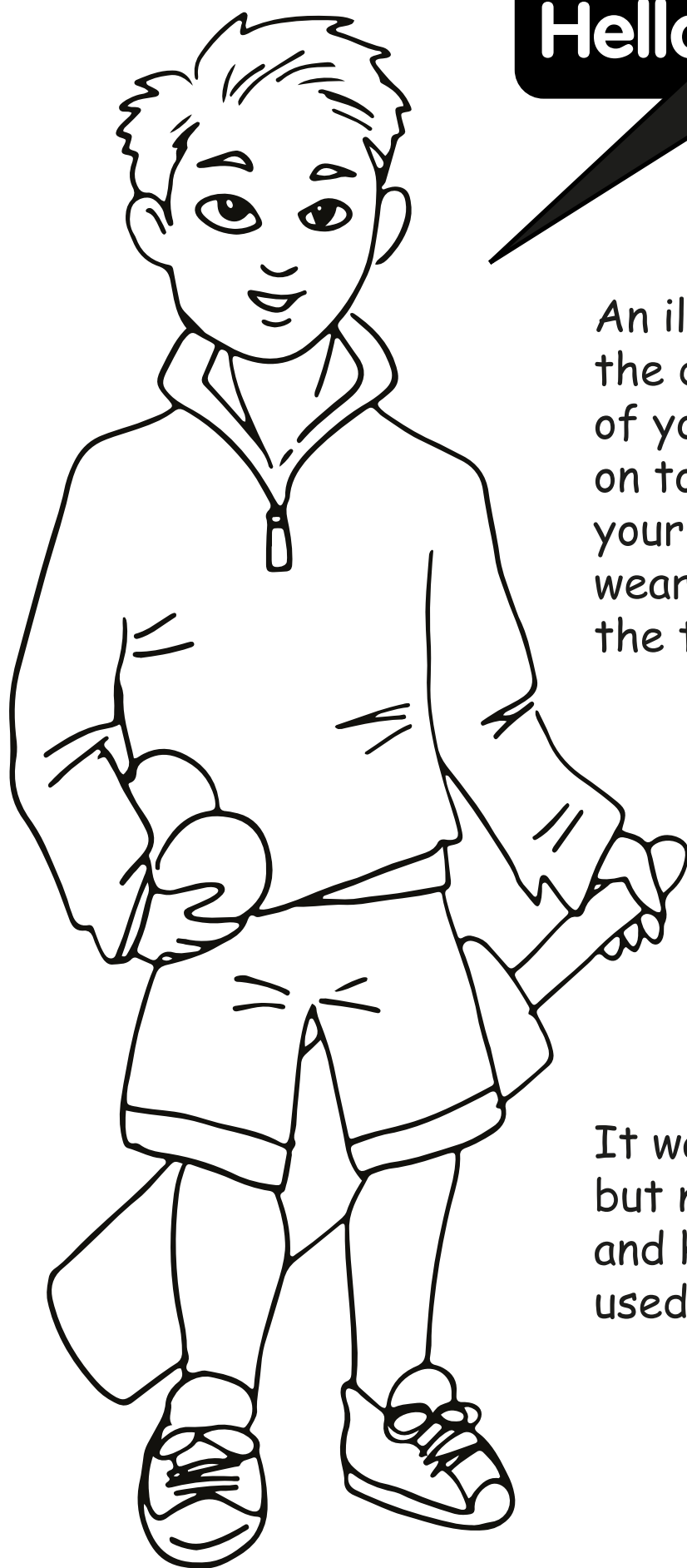
Hi, I'm Ellie

We're going to tell you all about what happened to us when we had to go to hospital and have an operation.

We both had poorly tummies as our **Colon** (or large intestine) didn't work properly.

We had to go to the toilet lots of times, so the doctors had to take our **Colon** away and give us something called an ileostomy (i-lee-o-stomee).





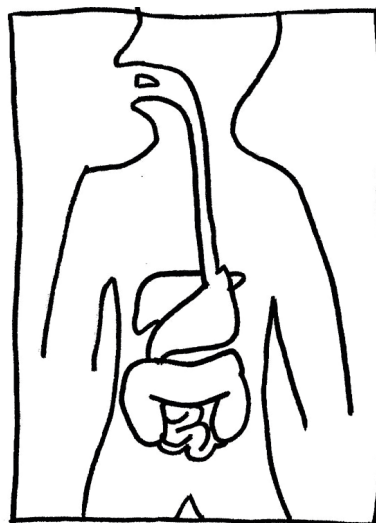
Hello, I'm Zach

An ileostomy is where the doctor places part of your **small intestine** on to the outside of your tummy. You then wear a special bag over the top.

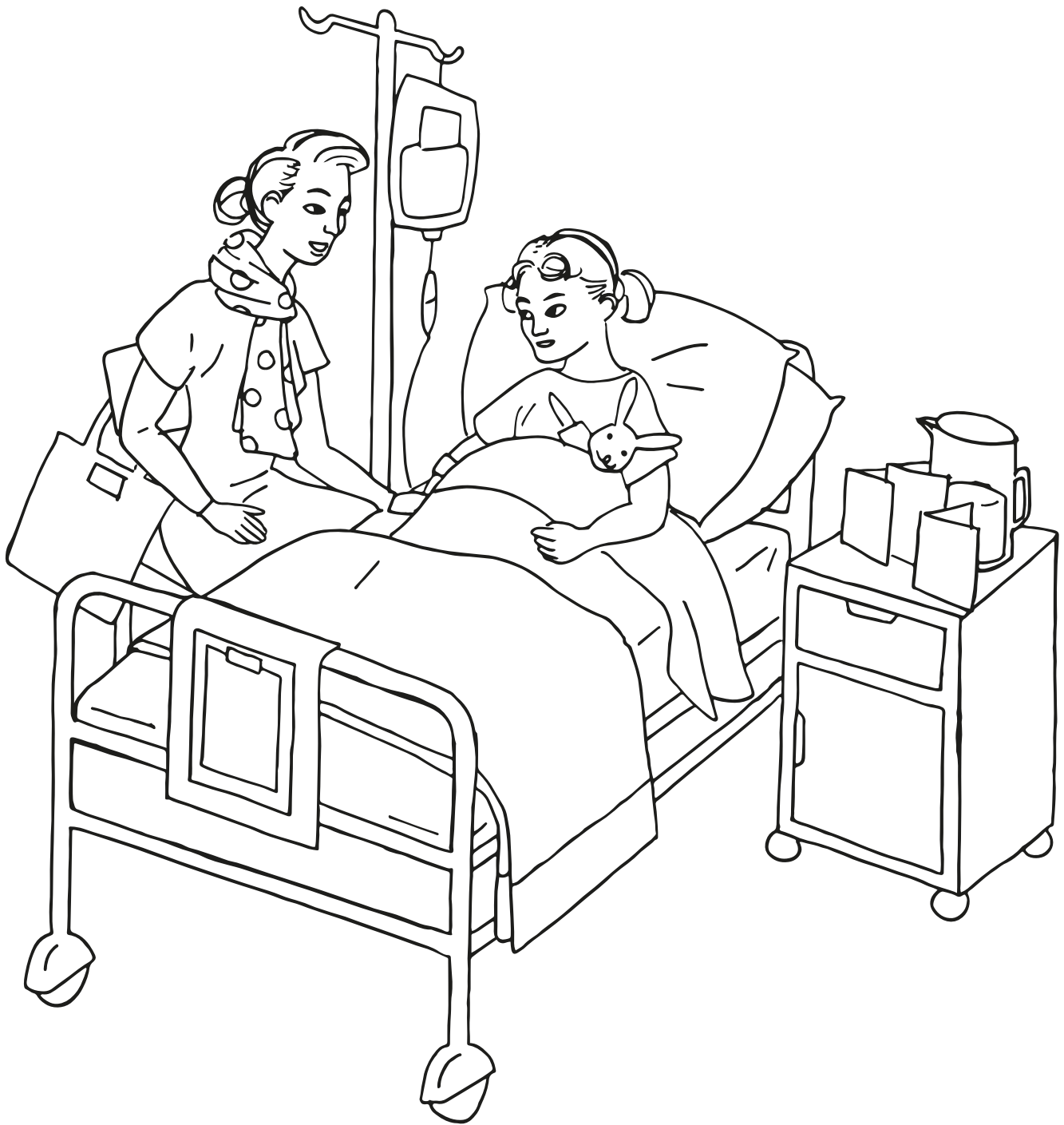
It was scary at first but now we're better and having fun like we used to.



Before my operation I went with mum and dad to the hospital to visit the nurse; she was called a stoma care nurse. She looks after all the people who need to have a stoma - like an ileostomy.



She was really nice and explained what would happen and how I would feel afterwards. After I talked to her I didn't feel as scared anymore.



I was really nervous about having an operation but all the nurses were really nice. I had a special tube in my arm to give me medicine so that it didn't hurt; the nurses did all my care at first.

My mum and dad came to visit me and I got lots of cards from all my friends.

HOSPITAL



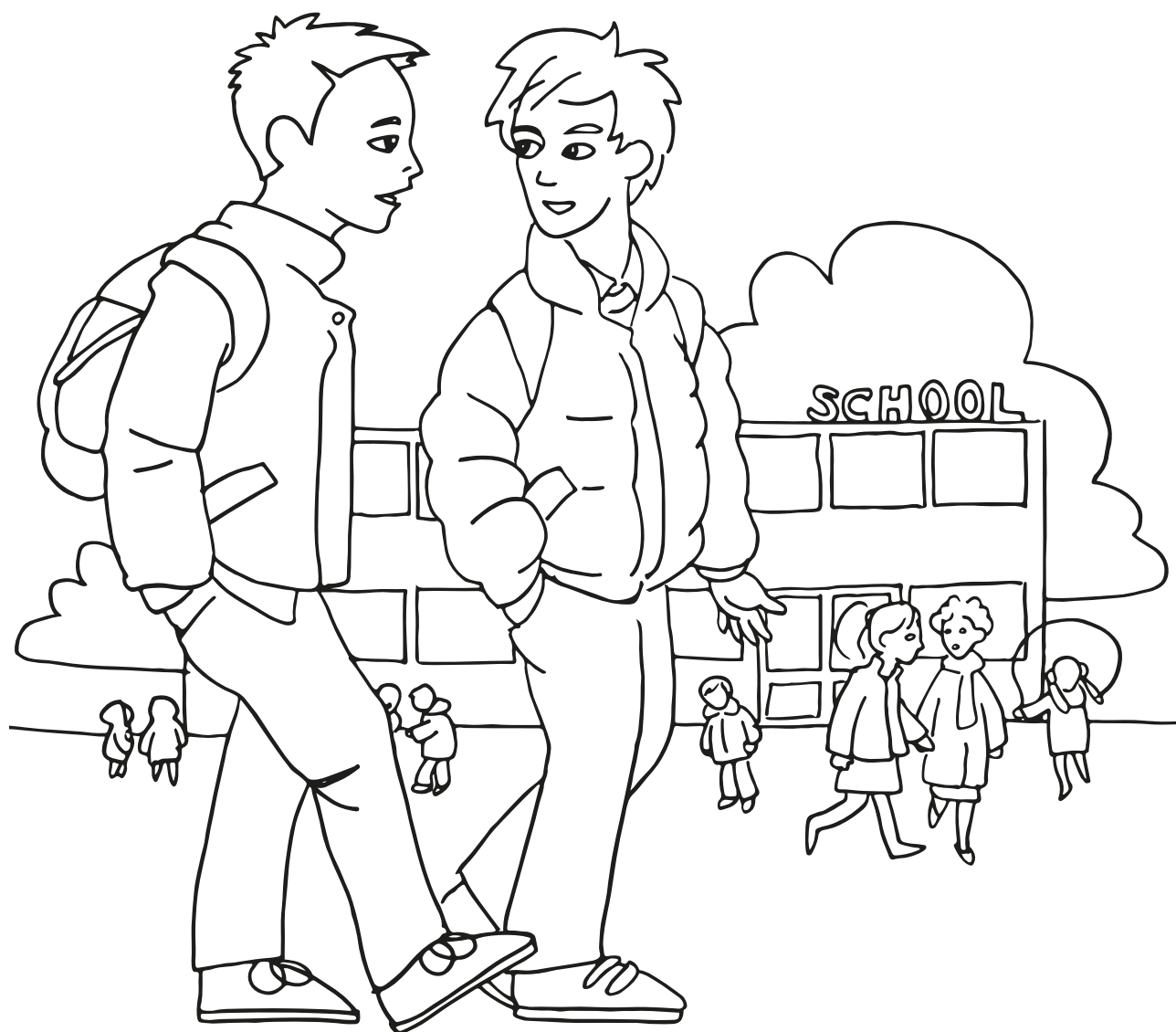
I was really looking forward to going home again, but a bit scared about leaving the hospital. It was nice to get home and have all of my things there to keep me busy, and to sleep in my bed again.

When I was in hospital the stoma care nurse showed me and mum how to look after my stoma, how to clean it and change the bag.



When I came home a big box was delivered, with all the bags and things that I needed for my stoma, the stoma care nurse had arranged this for me. Mum helped me for a while until I was able to do it myself.

I was nervous about going back to school, but mum and dad spoke to my teacher to make sure that I was ready to go back. My stoma care nurse also came to my school to see my teachers to let them know what I would need to help me look after my stoma.



She wrote something called a "Care Plan" so that they understood what I needed. I decided that I would only tell my best friends about my stoma as I didn't want everyone in the class to know. My friends were really nice about it and were really happy to have me back.



Now that I have my stoma I can go out and play with my friends all the time; I couldn't do that before as I kept needing to go to the toilet.

My favourite thing is going to the park with my friends, there's so much to do there!



Mum found out about a charity called The Breakaway Foundation; they have weekends just for children like me. I was really worried about going away for the first time, but it was brilliant.

I made lots of new friends, and lots of the children had stomas just like me. It was great to talk to them and to know that I wasn't the only child with a stoma.



We joined IA; they are the people that have made this book for you. Mum says their Journal is really helpful and it shows her that I can do anything I want when I grow up.

I like looking at the photos and seeing all the other people that have stomas, some of them are old (like mum!) and some are young.



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