

Ngā mōhiohio ostomy

Ostomy information

A guide for bowel cancer patients and their whānau.



At a glance...

- Hundreds of bowel cancer patients have surgery every year and need a temporary or long-term ostomy.
- A stoma is a surgically created hole on the outside of the abdomen that collects body waste in a pouch.
- Initially, it can be hard to come to terms with having a stoma, but it's a positive step towards recovery.
- It is possible to enjoy a healthy, functioning lifestyle with an ostomy.

I never expected to get bowel cancer so young. However, I have a great love for my new scars and my stoma pouch. They're beautiful proof I still exist.

TAMSYN, BOWEL CANCER PATIENT

Having ostomy surgery

New Zealanders of all ages undergo ostomy surgery each year due to diseases like bowel cancer. The operation creates a surgical opening in the abdomen (a stoma), allowing for body waste (faeces) to be collected in an external pouch.

The two most common types of ostomy for bowel cancer patients are ileostomy and colostomy. These can be temporary to allow the small intestine or colon to heal after surgery (for example, if a section of the bowel has been removed) or long-term following complex surgery of the anus or rectum.

What's the difference between an ileostomy and a colostomy?

An ileostomy is when the ileum (lowest part of the small intestine) is brought through an opening in the abdominal wall to form a stoma, usually on the lower right side of the abdomen.

A colostomy is when the colon (also called the large intestine) is brought through an opening in the abdominal wall to form a stoma.

A stoma is a surgically created hole in your abdomen, created by bringing a piece of the bowel through a small incision in the abdominal wall onto the skin surface. It is then turned back on itself like the cuff of a sleeve and stitched.



Want to know more?

Visit our website for detailed information on having an Ostomy.

bowelcancernz.org.nz > About bowel cancer > Treatment options > Ostomy information



Helpful tip

A specialist stoma nurse will be available to guide and support you and your family before, during and after your surgery.



NEED SUPPORT?

Contact our bowel cancer support nurse:
Email: here4you@bowelcancernz.org.nz
Phone: 0800 BCNZ NURSE (226 968)

Join our private Facebook group:
bowelcancernz.org.nz > Support > Finding Support

CONTACT US

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