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## What to Expect Before Ostomy Surgery

Your doctor has told you that you may need to have an ostomy when you have surgery. We are a team of nurses at Piedmont Hospital who will help you through this time. The information below should give you and your family a good idea of what to expect.

### Make an Appointment to See Us Before Surgery

You can call 404-605-1986 to schedule an appointment for “Ostomy Teaching and Marking”. Please call a couple weeks before surgery, if possible.

### Directions to the Outpatient Clinic

Park in the North deck, and take the elevator to the 1<sup>st</sup> floor. When you exit the elevator, cross the driveway, and our doors will be right in front of you with the glass bricks. Please plan to arrive 15 minutes early to allow for parking and paperwork. We want to have your appointment time to answer your questions and hear your concerns.

### How Long Will It Take

We usually allow an hour for the appointment, to make sure there is time for you and your family to ask questions. Please write down any questions you may have ahead of time. There is no such thing as a dumb question!

### What to Expect at the Appointment

#### 1. Teaching

There are many new things to learn if you will be having (or might have) an ostomy. We will go over things like: your internal body organs, the surgery, what an ostomy does, and what it looks like. We will show you an ostomy pouch, how they work, and how to live with one. We will answer any of your questions, including things that you might have heard that may not be true.

#### 2. Counseling

Having an ostomy surgery can cause fear, anxiety, tearfulness, sadness, and many other emotions. Patients have many questions about activities like showering, swimming, sexual relations, travel, work, and more. “Will people know I have one?” “Will my diet be different?”. We will listen to your concerns and share our experiences with you and your family. We recommend a close family member or friend come with you to this appointment, the extra support makes a big difference during the entire ostomy experience.

#### 3. Stoma Marking

Lastly, the ostomy nurse needs to find a place on your abdomen where the stoma will go. Make sure to wear loose-fitting clothes to the appointment. The ostomy nurse will need to see you lying down, sitting and standing to find the best spot. We will talk with you to see where your beltline falls when you wear clothes. When we find the best spot, we will mark it with a Sharpie marker, and may put a small clear dressing over it. This mark tells the surgeon where to aim for when he creates the stoma.

We look forward to meeting you!

**The Ostomy Nurses at Piedmont Hospital.**

WOUND CARE SERVICES

