

# What if...

## you get an ileostomy blockage

## or obstruction?

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## What is an ileostomy blockage or obstruction?

This is a blocked or obstructed portion of your bowel which prevents your stoma functioning normally.

## What causes a blockage or obstruction?

- *A lump of undigested food that blocks an ileostomy. This type of blockage is normally relieved by the sudden and often explosive passage of that lump of food*
- *Adhesions. These are internal bands of scar tissue which can sometimes cause internal organs to stick together. Adhesions can kink, twist or pull the bowel causing an obstruction*

## Signs and symptoms of a blockage or obstruction?

- *Bloated and/or swollen tummy*
- *Abdominal pain and/or cramp*
- *Nausea and/or vomiting*
- *No waste from your stoma*
- *Watery output from your stoma*
- *Swollen stoma*
- *Signs of dehydration*

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### What to do if you develop signs and symptoms of a blockage or obstruction

- *Stop eating solid food*
- *Increase your intake of fluids. Drink cola or sports drinks as well as water*
- *If your stoma is swollen, remove your pouch and replace it with one with a larger opening*
- *Massage your tummy and try to relax*
- *Soak in a warm bath. This will relax your abdominal muscles and may relieve the blockage by allowing the passage of an undigested lump of food*
- *Do not take a laxative*
- *Do not insert anything into your stoma unless instructed to do so and under the supervision of a health care professional*
- *Do not eat or drink if you are vomiting, not passing anything from your stoma or both of these*

**It is important to speak to your doctor or stoma care nurse if your symptoms persist for over 8 hours, OR if you have symptoms of dehydration such as dry mouth, headache, dark concentrated urine or a decrease in the amount of urine passed. Hospital admission may be required.**

### Foods that may cause blockage or obstruction

- *Sweetcorn, nuts and seeds*
- *High fibre vegetables and the pith of citrus fruit*
- *Dried fruit or vegetables, coconut, popcorn*
- *Mushrooms, onions*
- *Bean sprouts, bamboo shoots*
- *Celery, peppers, lettuce*
- *Asparagus, pineapple, melon*
- *Tomato or fruit skin.*