

# 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

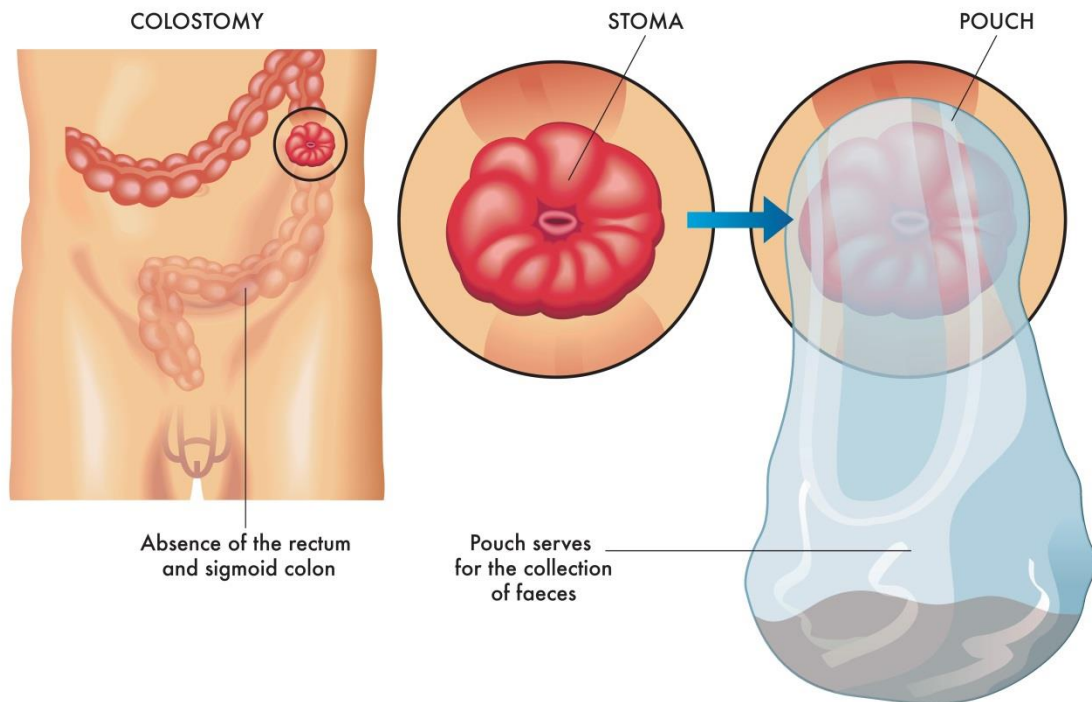


Figure 1: Graphic: cFotosearch.com.

## Resources

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

<https://craighospital.org/resources/colostomies-a-radical-approach-to-bowel-management>

**International Ostomy Association**

See “Ostomy Help” section

<http://www.ostomyinternational.org/>

**Johns Hopkins Medicine: Colostomy**

<https://www.hopkinsmedicine.org/health/treatment-tests-and-therapies/colostomy>

**Medline Plus: Colostomy**

<https://medlineplus.gov/ency/article/002942.htm>

**MedlinePlus: Ostomy**

<http://www.nlm.nih.gov/medlineplus/ostomy.html>

**Meet an OstoMate**

<http://www.meetanostomate.org/>

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

**National Digestive Diseases Information Clearinghouse: Ostomy Surgery of the Bowel**

<https://www.niddk.nih.gov/health-information/digestive-diseases/ostomy-surgery-bowel>

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

<http://www.newmobility.com/2014/04/colostomy-pros-cons/>

**United Ostomy Associations of America: Ostomy Information and Care Guides**

[http://www.ostomy.org/Ostomy\\_Information.html#colostomy](http://www.ostomy.org/Ostomy_Information.html#colostomy)

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**

<https://www.upmc.com/health-library/article?hwid=abn1985>

200 Lothrop St.

Pittsburg, PA 15213-2582

Phone: 412-647-8762

**University of Pittsburgh Medical Center: Living with an Ostomy**

<https://www.upmc.com/health-library/article?hwid=ug2186>

Includes a chart of foods that can cause problems with an ostomy

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