

The Stoma Care Nurses are happy to discuss your concerns or questions, either in person or by telephone

Before your operation

Whenever possible we will meet you before your operation and this may be:

- in an Outpatients Department
- in a ward
- in your home.

We will be happy to:

- explain and discuss the operation and its implications
- answer questions
- mark a site for the stoma.

After your operation

We will visit you while you are in hospital and work alongside the ward staff to give you support and advice regarding your stoma in preparation for going home.

We plan to:

- help to teach you how to look after the stoma
- meet with your family or carer if you wish
- ensure that you have adequate supplies of stoma care equipment.

When you have gone home

We will phone you within two weeks and if possible see you at your first outpatient appointment.

If required we will see you at home.

We will see you in the Stoma Care Nurse Clinic approximately 4-6 weeks after discharge. Please bring your equipment bag with you to this appointment.

We plan to:

- review your progress
- offer support in coming to terms with having a stoma
- review your choice of equipment
- discuss going out and about
- give advice about holidays, travel, etc
- arrange further contact, if necessary.

Your Stoma Nurse Specialists are
Emma Brown and Jennifer Edwards

Stoma Support Nurse
Karen Farmaner

We are based at Colchester General Hospital.

Telephone: 01206 742009
8.15am - 4pm, Monday to Friday
An answering machine is available when the office is unattended.

Email:
emma.brown@colchesterhospital.nhs.uk
jennifer.edwards@colchesterhospital.nhs.uk
karen.farmaner@colchesterhospital.nhs.uk

Our aims are to help you to lead as full a life as possible and to be available for you long-term, should the need arise

We are part of a team of professionals involved in your care. Should you wish to see another professional, such as a dietitian or social worker, please ask us.

Stoma Care Services

Stoma Care Services
Colchester General Hospital
Turner Road
Colchester
CO4 5JL

Tel: 01206 742009

Please ask if you
require this leaflet in
an alternative format

Leaflet number	319n5
Created	26 August 2003
Reviewed	July 2016
Next review	July 2018

at our
best

Kind
Caring
Welcoming

Involving
Communication
Responsive

Professional
Consistency
Be the difference