

## Bowel Prep for Patients with a Colostomy

The following is the preparation that you should follow for your colonoscopy if you have a colostomy.

### Diet

You will need to stay on a **clear liquid** diet the entire day before your procedure. You may eat solid food once your colonoscopy is complete.

Here is a list of **clear liquid** that are okay to have:

- Coffee (without creamers, sugar is okay)
- Tea
- Soft drinks
- Juices (without pulp or seeds)
- Gatorade
- Water
- Jello (without fruit chunks)
- Popsicles (not blue)
- Chicken or beef broth
- Snow cones (not blue)

Here are some things you will need before you start your prep:

- Irrigation bag
- Tubing
- Cone tip
- Irrigation sleeve
- Water soluble lubricant for the cone tip
- Clip for the bottom of the sleeve
- A Fleet Enema (if it needs to be refilled you can just use warm water)
- TriLyte (the laxative that is prescribed to you)

### Oral Medications

You will be prescribed TriLyte (CoLyte and GoLyte are the generic versions) and you will need to start taking this laxative as directed with the instruction sheet provided.

This medicine may cause nausea or bloating. If this does occur, take a break from taking the medicine, about ten minutes, and then start again. You will need to take all of the Laxative medicine, if your colon is not cleaned out you will have to reschedule the procedure to clean your colon completely.

### Output from Your Stoma

When you take the TriLyte you may expect to have a large volume of liquid stool, which may overflow your regular pouch. Extra large pouches called irrigation sleeves or high-volume output pouches are available.

If you use a two-piece system, it can be attached to your existing barrier, or it can be held in place by a belt or adhesive if you use a one-piece system. A WOC nurse or your primary doctor can assist you in obtaining an irrigation sleeve or high-volume output pouch from your local ostomy supply store. If you cannot find an irrigation sleeve, sit on or next to the toilet with your pouch unclamped so you can empty directly into the toilet or stay near the bathroom so the pouch can be emptied as needed.

You may want to stay home near the toilet the day of your bowel prep, as output volume and timing may be unpredictable. You should be prepared to drain your pouch every 30-60 minutes.

### Colostomy Irrigation

If you have a **Loop Colostomy** (a temporary, large stoma ostomy where a loop of the bowel is pulled out onto the abdomen and held in place with an external device) or a **Double Barrel Colostomy** (bowel is severed, both ends are brought out onto the abdomen and only the proximal stoma is functioning) we request you cleanse your colon with irrigation, which is an enema through your stoma. Some people with colostomies routinely regulate their bowel movements this way. If you have an **End Colostomy (Hartmann's pouch)** you will need to clean out the rectum the day of your procedure, in addition to oral laxative or irrigation, with a Fleet Enema to clean out any mucus that may have developed there.

### Step by Step Procedure of Colostomy Irrigation

(You may choose to do this in the bathroom seated on the toilet or on a chair near the toilet)

~Remove your pouch

- Close the clamp on the irrigation tubing. Fill irrigation bag with prescribed fluid and amount. A typical order would be 750-1000 ml of warm tap water. You can start with 500ml and evaluate results.
- Open the flow clamp on the tubing to allow the fluid to clear the air in the tubing. Turn the flow clamp off. To remove air bubbles from the tubing, open the flow clamp on the tubing and allow the irrigation solution to flow through to the end.
- Attach irrigation sleeve by snapping it on your existing barrier if using a two-piece system, securing with a belt, or using adhesive to attach to your skin or existing pouch.
- Hang the irrigation bag so its bottom will be at the level of your shoulder when you are seated.
- Lubricate the cone end with water soluble lubricant and gently insert the tip into your stoma through the top of the irrigation sleeve. You will have to hold the cone snugly to your stoma to prevent water from leaking around the cone.
- Turn the flow clamp on and allow the irrigation solution to run into your colon by adjusting the flow clamp. The desired time frame for instillation of the fluid is five to ten minutes. Slow or stop the instillation as needed to prevent cramping, but do not remove the cone from the stoma. Once cramping resolves, continue with the process.
- If the irrigation solution does not flow into your stoma, try changing the angle of the cone until it does flow.
- When the desired amount of fluid has been delivered or when you can hold anymore, close the clamp, hold the cone in place for 10 to 15 seconds after the solution has instilled, and then gently remove the cone. Your abdomen may feel distended or bloated.
- You may experience an immediate return of irrigant and stool with more stool being expelled over the next hour. Empty the pouch as necessary.
- The purpose of irrigation is to clean all stool from your colon.
- It may be necessary to do this procedure more than once until the **return is clear**. Your healthcare provider will advise you.

After you have completed the irrigation procedure, remove the irrigation sleeve. Cleanse around the stoma and apply your appliance.