

## Stoma Complications:

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### What is a Stoma Prolapse?

A prolapse is when a part of the bowel sticks out of the stoma (an opening in the belly for getting rid of wastes).

### What is a Peristomal Hernia?

A peristomal (area of skin surrounding the stoma) hernia is a bulge around the stoma from a weakness or split in the muscle wall of the stomach. This allows the stomach contents (part of the intestine) to bulge out. Unfortunately, hernias are quite common.

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### How do I know if I have a Stoma Prolapse or Peristomal Hernia?

#### Peristomal Hernia:

- Noticeable bulge when coughing, sneezing, or straining.
- Trouble attaching ostomy bag.

#### Stoma Prolapse:

- Protruding (coming out) bowel from 2-3cm to more than 10cm.

#### Serious Complications:

- Strangulation (when intestines lose its blood supply).
  - Intestines become obstructed (blocked) from being twisted or trapped.
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### What causes a Stoma Prolapse?

- An over sized hole made in the stomach wall during a past surgery.
- Increase in pressure from pregnancy, coughing, or sneezing.
- Heavy lifting.
- Weak stomach muscles.
- Obesity (over weight).

### What causes a Peristomal Hernia?

- Heavy lifting.
- Obesity.
- Infection at stoma site.

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## How to fix a Peristomal Hernia or Prolapse:

### Managing:

Your stoma care nurse will tell you how you should look after the stoma. Your nurse will also help you to lessen the swelling. Special pouches are available as well as support devices such as abdominal (belly) support belts or binders.

### Surgery:

Surgery may be needed if stomal prolapse is repeated, serious, or complicated. Surgery will include removal of the prolapsed part (area outside) of the bowel.

Peristomal hernias are only fixed if the symptoms are serious enough. The repair of a stoma hernia needs surgery. The stomach wall tissue is made to fit back closely around the stoma, leaving no weakness. Mesh products can be used or the stoma can be moved to a new site on the abdominal wall.

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## How can I learn more?

You can also find information through the American Society of Colon & Rectal Surgeons (ASCRS) at <http://www.fascrs.org/patients/conditions/>

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Do you have any questions or comments for your doctor?

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