
Antelope Valley Ostomy News

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<http://www.avosg.org>

March 2011

Happy St. Patrick's Day

Well winter is coming to an end and spring is right around the corner. Don't forget to spring forward on your clocks on the 13th.

There have been a few changes since our last meeting. My work schedule has changed to 4- 10 hour shifts so if any of you are in need of coming into the clinic, I am now there Wednesday-Saturday, 8-6pm.

I also started homeschooling my daughter Brandy so I have been busy relearning algebra. Fun, fun, fun.

I'm looking forward to seeing you all at our next meeting on March 20th at 2pm. We will be reviewing and updating the group's bylaws. They are attached for you to begin looking at.

We also will have a demonstration of colostomy irrigation from Jeanne Munzer.

*See you then,
Teresa*

You Have Adjusted to your Ostomy When:

You stop spending all of your spare time in the bathroom waiting for your stoma to work so you can empty it right away.

You can move about freely, without holding your appliance as though it might fall off any minute.

You make that first trip to the mailbox without taking along your ostomy supplies.

You stop grabbing your abdomen when the grocery clerk asks you if you need help to the car with your bag.

You go out for the evening and realize too late that you left your emergency kit at home.

You begin to think how lucky you are to be alive instead of how unlucky you are to have an ostomy.

You attend the support group meetings with an expectation of learning more about your ostomy rather than staying at home worrying about it all.

Courtesy of the Saskatoon Ostomy Association and The Mailbag, Jacksonville, FL

Urostomies, mucus, and UTIs!!

Having a urostomy puts you at a higher risk for developing a urinary infection. Normal urostomy urine is light yellow in color, minimal odor, and has mucus shreds.

Signs/symptoms of infection

Increased mucus shreds

Odorous urine

Fever

Back pain

Nausea/Vomiting

Blood in your urine

Confusion

Prevention of UTIs

Drink 6-8 glasses of fluids a day.

Drinking cranberry juice can also help but discuss with your MD 1st if on blood thinners.

Keep your pouch emptied

AV Ostomy News

Colostomy Irrigation

Colostomy irrigations are done to help regulate the bowels at a scheduled time. It is only done by physician order and only for those people who have sigmoid or descending colostomies.

Foods that help diarrhea in colostomy patients.

You may develop diarrhea even with a colostomy just as you would've before your surgery when you were on antibiotics or had a virus. To help slow the stools down and thicken stools try eating:

Puddings, peanut butter, potatoes, bread, pasta, applesauce, cheese and rice. Don't forget to replace all the fluids and electrolytes your losing in your stools by drinking water and sports drinks.

No more hair dryers!

A Quick Dry Pouch Cover is wonderful for people who are always on the go. No longer do you have to be concerned with a wet pouch after a bath, shower or swim. The Quick Dry Pouch Cover will absorb excessive moisture from your pouch in just a few minutes. Just slip it over your pouch wait, for it to absorb and you're good to go! The Quick Dry Cover is made of a soft absorbent terry cloth. Available in three colors.

http://shop.cspouchcovers.com/Quick-Dry-Pouch-Cover_c11.htm

Websites for Ostomates:

<http://www.greatcomebacks.com/>

<http://uncoverostomy.com/>

<http://www.ostomyguide.com/>

<http://www.stealthbelt.com/index.html>

CONFIRMATION OF MEMBERSHIP

Name _____ Date _____
Address _____ M _____ F _____
City _____ State _____ Zip _____ Home Phone _____
Business Phone _____ Date of Birth _____ Ostomy
Type _____
Reason for Surgery _____ Year of Surgery _____

E-mail address _____

Please consider joining the Antelope Valley Ostomy Group. To do so, please send this completed form with a check for **yearly dues** of **\$10.00** to **Gerri Godde, 6510 W. Avenue L, Lancaster, CA 93536**. Make checks payable to AV Ostomy Support Group. Meetings are held every other month (January, March, May, July, September and November) on the third Sunday of the month from 2:00 to 4:00 PM.

For additional information contact: Teresa Gentry, RN CWON at 661-726-6231 or e-mail: teresa.gentry@avhospital.org

We are in the process of reviewing the number of newsletters being sent out. If you would like to continue to receive a Newsletter by mail please let me know by April 30th. Newsletters are now available on-line!

Next Meeting: *Sunday, March 20th, 2011* at 2:00 pm in the conference room at A.V. Home Care

Meeting location: Antelope Valley Home Care – 44335 Lowtree Ave.
Lancaster

Directions: From J and 15th St. West take Ave. J east one block to Lowtree. Turn right on Lowtree into the business park, then the first driveway, take a right. Look for the address on the door.

AV Ostomy Group is an affiliate of the United Ostomy Associations of America.