Supporting and empowering you

Colostomy UK

Sam has a Stoma

Storytime Colouring Book

Stoma helpline:

0800 328 4257

365 DAYS

Colostomy UK

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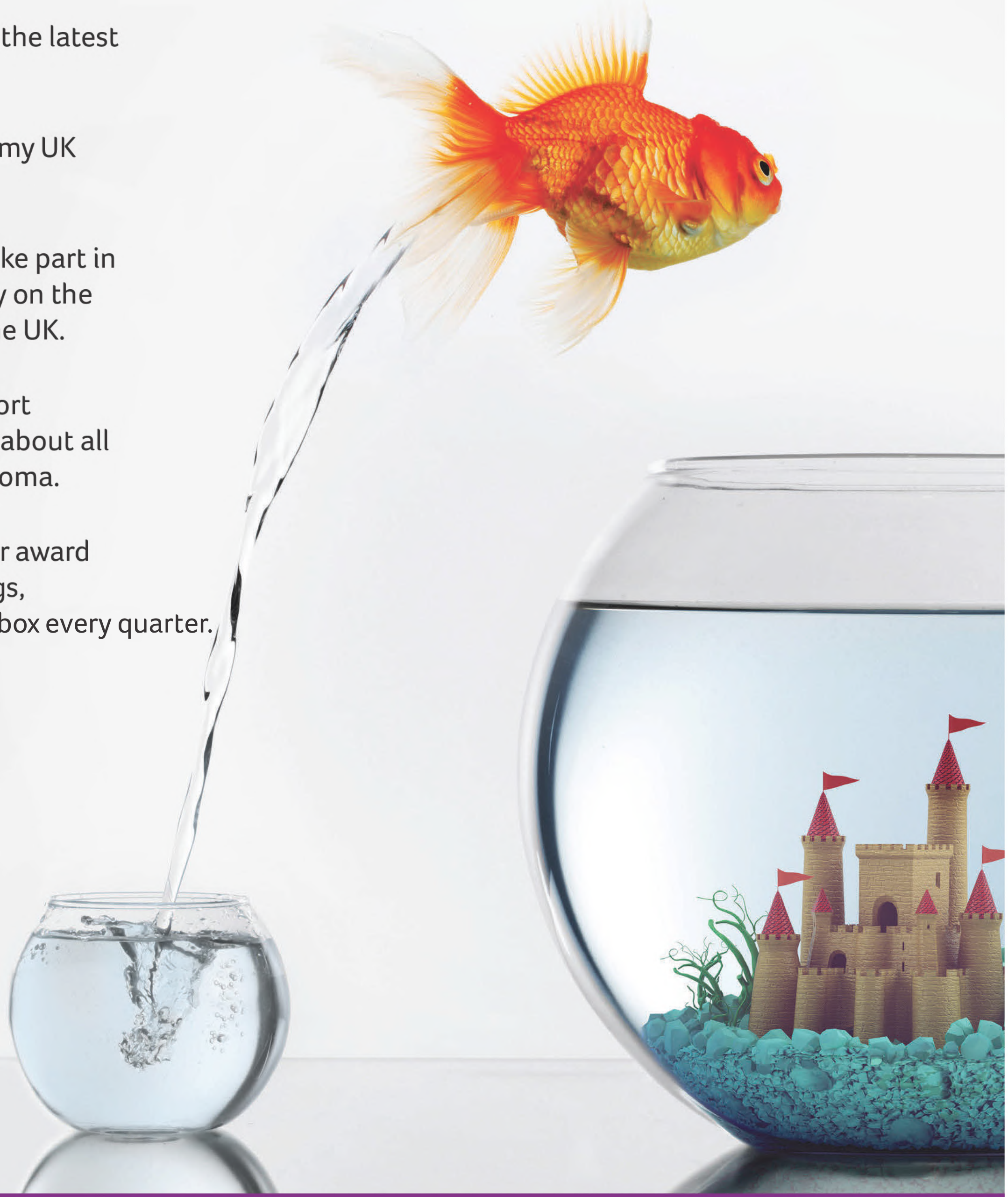

Get more from Colostomy UK by registering with us. It's free, and your friends or family are welcome to join too! Visit www.ColostomyUK.org/join-us/ or call 0118 939 1537.

Sam has a Stoma

How to Use this book

Sam has a Stoma has been prepared to help young children become familiar with stoma surgery. It provides information to the child who is the patient as well as to brothers and sisters on preparation for surgery, recovery from the operation and return to full activity.

The booklet avoids reference to specific types of stoma so that it can be used in any situation. The specifics will have to be provided by the doctors and nurses caring for your child. Please use this colouring book only as a supplement to the information you have been provided with.

Colostomy UK is here if you have questions, need support or would just like to talk to someone who lives with a stoma.

Sam has a Stoma, is just one title in a range of literature produced by Colostomy UK. In addition, we provide:

A stoma helpline: 0800 328 4257.

***Tidings,* a quarterly magazine full of the latest news, articles from stoma care professionals, product information and real–life stories from ostomates.**

A private Facebook group for supporting each other and exchanging hints and tips.

A website that provides practical information, details of open days and a directory of organisations, support groups, products and services.

Colostomy UK
100 Berkshire Place, Winnersh, Wokingham, Berkshire, RG41 5RD
Adminline: 0118 939 1537 **E–mail:** hello@ColostomyUK.org
Stoma helpline: 0800 328 4257 **Website:** www.ColostomyUK.org
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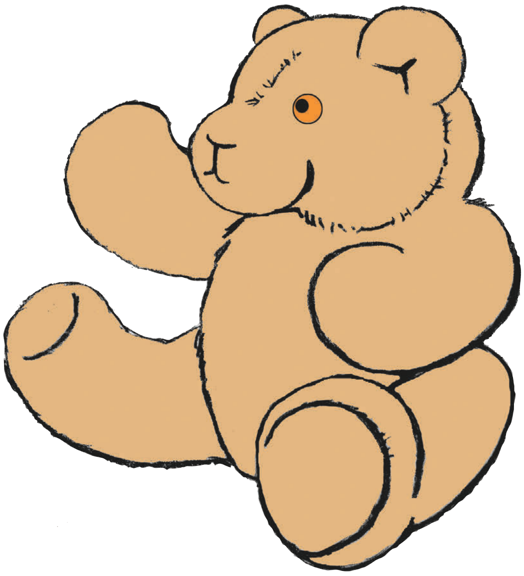
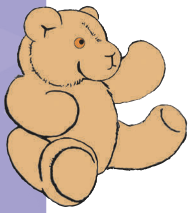
I went to the hospital because my tummy was poorly. The doctors and nurses were very friendly and helpful.

The Doctor said that an operation would make my tummy feel better. She explained that I would be on a children's ward with other children. She said I would have a special team of people looking after me.

I asked if Teddy could come too and the Doctor said he could.

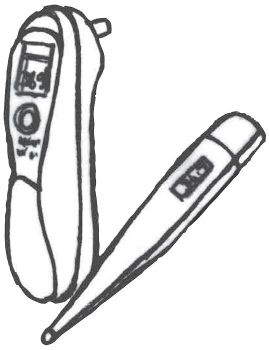




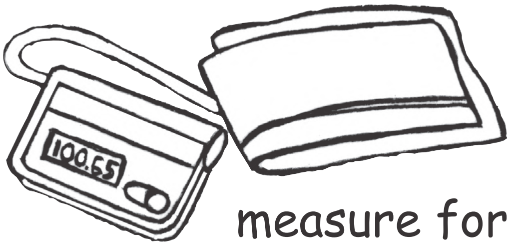
Mum thought it would be a good idea to read me a book about going to hospital.

I wanted to learn about the things I might see. The Doctor had already listened to my heart and chest using a stethoscope.

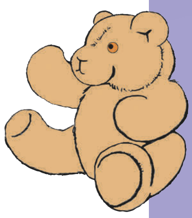
stethoscope



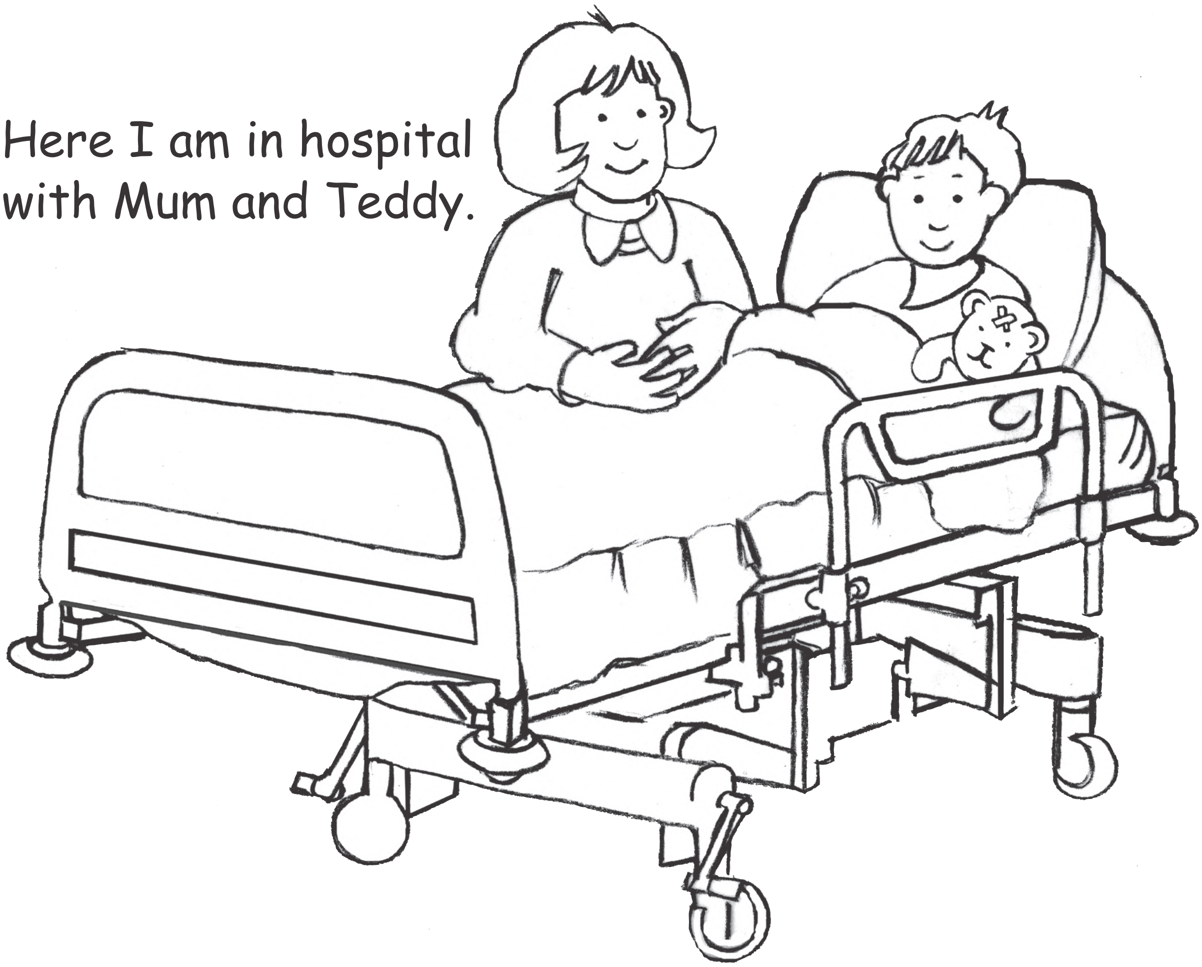
thermometer



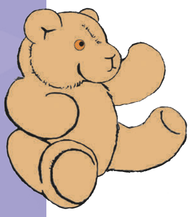
measure for blood pressure

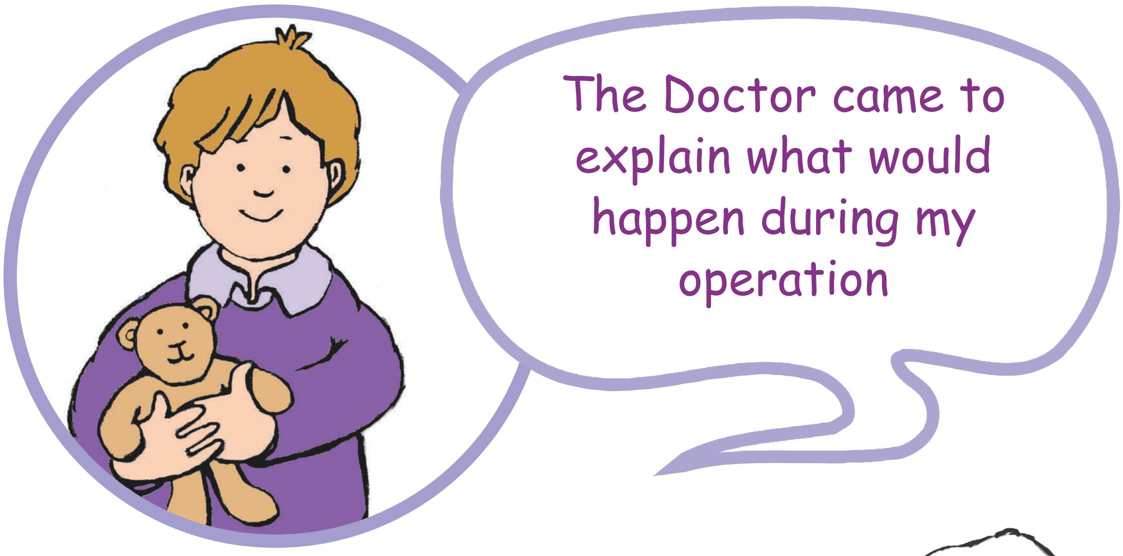


Here I am in hospital
with Mum and Teddy.



I have my own bed,
a cupboard for my things
and curtains around
my bed.

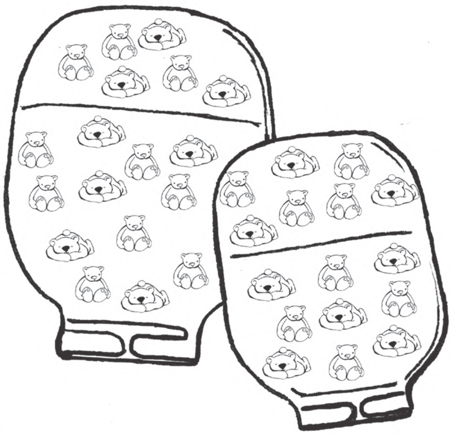




The Doctor explained I wouldn't feel anything during my operation because I will have a special sleep. A small opening would be made on my tummy and my poo would come out of there instead of my bottom.

The opening would look like a little red, round shiny blob and would be called a 'stoma'.

Some children name their stoma. What would you call yours?



My special bag

The Doctor also said that I would have a 'special' nurse called a stoma care nurse who would look after me.

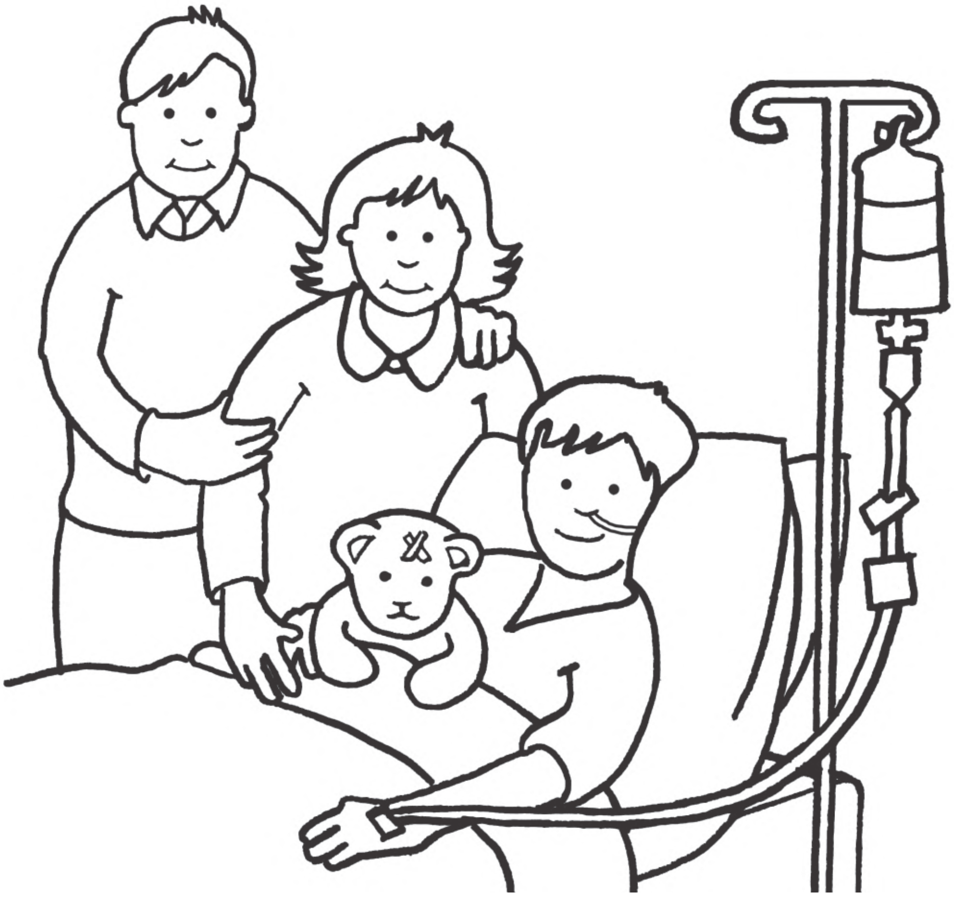
The stoma care nurse came to see me and showed me pictures of other children with stomas. This made me happy because I know that I am not the only one with a stoma.

She also told me and my Mum and Dad that she would teach us how to take care of my stoma.

Before my operation my tummy had to be empty so I did not have breakfast but I could have a little drink.

The sleep Doctor gave me and Teddy special medicine so we would stay fast asleep until the operation was finished.

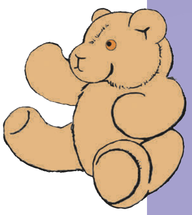
When I woke up after the operation I felt a bit wobbly. Mum, Dad and Teddy were there to give me a cuddle and I felt much better.



My stoma care nurse also came to see me and told me why I had stitches and said they were to help to hold the stoma on my tummy but would soon disappear.

The Doctor said I was not able to eat for a few days, just in case I was sick. I had to have special water to make me strong, which was passed through a tube in my arm.

I also had a special tube in my nose that went to my tummy.



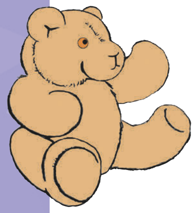
The tubes were taken away after a few days. Soon I was able to eat and my tummy felt better. I was also able to get out of bed and play in the playroom.

I did some painting and made new friends, no one knew I had a stoma.

The stoma care nurse showed me and my parents how to clean round my stoma and put a special bag on. It didn't hurt.

Me and my Mum and Dad practised caring for my stoma. The stoma care nurse said we were all very good and I was able to go home.


Here I am at home wearing my special bag

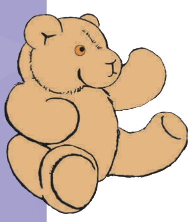


I was able to have a bath or a shower with my special bag on. I can even have a shower without it on.

My Mum met with my teacher and childminder and explained about my stoma and how to help me care for my stoma.

I was scared to let them see my stoma but Mum said if they don't understand then they can't help me.

Now when I am at school or with my childminder I will have someone to help me care for my stoma.



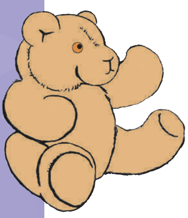
When I went back to school, I was worried about telling my friends about my stoma because I thought they might not want to play with me anymore or would laugh.

I remembered what the stoma care nurse had said to me in hospital. She had told me that I could tell them about my stoma to help them understand why children have stomas.

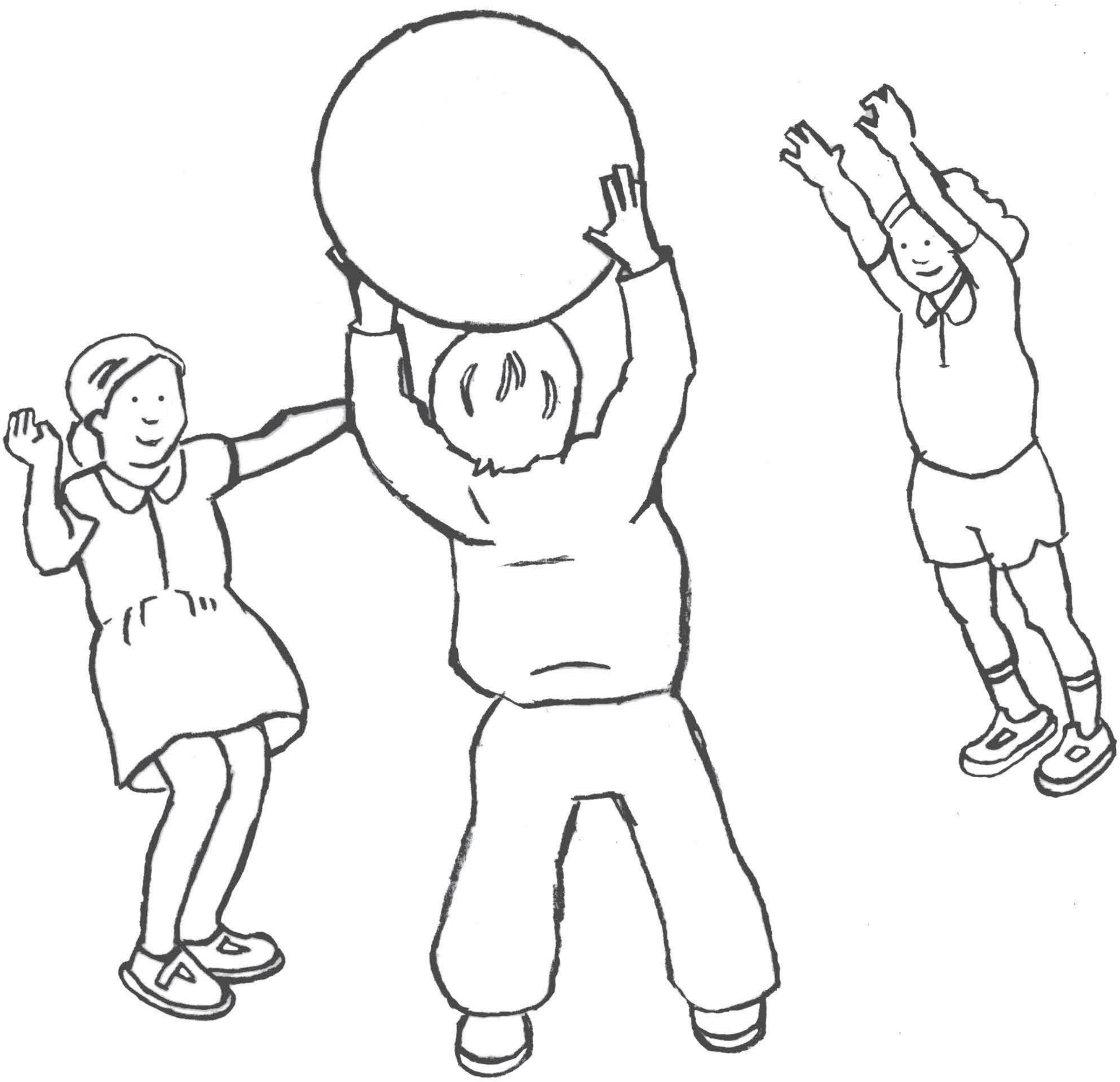
She also said that if I didn't want to tell them that was fine too. She explained that they would not know I had a stoma because they could not see it under my clothes.

This made me feel better.

I decided with Mum and Dad that I wanted to tell my friends at school about my stoma so the teacher arranged for me to tell everyone in class. I told them that I now go to the toilet in a different way and that I am still me even though I have a stoma. This made me feel better and I was not scared to show my friends.



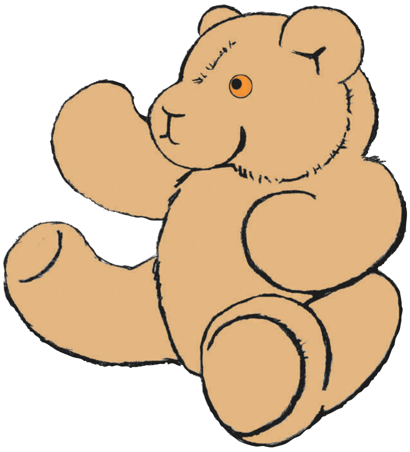
I am able to play games and my bag does not get in the way. I empty my bag before I go out to play so it does not leak. I have as much fun as everyone else which makes me feel happy.



Sometimes I do feel different, but I remember that I am still the same me. I am better and can do more things now than I did before my operation.

I am very happy now and have fun!

Draw your own picture here of anything that makes you feel happy....



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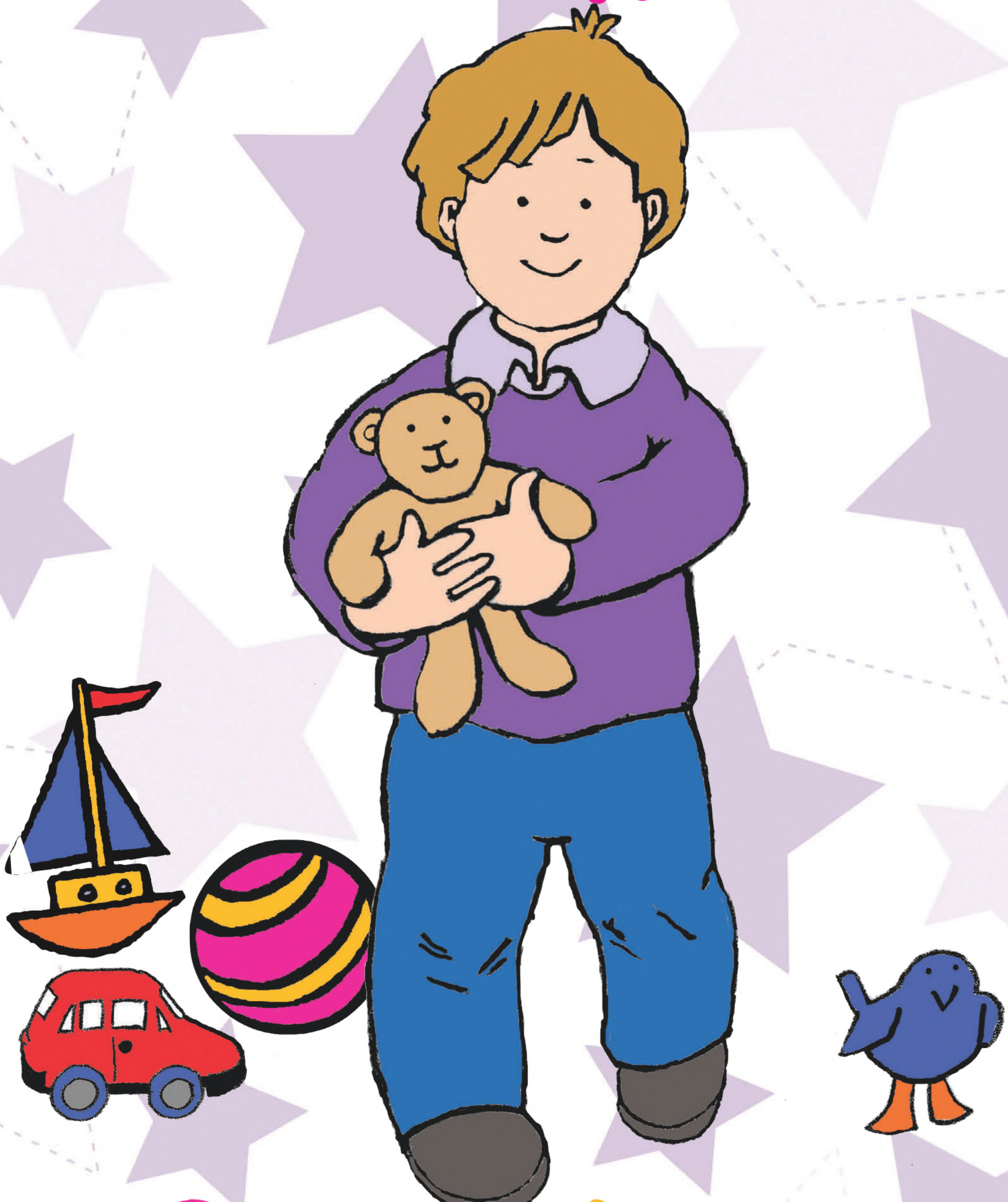

Storytime Colouring Book

How to contact us

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