

# What if...

## you want to manage

## colostomy differently?

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## Colostomy Irrigation

Colostomy irrigation is a method of emptying the colon (bowel) by inserting warm water into your colostomy to flush out the stool. You will need irrigation equipment, clean warm water and access to a lavatory for up to one hour. Colostomy irrigation should be carried out at a regular time every 24 - 48 hours and it can take several weeks to establish a routine. Regular irrigation can help to control bowel function for a period of between 24 and 48 hours. After irrigation all you will need to cover your stoma is a small and discreet stoma cap or a stoma plug.

**———— Irrigation should always be taught by a stoma care nurse.**

## The colostomy plug

The colostomy plug can only be used if you have a regular solid stool.

The plug which is available in 2 lengths, consists of a soft sponge 'stem' which is attached to a flange. When the stem is inserted into your colostomy, it expands preventing stool from leaking out of the stoma. The flange holds the plug in place. The plug should be inserted into your colostomy following a bowel movement and removed when a bowel movement is anticipated. If your bowel movement is regular or following irrigation, the colostomy plug can be worn for up to 12 hours.

## Flushable colostomy pouches

These pouches are designed to be flushed down the lavatory after use. They are constructed in two parts, an outer odour and waterproof pouch and an inner biodegradable liner. The 2 sections peel apart after use and the liner containing the stool can be flushed away.