




15th EOA CONGRESS 
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Colostomy Irrigation


- a way of life

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Who`s that guy?

- Registered Nurse in Denmark since 1990
- Stoma Care Nurse in the Gastrounit Hvidovre University Hospital, Copenhagen, Denmark, since 1994
- ET education program in Gothenburg, Sweden 1998
- Master in Clinical Nursing, 2014
- Speaker at ECET, WCET & WOCN congresses
- Author of articles about stoma care in different magazine's




Agenda - Colostomy Irrigation

- Introduction
- The irrigation procedure
- Relative Contraindications
- Teaching the Patient
- Advantages
- Disadvantages
- Litteraturereview
- Questions



Colostomi irrigation technique

Definition




- Colostomy irrigation is the process of instilling fluid into the colon via a stoma to stimulate peristalsis and promote bowel elimination.

Kent, DJ et al.
J Wound Ostomy Continence Nurs. 2015;42(2):155-161

Colostomy Irrigation

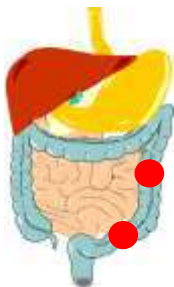
Introduction

- Introduced in the United States in the early 1900s
- Introduced in Scandinavia in the 70s



The colostomi irrigation procedure

Who?



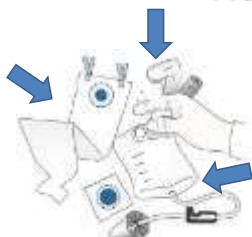
- Descending or sigmoid colon
- Vision
- Manual dexterity
- Mental alertness

Relative Contraindications

- Irritable bowel syndrome
- Peristomal hernia
- Postradiation damage to the bowel
- Current chemotherapy
- Diverticulitis
- Crohns disease



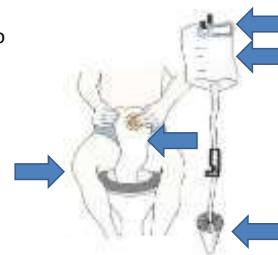
Colostomi irrigation Procedure



- Sleeve
- Irrigator with cone
- Tepid tap water/fluid

Colostomi irrigation Procedure

- Fill fluid in the irrigation bag, usally 500 – 750ml
- Attach irrigation cone to the end of irrigation tubing
- Place irrigation bag at shoulder level
- Attach irrigation sleeve around stoma
- Sit on toilet or next to it



Colostomi irrigation Procedure



- Lubricate cone
- Gently place it into stoma

Colostomi irrigation Procedure



- Open the clamp on the tubing
- The irrigant flows from the bag
- Infuse entire volume
- Hold cone in place until cramping begins
- Remove cone
- Wait for return of fluid and stool

Colostomi irrigation Procedure

- Secondary return of fluid and stool occurs
- It may take around 30 to 90 minutes to complete
- Maybe clamp the pouch
- Maybe stimulate peristalsis



Colostomi irrigation Procedure

- Stool stops coming from stoma
- Replace pouching system or cover stoma
- Clean irrigation set with warm soapy water
- Local guidelines for change of irrigation set and total number of sleeves



Colostomi irrigation Procedure

- The procedure is performed every 24 to 48 hours
- Stopping the procedure



Colostomi irrigation Advantages

- Decreases odor and flatus
- Facilitates sleeping, eating and traveling
- Alleviate the need to wear an external pouch
- Improves sense of well-being
- Possitive impact on:
 - Social challenges
 - Spirituel challenges
 - Occupational challenges



Colostomi irrigation Disadvantages

- Can be time consuming
- Regular basis
- Household
- Adjusting back to appliance



Colostomi irrigation Comments from patients

"I irrigate my colostomy every day. Therefore, I imagine I have less problems with odor and gas than those who do not irrigate daily. However, this means my morning irrigation and then shower . . . [can] take up two hours of time—but this is what I choose"

Grant, M et al.
"Irrigation Practices in Long-Term Survivors
of Colorectal Cancer With Colostomies"
Clinical Journal of Oncology Nursing • Volume 16, Number 5

Colostomi irrigation Comments from patients

"I have a descending sigmoid colostomy, which allows me to irrigate . . . exercise some control over my bowel movements. In this regard, the greatest challenge has been to maintain regularity, which I have achieved approximately 80% of the time."



Grant, M et al.
"Irrigation Practices in Long-Term Survivors of Colorectal Cancer With Colostomies"
Clinical Journal of Oncology Nursing • Volume 16, Number 5

Colostomi irrigation Litteraturereview



- Kent et al in 2015
- Systematically review of studies about irrigation
- "Does Colostomy Irrigation Affect Functional Outcomes and Quality of Life in Persons With a Colostomi"

Kent, DJ et al.
J Wound Ostomy Continence Nurs. 2015;42(2):155-161

Colostomi irrigation Litteraturereview - Findings:

- Colostomy irrigation reduces the frequency of bowel evacuations when compared to spontaneous evacuation and containment using a pouching system.
- Regular irrigation is associated with reductions in pouch usage.



Kent, DJ et al.
J Wound Ostomy Continence Nurs. 2015;42(2):155-161

Colostomi irrigation Litteraturereview - Findings:

- This change in bowel evacuation function frequently results in absence of bowel evacuations for 24 hours or longer, enabling some to discontinue ongoing use of a pouching system.
- Reductions in flatus and odors associated with presence of a colostomy

Kent, DJ et al.
J Wound Ostomy Continence Nurs. 2015;42(2):155-161

Colostomi irrigation Review of litterature- Findings:

- Not an evidence-based practice
- Patients are discharged from hospital
- New equipment mean that pouching is easier than irrigation
- Irrigation is too time- consuming



Bauer, C et al.
Nursing2016 - Volume 46, Number 8

