

What if...

you get ballooning?

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making life better

What is ballooning?

Ballooning happens when the wind from your stoma collects inside your pouch causing it to inflate or balloon.

What can cause ballooning?

- *A blocked pouch filter*
- *A wet pouch filter*
- *Dietary issues.*

Hints and tips

- *Ballooning is uncomfortable. It causes your pouch to bulge underneath your clothing, and can lead to leakage and odour. This wind needs to be released. If you are using a 1-piece closed pouch, you will need to change your pouch. If you are using a drainable pouch it will need emptying*
- *Different pouch manufacturers use different filters. Try different pouches until you find the filter that best suits your needs*
- *If you are using a 2-piece system, you can lift a section of the pouch away from the flange to release the wind, then stick or clip the two back together again*
- *If you are using a 1-piece pouch and ballooning is a constant problem, you may wish to consider using a 2-piece system*
- *Try using the Osto-EZ-Vent® pouch venting system available from Respond*
- *To avoid the pouch filter getting wet and therefore inactive, cover it with one of the adhesive tabs supplied with your box of pouches before you have a bath, shower or go swimming. Don't forget to remove the tab when you have finished*
- *Some food and drinks give you excessive wind and you may want to eliminate the ones that affect you*
- *Stoma irrigation or flushing the bowel out with warm water is a form of stoma management suitable for some but not all people with a colostomy.*
- *Irrigation can help reduce the problems associated with ballooning.*