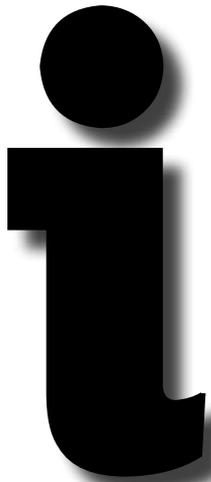


Sub-total colectomy and mucus fistula (page 1 of 2)



Why do I need this operation?

Your consultant has recommended an operation to remove part of your bowel to treat the inflammatory bowel disease.

What does the operation involve?

- the large bowel (colon) will be removed either by laparoscopic (keyhole) surgery using a few small incisions and one slightly larger incision (to remove the piece of bowel) or by an 'open' operation where one long incision (cut) will be made in your abdomen (tummy)
- after removing the colon the surgeon will form a stoma called an ileostomy, which your stoma care nurse will explain more about. A stoma is a surgically created opening on the abdomen which allows stool or urine to exit the body
- the other end of your bowel, which connects to your rectum (bottom), will either be secured inside your abdomen or brought out as another stoma called a mucus fistula. This will pass old blood and mucus
- the site for the ileostomy will be marked by the stoma care nurse before the operation. It will be on the right side of your abdomen
- the site for the mucus fistula will not be marked before the operation but will be placed by the surgeon, if necessary, in the most appropriate place. This is usually within the abdominal scar line or on the left side
- the practical care of the mucus fistula will be done at first by nursing staff in hospital and then district or practice nurses once you are at home
- once you gain confidence and it 'dries' up a little you may be able to care for it yourself. It can be covered by either a small pouch, a stoma cap, or some people choose to use a dressing
- your stoma care nurse or practice/district nurse will advise and help you decide what is most suitable for you.

Before you come into hospital

The colorectal surgeon will see you and your family and explain the operation and care required afterwards.

You will be given plenty of opportunity to ask questions. If you think you might forget the questions that you want to ask it is a good idea to write them down before coming to the appointment.

Stoma Care

 **01722 429256**

If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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You will probably be in hospital for 5 days.

The colorectal surgeon will ask the stoma care nurse to talk to you and they will give you written and practical information about the ileostomy and mucus fistula.

The stoma care nurse specialist will be able to answer your questions and offer you continuing support after your operation.

You will normally be asked to attend a pre-admission appointment the week before your operation. At this appointment you will probably have a medical examination and your blood pressure and weight will be measured. You will also have blood tests and any other tests needed.

The stoma care department will contact you by letter or phone to come to an appointment. This maybe on the same afternoon as your pre-admission appointment. You may be sent or given a booklet to read before you attend this appointment about having and living with an ileostomy and mucus fistula. It would be helpful if you could read this before you attend the appointment as it will help to answer any questions you may have.

The aim of the appointment is:

- answer any questions or concerns the booklet has raised about the operation and aftercare
- learn about the ileostomy and mucus fistula
- be shown how to empty and change a stoma pouch
- learn how to get your stoma and mucus fistula supplies when leaving hospital and in the future
- with the stoma care nurses help decide where the ileostomy will be positioned on you abdomen
- learn about the stoma care nurse's role whilst you are in hospital and the support they can provide in the future
- learn about the foods you may need to avoid eating or eat in small quantities
- discuss clothing, hobbies, sexual activity, driving, travel and returning to work
- involve any relative or carer who may be able to help you at home after your operation.

Further support

www.iasupport.org

IA is a support group run by and for people with ileostomies and internal pouches with the aim of helping people who have had their colon removed return to a full and active life as soon as possible after surgery.

0800 0184 724

Email: info@iasupport.org

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