Colostomy Resources

Colostomy is a surgical procedure that brings one end of the large intestine out through an opening (stoma) made in the abdominal wall. Stools moving through the intestine drain through the stoma into a bag attached to the abdomen, bypassing the rectum and anus.

A colostomy is a major surgery and the pros and cons should be weighed carefully. One pro often cited is that a colostomy can significantly cut down on the time spent on bowel care. The cons include the possibility of complications such as skin irritation, infection, and leakage among others.

Source: MedlinePlus

Resources
Craig Hospital: Colostomies - A Radical Approach to Bowel Management brochure

International Ostomy Association
See “Ostomy Help” section

Johns Hopkins Medicine: Colostomy

MedlinePlus: Colostomy

MedlinePlus: Ostomy

Meet an OstoMate
An online community for people with ostomies to find friends, dates, etc.

National Digestive Diseases Information Clearinghouse: Ostomy Surgery of the Bowel

New Mobility: Colostomy Pros and Cons by Richard Holicky April 2014

United Ostomy Associations of America: Ostomy Information and Care Guides
PO Box 525
Kennebunk, ME 04043-0525
Phone: 800-826-0826
Scroll down for patient guides that can be printed out on colostomy, ileostomy, and urostomy.

University of Pittsburgh Medical Center: Colostomy video
200 Lothrop St.
Pittsburg, PA 15213-2582
Phone: 412-647-8762

University of Pittsburgh Medical Center: Living with an Ostomy
Includes a chart of foods that can cause problems with an ostomy
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