

# Ileostomy Formation

## What Is An Ileostomy?

An ileostomy is an operation to create a stoma, or an opening in the ileum (the last part of the small intestine), which is stitched to the skin. This allows waste to exit the body through the stoma into a specially fitted ileostomy bag, which is worn on the skin and emptied or changed as needed.

Ileostomies can be formed in different ways:

- **End ileostomy** – One end of the ileum is brought to the surface and stitched to the skin, while the other end is either removed or closed inside the abdomen
- **Loop ileostomy** – Both the upstream and downstream ends of the ileum are stitched to the skin, usually as a temporary measure to divert stool away from a healing bowel connection

This procedure may be performed on its own or as part of another operation, such as an anterior resection of the rectum, ileo-anal pouch procedure, or pan-proctocolectomy.

## What Does The Operation Involve?

A laparoscopic (keyhole) surgery or open approach can be used to create an ileostomy.

- The surgeon makes a small incision in the abdominal wall
- In an end ileostomy, only the upper part of the ileum is stitched to the skin
- In a loop ileostomy, both ends of the ileum are stitched to the skin, often to protect a newly formed bowel join

Ileostomies are usually made with a small spout, which protrudes slightly from the abdominal wall. This makes it easier to fit the ileostomy bag and prevents irritation from waste.

The operation time varies but typically takes 1-3 hours, depending on whether it is performed as a standalone procedure or part of a larger surgery.

## What Are The Risks?

If the ileostomy is formed as part of another surgery, please refer to the relevant procedure's patient information for additional risks.

## General surgical risks

- **Blood clots (DVT/PE)** – You will be given stockings and blood-thinning injections to reduce the risk
- **Bleeding** – Although rare, a blood transfusion may be needed if required
- **Wound infections** – Can occur in both open and laparoscopic surgery, though they are usually mild and treated with antibiotics

## Bowel-related risks

- **Ileus (temporary bowel paralysis)** – The bowel may take longer to function normally, leading to bloating and vomiting. This is treated with intravenous fluids and bowel rest
- **Bowel obstruction** – Kinks or adhesions may cause a blockage, leading to abdominal pain, distension, and vomiting. This often resolves with conservative management, but surgery may be needed in rare cases

## Ileostomy-related risks

- **Stoma retraction** – The ileostomy may pull back into the abdomen, requiring corrective surgery if severe
- **Stoma prolapse** – The bowel may protrude excessively through the stoma. This is uncommon but may require a further operation
- **Parastomal hernia** – A bulging around the stoma is common. In mild cases, a support belt may help, but larger hernias causing discomfort may require surgical repair

## What Happens After The Operation?

- You will have an intravenous drip for fluids and medications, usually for 24 hours
- A catheter may be inserted during the procedure and kept in place for 24-48 hours
- You will be encouraged to eat and drink as soon as you feel able, usually on the same day
- Early mobilisation is encouraged to aid recovery

## Ileostomy Care

- A colorectal nurse specialist will visit you after surgery to show you how to empty and change your ileostomy bag
- You will learn how to manage your stoma before being discharged from the hospital
- Your consultant and colorectal nurse specialist will continue to provide support after you leave the hospital

To learn more about managing your stoma, please refer to our stoma care guide.

## Recovery At Home

- Hospital stay is usually 3-5 days, but this varies depending on your condition
- Avoid heavy lifting and strenuous activity for at least 6 weeks
- Driving can usually be resumed within 2-4 weeks, but this varies depending on recovery and pain levels
- A follow-up consultation will be arranged approximately two weeks after discharge, or sooner if needed

## Why Choose The Midlands Bowel Clinic?

- **Specialist expertise** – Our experienced colorectal surgeons specialise in advanced keyhole and open bowel surgery
- **Personalised care** – We tailor treatment plans to your individual needs, ensuring comprehensive pre-operative assessment and post-operative support
- **Minimally invasive options** – Whenever possible, we use laparoscopic (keyhole) surgery to reduce recovery time and discomfort
- **Dedicated stoma support** – Our colorectal nurse specialists provide guidance and training on stoma care for a smooth transition to life after surgery
- **State-of-the-art facilities** – We operate in a comfortable, well-equipped environment with access to the latest diagnostic and treatment technologies

## Contact Us

If you have any questions about ileostomy formation or would like to discuss your treatment options, please contact the Midlands Bowel Clinic. Our team is here to support you every step of the way.