This leaflet has been written to introduce you to the stoma care services at Salisbury District Hospital.

We understand that being diagnosed or living with inflammatory bowel disease can be a very stressful experience for both you and your family. It may now have become necessary to discuss having an operation to help you to manage your disease.

The stoma team are here to offer you help and support.

We are part of the colorectal team involved with your care.

Our aim is to give you the best information for the type of stoma that you require. This information will include:

Help with

- care of your stoma
- diet
- clothing
- what to expect after your operation
- exercise
- community support.

We are also able to help you if you need advice and support. Please phone us if you have any questions or are not sure about something.

The stoma team members are:

Sister Sandra Bryan
Sister Suzie Dukes
Carol Dean (secretary)

Where can you find us?

Stoma Care Dept
Level 3
Salisbury District Hospital
Tel No 01722 429256 (direct line)
Answerphone out of hours

The help/ advisory service is available:

Monday – Friday
8.30 – 4.30

Contact: Stoma Care Dept.
Tel: 01722 429256
Clinic times are:

Thursday pm 1.30 – 4.30
Friday pm 1.30 – 4.30

Out of hours please contact your

- GP
- District nurse
- Britford ward, Salisbury District Hospital 01722 336262 ext 4379

There are many ways of finding out about Inflammatory Bowel Disease and effective ways of treating it. Some of them contain inaccurate or misleading information, so be very careful when selecting sources.

Useful Links

Below are some suggested web sites. All sites vary and you may have to ‘surf’ to find the site that answers your particular questions. We do not endorse any of the suggested links.

British Colostomy Association
0808 3284257
www.colostomyassociation.org.uk

IA – The Ileostomy and internal pouch support group
0800 0184724
www.the-ia.org

NACC – National Association of Colitis and Crohns
0845 130 2233
www.nacc.org.uk