



**UROLOCARE HOSPITALS**

(Pty) Ltd. Reg. No/nr. 2001/005764/07

## **BRICKER ILEOSTOMY**

### **Home education**

1. Personnel in the ward will explain the necessary care and home procedures before discharge
2. Home-care with a stoma therapist will be arranged and telephone numbers will be issued.
3. You have to continue with stoma care yourself at home. Stock will be supplied to you
4. Stoma care is to be done as needed with bag and base changes. Aseptic technique
5. Monitor colour and wound care of stoma, and report any abnormalities to your doctor
6. Maintain high fluid intake
7. Prevent constipation
8. Avoid lifting anything heavy
9. Avoid driving or being a passenger in a vehicle for 4 weeks
10. No sexual activities for approximately 4-6 weeks.

*Read more overleaf...*

11. Maintain a healthy diet
12. Wear your TED socks until your follow up appointment
13. Continue with anticoagulant medication as prescribed
14. Complete medication prescribed by doctor
15. Encourage leg and chest exercises
16. Report any abnormalities in urine output such as blood/sediments
17. Protection and treatment of surrounding stoma skin is very important.  
Gentian Violet can be used with red skin.
18. Urethral catheters can still be in stoma on discharge, monitor your urine output. Do not pull on catheters. Stitches will dissolve in 10-14 days and only then the catheter will come out. Don't be frightened when you see them in the stoma bag.
19. Leg bag can be attached to ileostomy bag for 1st week at home while recovering. Thereafter, leg bag should be removed and continue only with a stoma bag
20. Ileostomy bag to be emptied correctly
21. Attend your follow-up appointment
22. Maintain daily exercises
23. Stop smoking.



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