What to do if your ostomy output becomes thin, watery, or greatly increases in volume:

- Never limit your fluid intake in order to thicken the drainage, since this can lead to dehydration.
- Avoid food which you know from experience makes drainage too loose and too frequent.
- Begin a low-residue diet, avoiding especially green beans, broccoli, spinach, highly spiced foods, raw fruits and beer.
- Add strained bananas, applesauce, boiled rice, tapioca, boiled milk and peanut butter to your diet.
- Pretzels help in thickening and add bulk to the drainage. The salt, also, helps to stimulate thirst.
- Many people lack an enzyme which is responsible for the metabolism of milk sugar (lactose). This condition can cause diarrhea, gas, bloating, nausea and cramping. The elimination of milk products may cause a dramatic improvement in the symptoms.

What to do if your ostomy output becomes thick, or if you develop constipation:

- Increase your fluid consumption, especially fruit juices.
- Increase the amount of cooked fruits and vegetables you are consuming.
- Very few foods need to be omitted from your diet because of fear of food blockage. Perhaps more important than the food in avoiding blockages is chewing well. You can reduce your intake of foods which are very high in fiber, and foods with seeds that are hard to digest if they appear to be a problem. Examples are Chinese vegetables, raw onions, nuts, pineapples, corn-on-the-cob, raw carrots, raisins, celery, mushrooms, popcorn, coconut macaroons and coleslaw.
RECIPIE OF THE MONTH
LEMON POPPY MUFFINS

Prep time: 20 minutes  
Bake time: 12 to 15 minutes

2 ½ cups cake flour  
⅔ cup SPLENDIA® Granular  
⅓ cup sugar  
⅔ cup unsalted butter, softened  
½ cup nonfat instant dry milk  
2 teaspoons baking powder  
⅓ cup baking soda  
⅓ teaspoon salt  
⅔ cup buttermilk  
2 tablespoons fresh lemon juice  
2 ½ tablespoons grated lemon peel  
3 eggs  
2 teaspoons vanilla extract  
2 tablespoons poppyseeds

Nutrients per serving  
Serving size: 1 muffin  
Total calories: 170  
Calories from fat: 80  
Total fat: 9g  
Saturated fat: 5g  
Cholesterol: 55mg  
Sodium: 170mg  
Total carbohydrate: 17g  
Dietary fiber: 0g  
Sugars: 5g  
Protein: 4g  
Exchanges per serving: 1½ Starch, 2 Fat

PREHEAT oven to 350°F. Place 18 paper baking cups in muffin pans. Set aside.

PLACE cake flour, SPLENDIA® Granular, sugar and softened unsalted butter in large mixing bowl. Mix on medium speed 1 to 2 minutes with an electric mixer until blended and crumbly.

ADD nonfat dry milk, baking powder, baking soda and salt. Mix on low speed until blended.

BLEND buttermilk, lemon juice, lemon zest and peel, eggs and vanilla in small bowl. Add ⅔ of buttermilk mixture to flour mixture. Mix on medium speed 1 minute. Stop and scrape sides and bottom of bowl. Mix on medium-high speed 45 to 60 seconds. Reduce mixer speed to low and add remaining liquid; blend. Stop mixer and scrape sides and bottom of bowl again. Add poppyseeds. Mix on medium-high speed 30 seconds.

POUR muffin batter into prepared pans. Bake muffins 12 to 15 minutes or until toothpick inserted in center comes out clean.

Makes 18 muffins

CONTRIBUTIONS IN JANUARY

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Important Links
www.uoaa.org
www.cancer.org
www.livingandlaughing.com
www.josg.org
www.Hollister.com
www.ostogroup.org

WONDER RATHER THAN DOUBT IS THE BEGINNING OF ALL KNOWLEDGE
-UNKNOWN
HOW TO TREAT AN OSTOMY BLOCKAGE (UOAA)

Symptoms: Thin, clear liquid output with foul odor; cramping abdominal pain near the stoma; and/or decrease in amount of or dark-colored urine, abdominal and stomal swelling.

Step One: At Home

1. Cut the opening of your pouch a little larger than normal because the stoma may swell.
2. If there is stomal output and you are not nauseated or vomiting, only consume liquids such as Coke, sports drinks, or tea.
3. Take a warm bath to relax the abdominal muscles.
4. Try several different body positions, such as a knee-chest position, as it might help move the blockage forward.
5. Massage the abdomen and the area around the stoma as this might increase the pressure behind the blockage and help it to “pop out.” Most food blockages occur just below the stoma.

Step Two: If you are still blocked, vomiting, or have no stomal output for several hours:

1. Call your doctor or WOC/ET Nurse and report what is happening and what you tried at home to alleviate the problem. Your doctor or WOC/ET Nurse will give you instructions (ex., meet at the emergency room, come to the office). If you are told to go to the emergency room, the doctor or WOC/ET Nurse can call in orders for your care there.
2. If you cannot reach your WOC/ET Nurse or surgeon and there is no output from the stoma, go to the emergency room immediately.
3. IMPORTANT: TAKE THIS DOCUMENT WITH YOU TO THE EMERGENCY ROOM AND GIVE IT TO THE PHYSICIAN.
4. IMPORTANT: TAKE ALL OF YOUR POUCH SUPPLIES (e.g., pouch, wafer, tail closure, skin barrier spray, irrigation sleeve, etc.)

EMERGENCY ROOM STAFF: ILEOSTOMY OBSTRUCTION

Symptoms: No stomal output; cramping abdominal pain; nausea and vomiting; and/or abdominal distention, stomal edema, absent or faint bowel sounds.

1. Contact the patient’s surgeon or WOC/ET Nurse to obtain history and request orders.
2. Pain medication should be initiated as indicated.
3. Start IV fluids (Lactated Ringer’s Solution/Normal Saline) without delay.
4. Obtain flat abdominal x-ray or CT scan to rule out volvulus and determine the site/cause of the obstruction. Check for local blockage (peristomal hernia or stomal stenosis) via digital manipulation of the stoma lumen.
5. Evaluate fluid and electrolyte balance via appropriate laboratory studies.
6. If an ileostomy lavage is ordered, it should be performed by a surgeon or ostomy nurse using the following guidelines:
   • Gently insert a lubricated, gloved finger into the lumen of the stoma. If a blockage is palpated, attempt to gently break it up with your finger.
   • Attach a colostomy irrigation sleeve to the patient’s two-piece pouching system. Many brands of pouching systems have Tupperware®-like flanges onto which the same size diameter irrigation sleeve can be attached. If the patient is not wearing a two-piece system, remove the one-piece system and attach a colostomy irrigation sleeve to an elastic belt and place it over the stoma.
   • Working through the top of the colostomy irrigation sleeve, insert a lubricated catheter (#14–16 FR) into the lumen of the stoma until the blockage is reached. Do not force the catheter.
   • Note: If it is possible to insert the catheter up to six inches, the blockage is likely caused by adhesions rather than a food bolus.
   • Slowly instill 30–50 cc NS into the catheter using a bulb syringe. Remove the catheter and allow for returns into the irrigation sleeve. Repeat this procedure instilling 30–50 cc’s at a time until the blockage is resolved. This can take 1–2 hours.
7. Once the blockage has been resolved, a clean, drainable pouch system should be applied. Because the stoma may be edematous, the opening in the pouch should be slightly larger than the stoma.
For individuals who have had ostomy surgery, it is important to know the effects of various foods on ileal output. The effects may vary with the remaining portion of functioning bowel. 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.*

### Stoma Obstructive

- Apple peels
- Cabbage, raw
- Celery
- Chinese vegetables
- Corn, whole kernel
- Coconuts
- Dried fruit
- Mushrooms
- Oranges
- Nuts
- Pineapple
- Popcorn
- Seeds

### Gas Producing

- Alcoholic beverages
- Beans
- Soy
- Cabbage
- Carbonated beverages
- Cauliflower
- Cucumbers
- Dairy products

### Odor Producing

- Chewing gum
- Milk
- Nuts
- Onions
- Radishes
- Asparagus
- Baked Beans
- Broccoli
- Cabbage
- Cod liver oil
- Eggs
- Fish
- Garlic

### Odor Control

- Buttermilk
- Cranberry juice
- Orange juice
- Parsley
- Tomato juice
- Yogurt

### Constipation Relief

- Coffee, warm/hot
- Cooked fruits
- Cooked vegetables
- Fresh fruits
- Fruit juices
- Any warm or hot beverage

### Diarrhea Control

- Applesauce
- Bananas
- Boiled rice
- Peanut butter
- Pectin supplement (fiber)
- Tapioca
- Toast

### Increased Stools

- Cooked cabbage
- Fresh fruits
- Alcoholic beverages
- Whole grains
- Bran cereals
- Cooked cabbage
- Fresh fruits
- Alcoholic beverages
- Whole grains
- Bran cereals
- Cooked cabbage
If you are a new ostomate and had your rectum and anus removed as part of your ostomy surgery, you will have what is called a perineal wound, (the area of the perineum where the anus and rectum used to be). This area requires a great deal of care and attention and can be quite tender for a long period of time. You may feel like you will never be able to sit comfortable again and eating and watching TV while standing up is no fun!

The area may take a long time to heal, because it takes a long time for scar tissue to fill the opening. The amount of time can vary from two months to more than a year depending upon the individual circumstances. This area does not usually have a good flow of blood that is necessary for quick healing.

It is very important that the outer part of the wound does not heal before the inner part hence abscesses and fistulae may form. Fluids may accumulate in these areas, forming pockets, allowing infection to set in.

Some surgeons pack the wound with gauze and leave it open to allow healing from the inside out. Other surgeons believe that the skin should be stitched together. This requires drainage tubes and the use of absorbent pads.

While you are waiting for the perineal area to heal, you may be more comfortable sitting on a soft cushion. It is not a good idea to sit on a "doughnut cushion" as it causes the skin to push outward, putting more strain on the area and causing pain. Stretching the area can also slow down the healing.

Sitz-baths can be both soothing and helpful. Park your derriere in warm water. Not only is this pleasant, relaxing and comfortable, but it can stimulate the blood circulation for better healing. To further reduce the healing time, keep the area clean. Use a hand-held shower spray twice a day for ten minutes or as directed by your doctor. To avoid infections always follow your doctor’s instructions to the “T”.

For years, Readers Digest has featured the column “Laughter, the Best Medicine.” It contained jokes, riddles and humorous musings designed to tickle the funny bone. But just how important is laughter to our everyday health?

It turns out that when we laugh we produce natural killer cells which destroy tumors and viruses. Plus there’s an increase in the production of Gamma interferon (a disease-fighting protein), T-cells (important for our immune system) and B-cells (which make disease-fighting antibodies). Besides lowering blood pressure, laughter increases oxygen in the blood, which also facilitates healing.

Laughter helps us to deal with stress, cope with loss, work through tragedy, hide our embarrassment and calm our fears. Laughter helps the body relax. It lowers blood pressure, increases immune system functioning and assists in warding off disease.

In terms of mental health, laughter helps us connect with others. Humor is often used as a means to help us collectively cope with grief, fear or loss. It makes us more productive as happy people have more energy. Laughter and on a deeper level, joy, releases negative emotions such as anger, fear, sadness, resentment and depression and increases the likelihood that we will feel happy. Joy releases endorphins in the brain that help you feel good. Did you also know that laughter is a form of aerobic exercise? You may even feel fatigued if you laugh continuously for any length of time! Just remind yourself to laugh well and often in order to experience the aerobic benefits of laughter.

What steps can you take to increase the amount of laughter in your life? Surround yourself with positive up-beat people who laugh a lot. Laughter is contagious!

Find out what makes you laugh - is it funny movies, watching the comedy channel, reading funny material? Whatever it is do it more often. Don’t take yourself, or anyone else, or even life for that matter, so seriously. Always remember, happiness is your right...so laugh and when you do, laugh loud and often! Remember “A merry heart does good like a medi-