



# The Austi-Mate Journal

Ostomy Association of Austin Monthly Publication  
P. O. Box 143383 Austin, Texas 78714

[www.austinostomy.org](http://www.austinostomy.org)

Gethsemane Lutheran Church  
200 West Anderson Lane, Austin, Texas 78752

**Next Meetings: Thursday, March 7, 2019 @ 7:00 pm**  
**Thursday, April 4, 2019 @ 7:00 pm**

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This bi-monthly newsletter is  
available on our OAA website

Printing Courtesy:  
The American Cancer Society

The Ostomy Association of Austin is a volunteer based Non-Profit Health Support group dedicated to providing mutual aid and education, information and advocacy for persons and their families who have had or will have ostomy surgery. It is our vision to educate, empower and inspire through information and mutual support in all phases of life.

Friends are the family you choose is the old adage. When you were chosen to be among the millions of people around the world living with an ostomy, likely the last thing on your mind was the friendships you could make because of it, or the community you'd be welcomed into just by having a common surgery. Some people unfortunately go their entire lives without ever meeting another person with an ostomy. But those who seek out in-person peer support from the events and affiliated groups of United Ostomy Associations of America can be forever changed. From the UOAA President



We had a full house at our February meeting. Our nurses addressed intimacy, clothing, sex-related challenges with an Ostomy surgery and general information and guidance.

## **March 7<sup>th</sup> Mtg**

Coloplast Representative Cassidy Janicki will share the latest products and answer questions. **Refreshments:** Carol Laubach, Amy Nichols, JT

## **April 4<sup>th</sup> Mtg**

Karen Hollis will continue her educational series on Ostomies & Health. **Refreshments** Jon Bayer, Linda Burks, Bob Pietrasik, Carol Laubach

*Have you paid your dues?*

## Urostomy Facts

UOAA Website

**Urostomy (Urinary Diversion):** A surgically created opening in the abdominal wall through which urine passes. A urostomy may be performed when the bladder is either not functioning or has to be removed. There are several different types of surgeries, but the most common are ileal conduit and colon conduit.

**Reasons for surgery:** Bladder cancer, spinal cord injuries, malfunction such as chronic infection of the bladder and birth defects such as spina bifida.

### CARE OF UROSTOMY

**A pouching system is worn.** Pouches are odor free and come in many different types to fit your body contours, personal preferences and lifestyle. Ostomy supplies are available at medical supply stores and through the mail and are covered by most health insurance plans.

### LIVING WITH A UROSTOMY

**Work:** With the possible exception of jobs requiring very heavy lifting, a urostomy should not interfere with work. People with urostomies are successful business people, teachers, carpenters, welders, etc.

**Sex and social life:** Sexual function is influenced by the reasons for which the urostomy is performed. The urostomy itself should not interfere with normal sexual activity or pregnancy. It should not prevent one from dating and continuing relationships and friendships. UOAA Affiliated Support Groups are available for individuals and partners seeking emotional support.

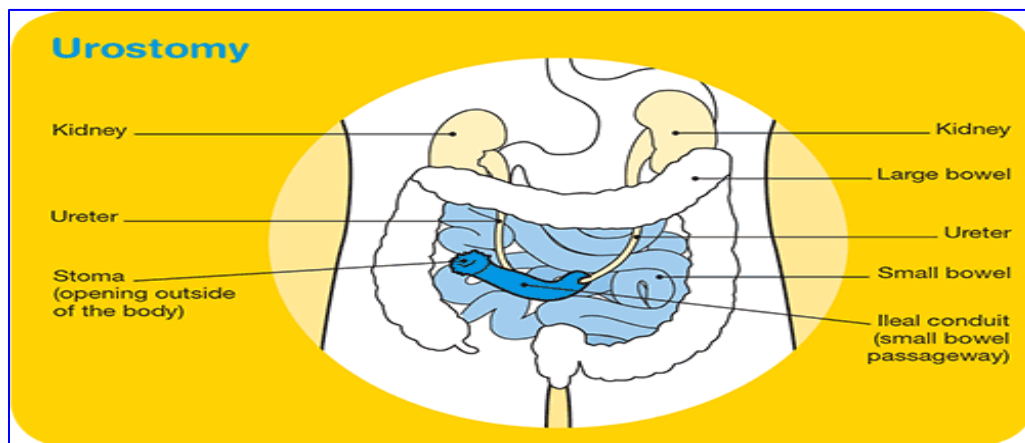
**Clothing:** Usually one is able to wear the same clothing as before surgery including swimwear.

**Sports and activities:** With a securely attached pouch one can swim and participate in practically all types of sports. Caution is advised in heavy body contact sports and a guard or belt can be worn for protection. Travel is not restricted in any way. Bathing and showering may be done with or without the pouch in place.

**Diet:** Usually there are no dietary restrictions and foods can be enjoyed as before. It is suggested that 8-10 glasses of fluid per day be consumed to help decrease the chance of kidney infection.

### RESOURCES AVAILABLE

Physicians and medical professionals are the first sources of help. Specially trained nurses called Wound, Ostomy and Continence Nurses (WOCN) or Ostomy Management Specialists (OMS) are available for consultation in most major medical centers and some community hospitals.



Article Borders:

**Yellow** - All Ostomy types

**Red** - Colostomy-related;

**Green** - Ileostomy-related

**Blue** - Urostomy related

## Living with an Ostomy: Frequently Asked Questions You are not Alone ~ Embrace Life!

UOAA Website (Edited)



There are 75-1 million people in the US who have an Ostomy. As always, in order to obtain answers to your individually specific questions, be sure to consult with your doctor or ostomy nurse for help.

### **Q: Who should I tell? What should I say about my surgery?**

**A:** You should first tell those who need to know, such as healthcare providers, your spouse or partner, and people who are involved in your recuperative care.

Don't feel that you have to explain your surgery to everyone who asks. It is your choice who you choose to share with and how much information you are comfortable sharing. Some people are just curious and explaining that you had an abdominal surgery is more than adequate. Sharing your story can be powerful however and help educate the larger community and your circle of friends that people with an ostomy are all around us living healthy lives.

If you are beginning an intimate relationship, thorough discussions with your future partner about life with an ostomy and its effect on sex, children, and family acceptance will help alleviate misconceptions. If you have children, answer their questions simply and truthfully. Depending on their age, a simple explanation may be enough for them.

You may want to confide in your employer or a good friend at work. An ostomy is nothing to be embarrassed by and keeping it a complete secret could cause practical difficulties.

### **Q: What about medications? Can I take vitamins?**

**A:** Absorption may vary with individuals and types of medication. Certain drug problems may arise depending on the type of ostomy you have and the medications you are taking. Make sure all your healthcare providers know the type of ostomy you have and the location of the stoma. This information will help your pharmacist and other healthcare providers monitor your situation (i.e., time-released and enteric coated medications may pass through the system of Ileostomates too quickly to be effective).

### **Q: What should I do if hospitalized again?**

**A:** Take your ostomy supplies with you since the hospital may not have your brand in supply. If you are in doubt about any procedure, ask to talk to your doctor.

Ask to have the following information listed on your chart: 1) type of ostomy or continent diversion, 2) whether or not your rectum is intact, 3) describe in detail your management routine and list the ostomy products used. For urinary stomas, 4) do not take a urine specimen from the urostomy pouch, use a catheter inserted into the stoma.

### **Q: When should I seek medical assistance?**

**A:** You should call the doctor or ostomy nurse when you experience anything out the ordinary or have:

- severe cramps lasting more than two or three hours
- a deep cut in the stoma
- excessive bleeding from the stoma opening (or a moderate amount in the pouch at several emptyings)
- continuous bleeding at the junction between the stoma and skin
- severe skin irritation or deep ulcers
- unusual change in stoma size and appearance
- severe watery discharge lasting more than five or six hours
- continuous nausea and vomiting; or
- the ostomy does not have any output for four to six hours and is accompanied by cramping and nausea

## Medical Stories of Humor and Inspiration

by Brenda Elsagher; Story by Joanne Heitzman

A few months after surgery, I got the courage to venture out into the real world again. I have both a colostomy and a urostomy, which I must catheterize every four hours. I am so grateful just to be alive that I don't worry too much about all the little details and have learned to just go about my own business.

We had lunch out and I had to use the restroom. There, I need to stand facing the bowl to catheterize. A mom came into the stall next to me with a young child. She said to her little one, "Just stay here with the door closed." I was hoping the child would not appear under the partition. I broke out laughing when I heard the child ask her Mom, "Why does the lady next door have her shoes on backwards?"

My shoes were facing the toilet rather than away ... out of the mouths of babes. Who would ever have thought about it? If I could have, I might have wet my own pants laughing. I learned that you just have to laugh about most things.

### Some Ileostomy Don'ts

Modified from: Live and Learn Via: Ostomy Spotlight, UOAA Oshkosh,  
Wisconsin Chapter & Chambersburg Good News Helper

**Do not fast.** Fasting can lead to serious electrolyte imbalances, even when adequate fluid intake is maintained. Don't limit fluid intake. Ileostomates are always slightly dehydrated due to the constant outflow of fluids, so maintaining fluid intake at all times is a must.



**Be cautious about giving blood.** A constant state of dehydration places enormous stress on the kidneys when blood is given. Serious damage can occur. Giving blood is not recommended practice for ileostomates, but if you want to do it, consult your own doctor first.

**Do not eliminate salt from your diet.** Because salt is also lost with the fluid outflow, even those with high blood pressure should not eliminate salt altogether. Consult your doctor for your recommended salt intake when other physical problems are a consideration.



**Do not put anything into your stoma.** Don't allow anything to be put into your stoma without your own doctor's personal supervision. Doctors have sometimes incorrectly given routine orders in hospitals — for enemas, for example. Question any procedure that intrudes upon the stoma, including suppositories.



**Don't take any medication unless you know it will dissolve quickly and be fully absorbed.** Before filling new prescriptions, be sure to consult with your pharmacist whether or not the medication will dissolve in the stomach quickly. Coated and time-release medications will not be absorbed and will pass through without benefit. If in doubt, purchase only six pills and try them before getting the rest of the prescription. Women should be especially alert when taking birth control or estrogen replacement medications.

**And don't take any vitamin B-12 product for granted.** Have your doctor check your B-12 level whenever you have a blood test taken. Some ileostomates with short bowels may require B-12 injections when they do not absorb enough of the vitamin.

Editors Note: Please consult with an ostomy nurse with additional questions regarding these issues.




## Food Reference Chart

UOAA

There is no official "ostomy diet." Everyone is different and surgery types such as an ileostomy need to be the most careful. This chart is helpful in starting the trial and error needed to troubleshoot issues you may be having. There is no specific "ostomy diet" but there are important considerations as you discover the foods that work best for you.

For guidance, follow a nurse or doctor's orders at each stage of your post-op adjustment. Individual sensitivity to certain foods varies greatly. You must determine, by trial, what is best for you, our guide can help in this process.

| FOOD REFERENCE CHART<br>FOR PEOPLE WITH AN OSTOMY  |   |  |  |
|--|---|--|--|
| <p>For individuals who have had <b>ileostomy or colostomy surgery</b>, it is important to know the effects of various foods on ileal output. The effects may vary with the remaining portion of functioning bowel.</p> <p>Listed below are some general guidelines of the effects of foods after ostomy surgery. Use trial and error to determine your individual tolerance. Do not be afraid to try foods that you like, just try small amounts and <b>chew thoroughly</b>.</p> |   |  |  |
| <b>GAS PRODUCING:</b><br>Alcoholic beverage<br>Beans<br>Soy<br>Cabbage<br>Carbonated beverage<br>Cauliflower<br>Cucumbers<br>Dairy products<br>Chewing gum<br>Milk<br>Nuts<br>Onions<br>Radishes   | <b>ODOR PRODUCING:</b><br>Asparagus<br>Baked Beans<br>Broccoli<br>Cabbage<br>Cod liver oil<br>Eggs<br>Fish<br>Garlic<br>Onions<br>Peanut butter<br>Some vitamins<br>Strong cheese | <b>INCREASED STOOLS:</b><br>Alcoholic beverage<br>Whole grains<br>Bran cereals<br>Cooked cabbage<br>Fresh fruits<br>Greens, leafy<br>Milk<br>Prunes<br>Raisins<br>Raw vegetables<br>Spices | <b>STOMA OBSTRUCTIVE:</b><br>Apple peels<br>Cabbage, raw<br>Celery<br>Chinese vegetables<br>Corn, whole kernel<br>Coconuts<br>Dried fruit<br>Mushrooms<br>Nuts<br>Oranges<br>Pineapple<br>Popcorn<br>Seeds |
| <b>COLOR CHANGES:</b><br>Asparagus<br>Beets<br>Food colors<br>Iron pills<br>Licorice<br>Red Jello®<br>Strawberries<br>Tomato sauces  | <b>ODOR CONTROL:</b><br>Buttermilk<br>Cranberry juice<br>Orange juice<br>Parsley<br>Tomato juice<br>Yogurt  | <b>CONSTIPATION RELIEF:</b><br>Coffee, warm/hot<br>Cooked fruits<br>Cooked vegetables<br>Fresh fruits<br>Fruit juices<br>Water<br>Any warm or hot beverage                                 | <b>DIARRHEA CONTROL:</b><br>Applesauce<br>Bananas<br>Boiled rice<br>Marshmallows<br>Peanut butter<br>Pectin supplement<br>Tapioca<br>Toast   |
|  <div>             United Ostomy Associations of America P.O. Box 525 Kennebunk, ME 04043<br/>             800-826-0826 WWW.OSTOMY.ORG           </div>   |   |  |  |



## Yearly Anniversaries - 2019

### March & April

Carol Laubach, 51  
Beth Mosley, 43  
Allen Scott, 14  
Guy East, 7  
Kellie Zullig, 21  
Charles Longwell, 43  
Dan Boswell, 4

**YOU** place a special mark in our world. What is your ostomy anniversary month and year? Let us know!

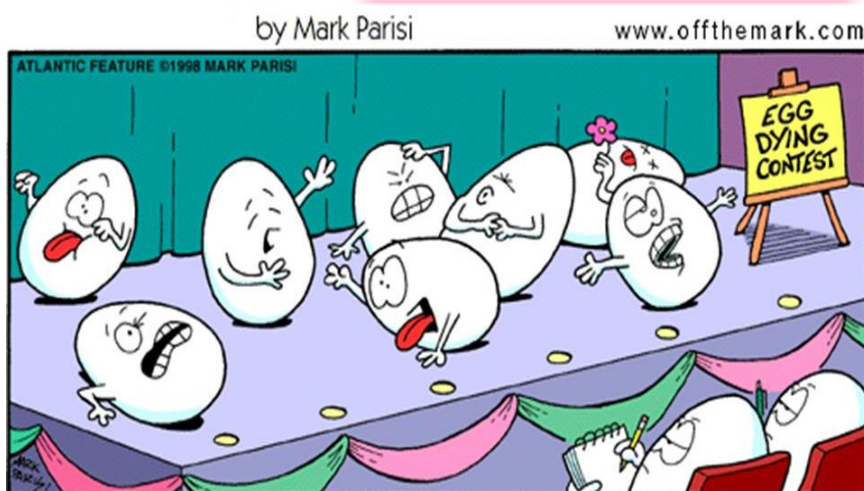


### 2019 Thursday Meetings

March 7 – Coloplast Rep  
April 4 – Educational Series  
May 2 - Vendor Fair  
June – Q & A  
No July Mtg  
August 1  
September 5  
October 3  
November 7  
December 5



**I've been to a lot of places, but I've never been in Cahoots. Apparently you can't go alone, you have to be in Cahoots with someone. I've also never been in Cognito, either. I hear no one recognizes you there. I have, however, been in Sane. They don't have an airport, you have to be driven there. I have made several trips.**



Are you in need of donated supplies? We have **plenty** available! Please contact Carol Laubach, (512-339-6388) and indicate what type of ostomy you have, brand preference, size, and whether it's a one or two piece. This will help to get you the best fitting supplies possible.



We are a health support group, a non-profit, tax-exempt 501(c)(3), organization of volunteers whose purpose is to provide mutual aid and education to persons who have ostomies and their families. Membership fees and donations are tax deductible.

The information contained within our newsletters is for informational purposes only and may not be applicable to everyone. **Please do not follow any medical advice in our Newsletter without first checking with your physician or Wound Ostomy Continence Nurse.**

## OAA Membership Application

Name\_\_\_\_\_

Ostomy Type\_\_\_\_\_ Surgery Date\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_ State\_\_\_\_\_ Zip\_\_\_\_\_ Phone\_\_\_\_\_

Year of Birth\_\_\_\_\_ Email\_\_\_\_\_

Spouse/Relative/Partner/Friend Name\_\_\_\_\_

I do \_\_\_\_ I do not \_\_\_\_ give permission for my name to be included in our newsletter or membership directory.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Annual Dues:

\$25 \_\_\_\_\_ Ostomate

\$15 \_\_\_\_\_ Spouse/Relative/Partner/Friend/Other

\$25 \_\_\_\_\_ Professional

Mail Application to:

Ostomy Association of Austin

P.O. Box 143383

Austin, TX 78714

### Newsletter Preference: Check one

\_\_\_\_\_ Printed version via US mail

\_\_\_\_\_ Email notification/download to your computer via website [www.austinstomy.org](http://www.austinstomy.org)

### Membership benefits include:

- Monthly support & informational meetings
- Social events
- The Austi-Mate Bi-Monthly Newsletters



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Toll-free 800-750-9311.



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