

Chris has an Ostomy



Storytime Colouring Book

Produced by the Colostomy Association



colostomy association

Dear Parents,

Chris has an Ostomy has been prepared to help young children become familiar with ostomy 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 ostomies 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 their information.

In explaining to a child what will be changed in the way of the body functions, be sure to point out what will not change. Thus, for example, if a child is to have a urinary ostomy, explain that the bowels will function as before. We suggest that the booklet be introduced to the child by an adult who will take the time to discuss its contents and answer questions. Following such a learning opportunity, the child may colour the pictures.

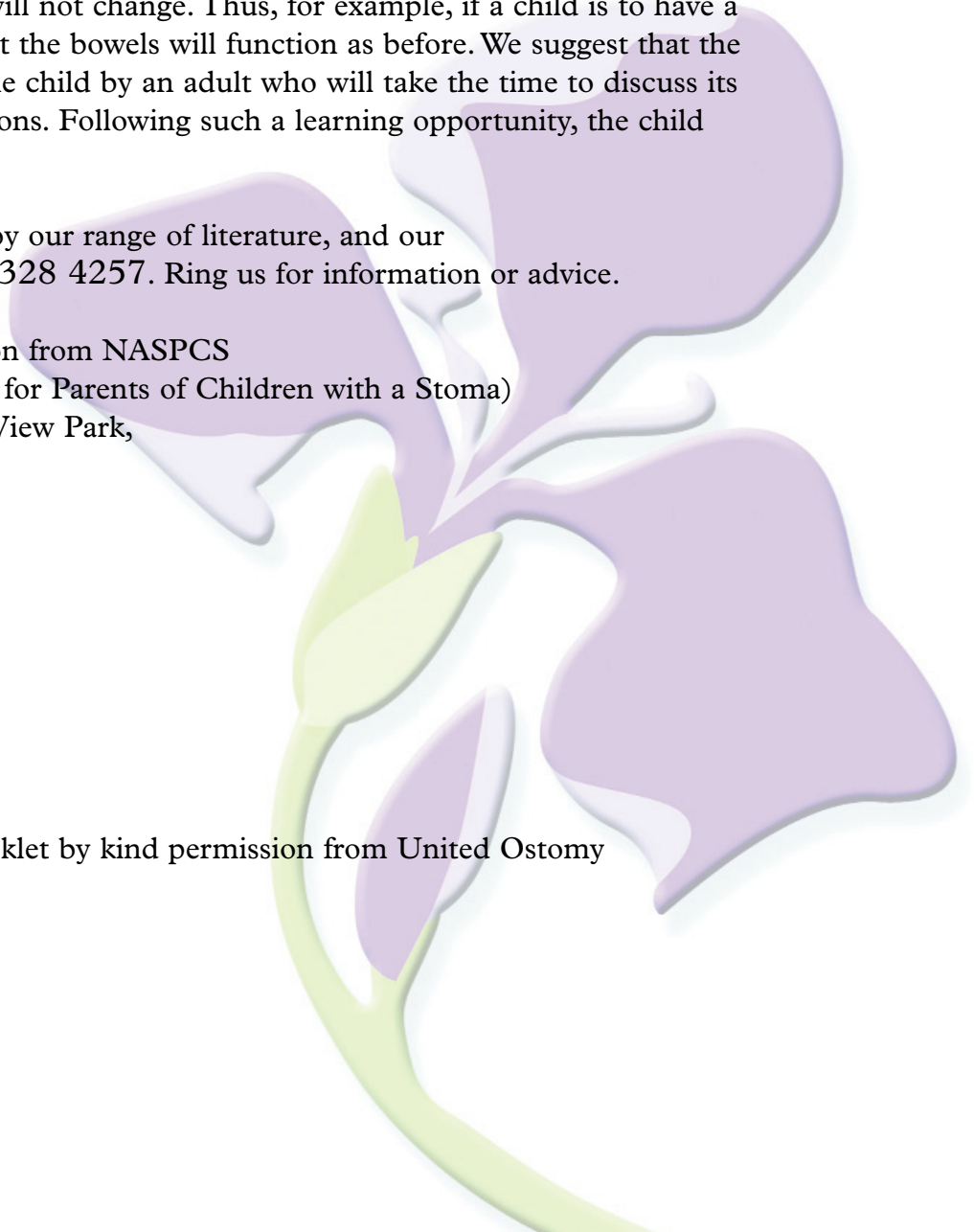
This booklet is supported by our range of literature, and our Telephone Helpline 0800 328 4257. Ring us for information or advice.

You can also get information from NASPCS
(National Advisory Service for Parents of Children with a Stoma)
51 Anderson Drive, Valley View Park,
Darvel, Ayrshire,
KA17 ODE.
Tel 01560 322024

Regards,

Colostomy Association.

We have published this booklet by kind permission from United Ostomy Association, USA.



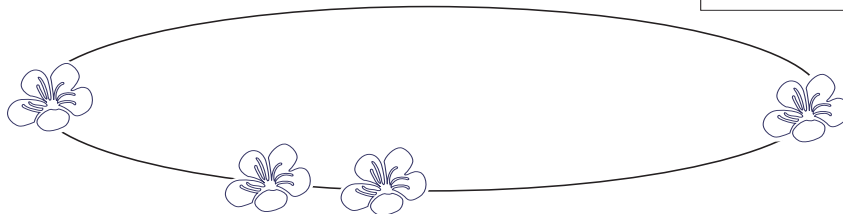
Hi, my name
is Chris...



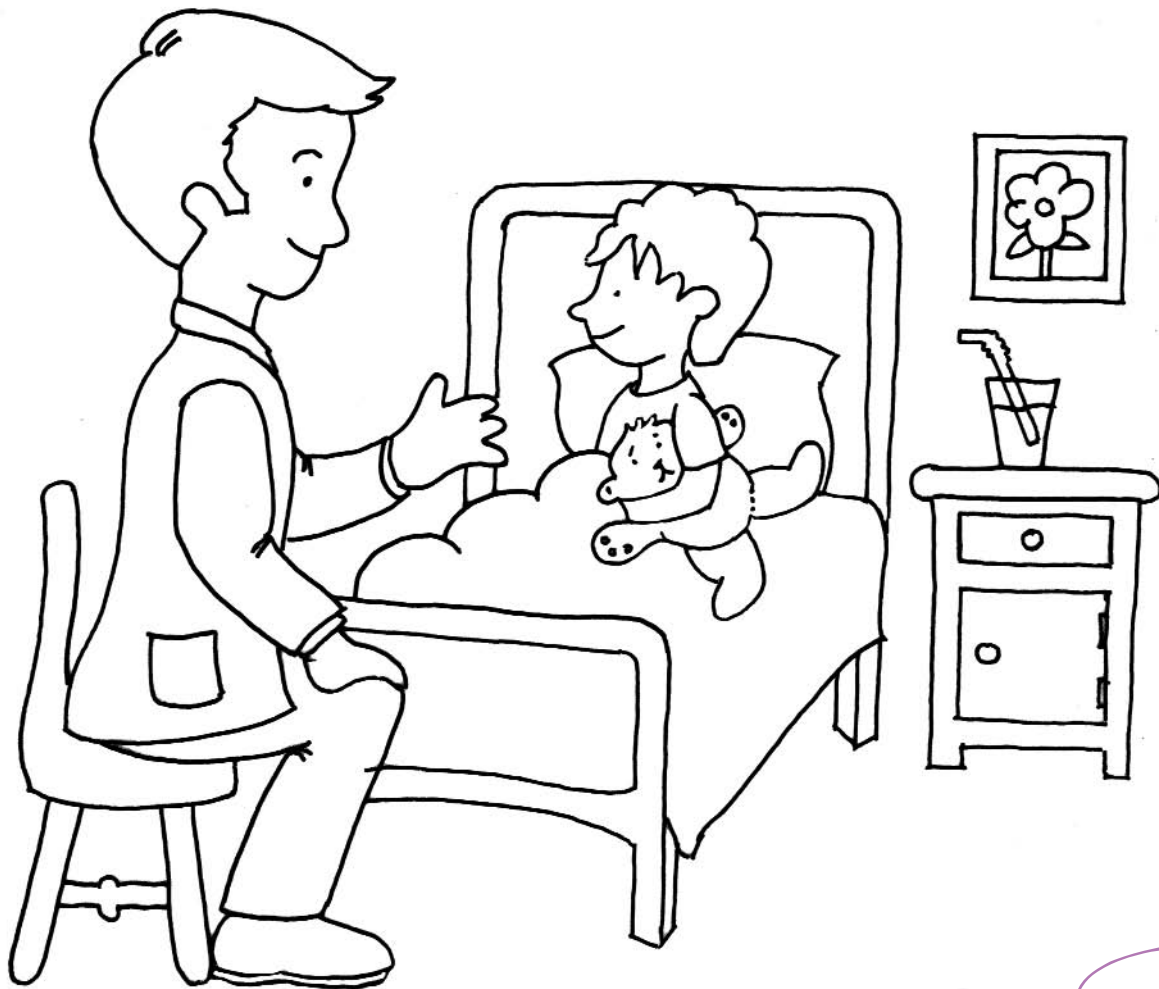
Last year I had to go to the hospital
because I had trouble going to the toilet.

My doctor did lots of tests and told me
my insides were sick.

I did not like being sick.



The doctor explained that a stoma operation would help my insides feel better.



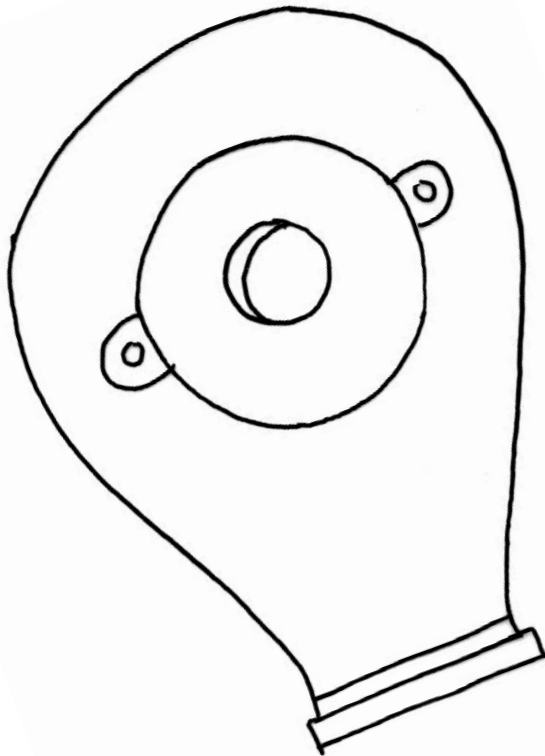
During the operation I would be asleep so it would not hurt. Then he would make an opening on my tummy called a "stoma". I like to call it a "bump". It would look sort of like a small strawberry.



He said I would wear a bag...

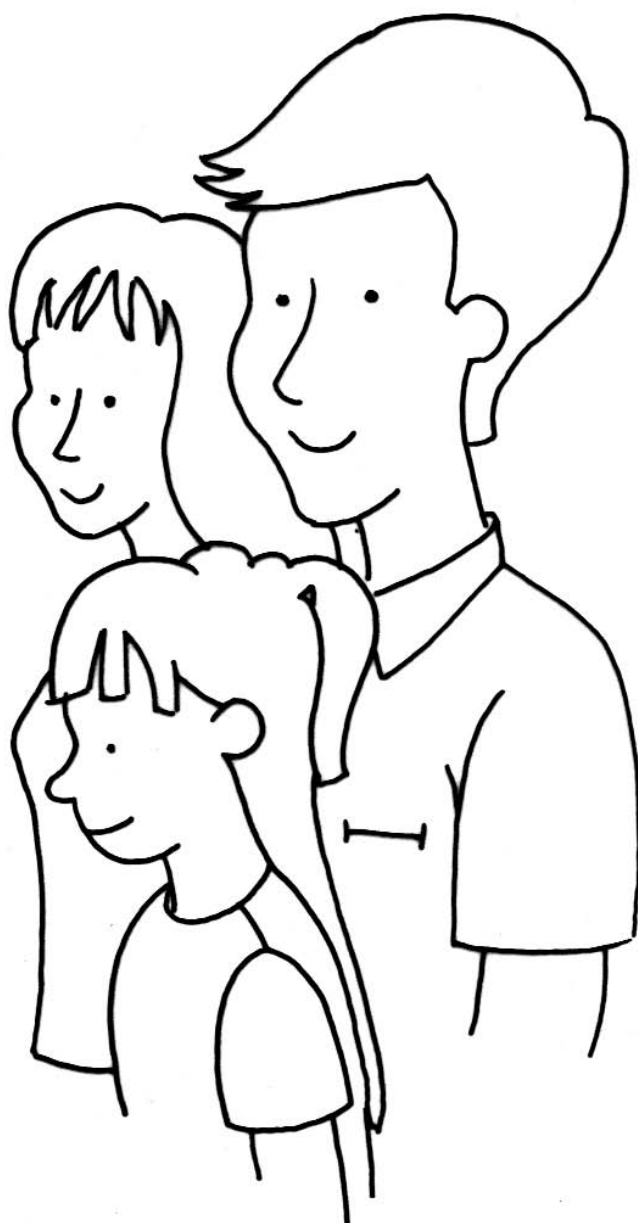


He said I would go to the toilet out of the new opening on my tummy instead of out of my bottom.



I would wear a bag over the stoma so my clothes would not get messy.





None of my family or my friends have a stoma and I felt really different, I was afraid.



I thought I had to have this operation because I had done something wrong. I felt better when the doctor said that I did not cause my sickness by anything I had done. It just happens to some people.

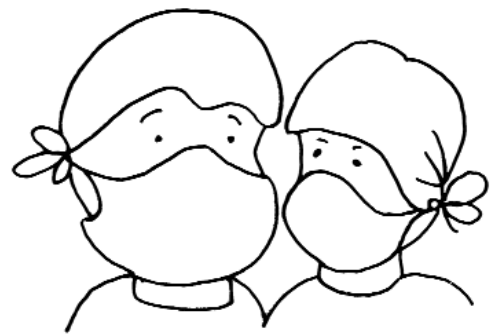
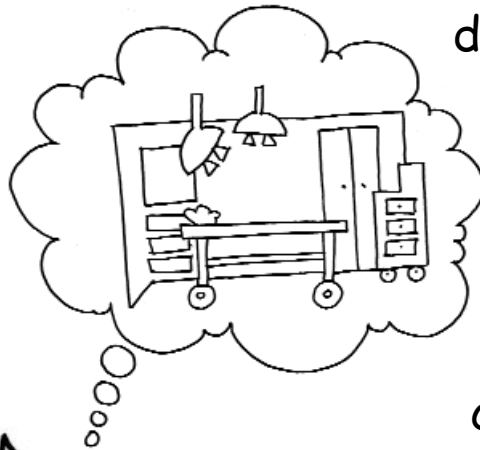


My Mum
read a book
to me...



My Mum read a book to me about operating rooms.

So I knew my doctors and nurses would be wearing funny coloured clothes and masks.



I also knew that I would not get anything to eat and drink during the night before my operation. My stomach had to be empty when I went to the operating room. The sleep doctor would give me special medicine so I would stay asleep until the operation was all over.

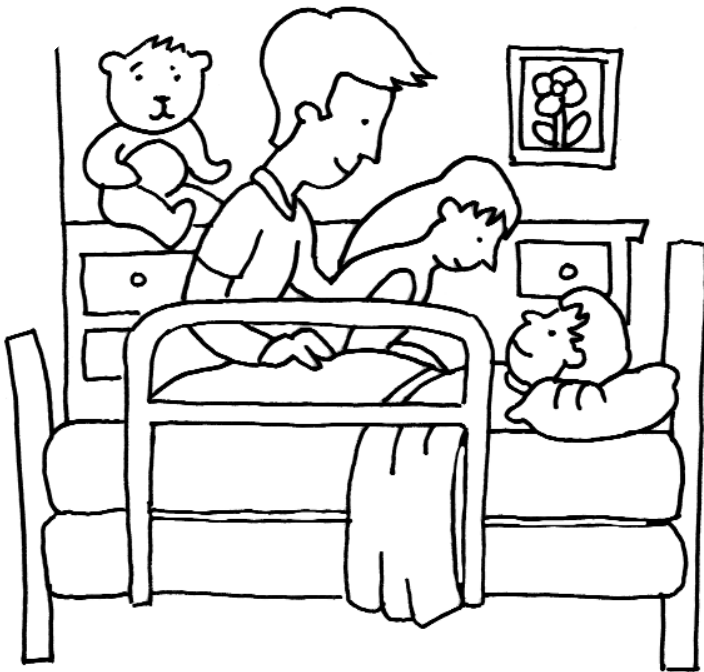




When I went to the operating room I took my Teddy bear.

The next thing I remember is waking up after the operation.

My family was waiting for me in my room in the hospital. I was glad to see them and they me.



My Teddy was there, too.

Everything was just like the doctor and nurses had told me.



My stitches hurt but I soon felt better...

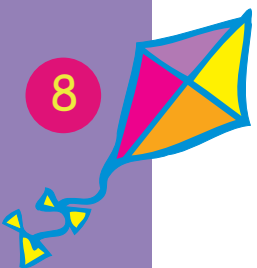


After the operation, my stitches hurt and I was not able to eat for a few days because my stomach was still asleep.

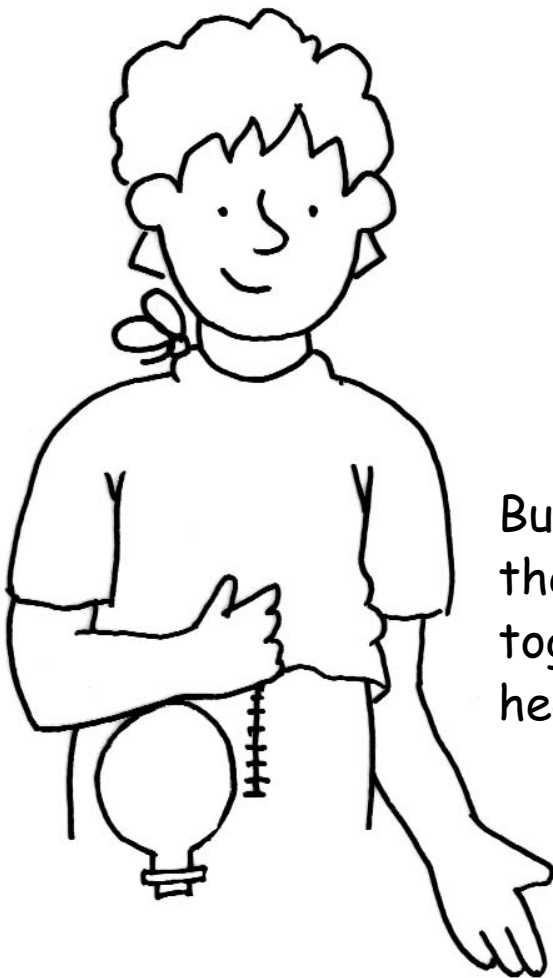
I had an IV.
An IV is special water to help me get strong, It was in a bottle which hung on a pole by my bed. A tube and a needle let the water go into my arm. I also had a tube in my nose that went to my stomach to keep my tummy more comfy.



I did not like all the tubes and feeling sore. Sometimes I would cry and wish I was at home. After a few days, the tubes were taken away. My stomach felt better and then I ate.



At first I was afraid my insides would fall out of my new opening.



But they couldn't because the stitches held everything together until I was all healed up.

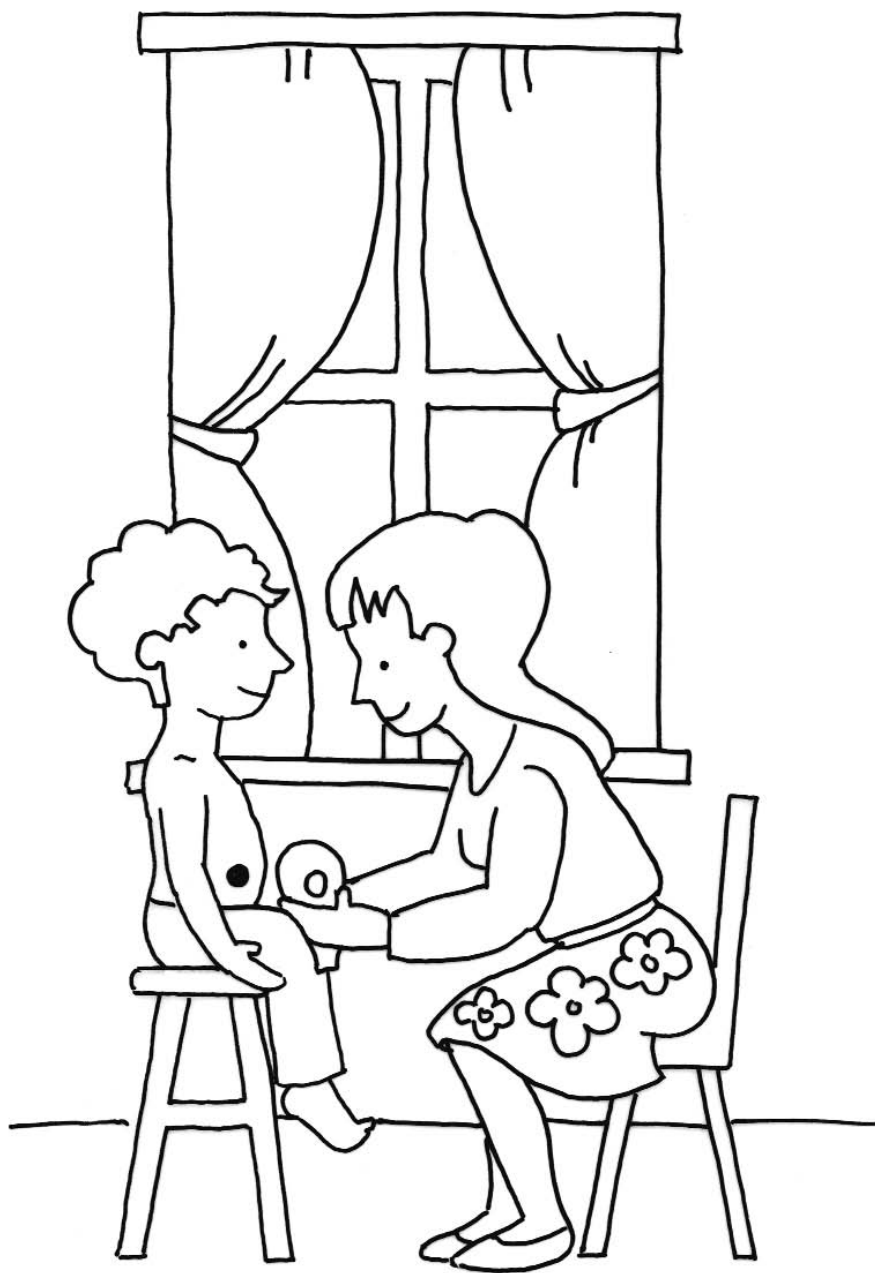
The nurse said that my stoma would not hurt when the stitches were gone, and the red colour of my stoma meant it was ok.



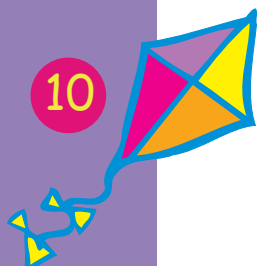
The nurse
showed me
how...



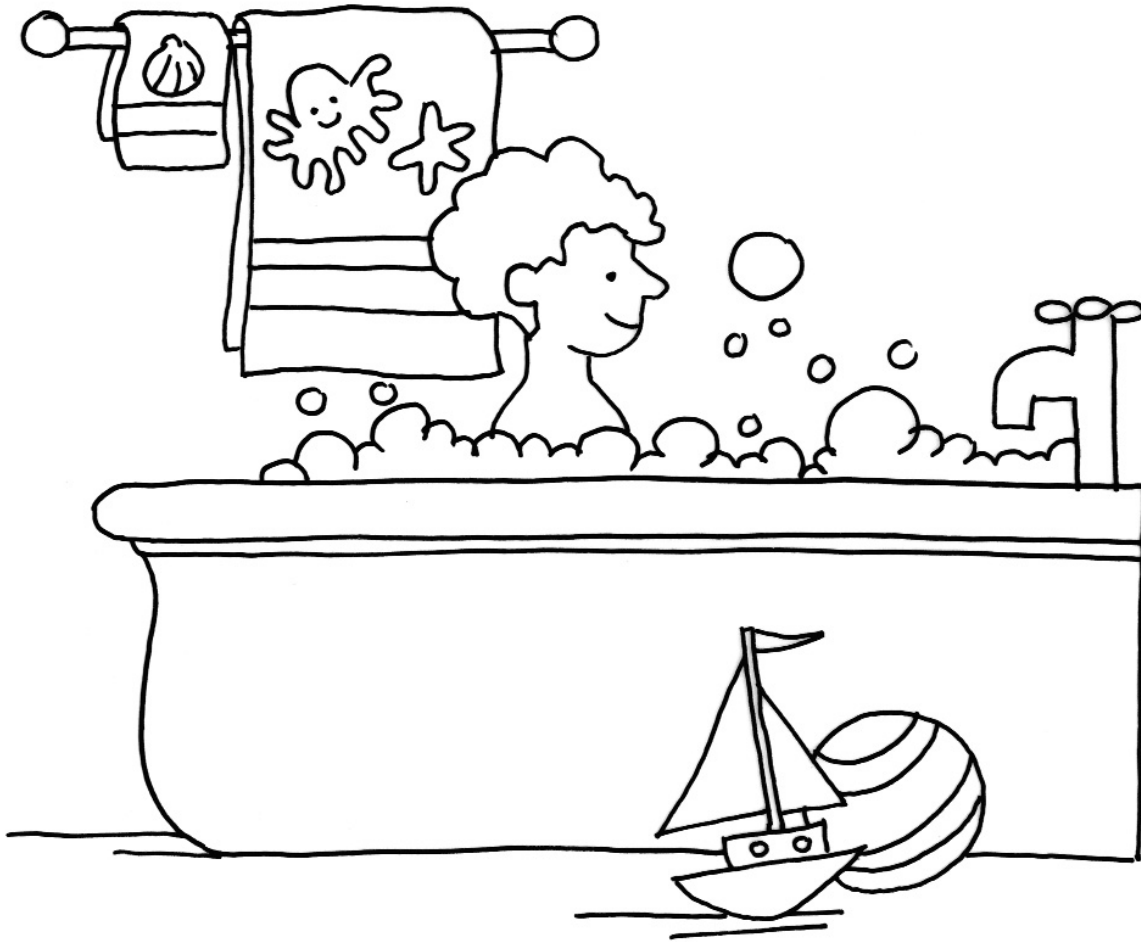
The nurse showed me and my
parents how to put the bag
on. I had to have a lot of
help at first until I got used
to putting the bag on myself.



My Mum and Dad were scared that they
would hurt me when they helped me, but I
let them know it was okay.



I was surprised that I could take a bath with my bag on and even go swimming.



When I want to, I can take a shower or bath with my bag off.



My Mum let special people know...

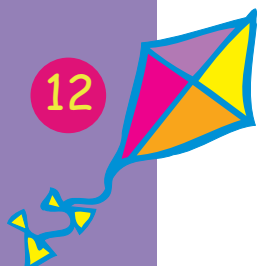


My Mum told my teacher and my babysitter about my stoma operation. Mum wanted them to learn how to help me take care of it.

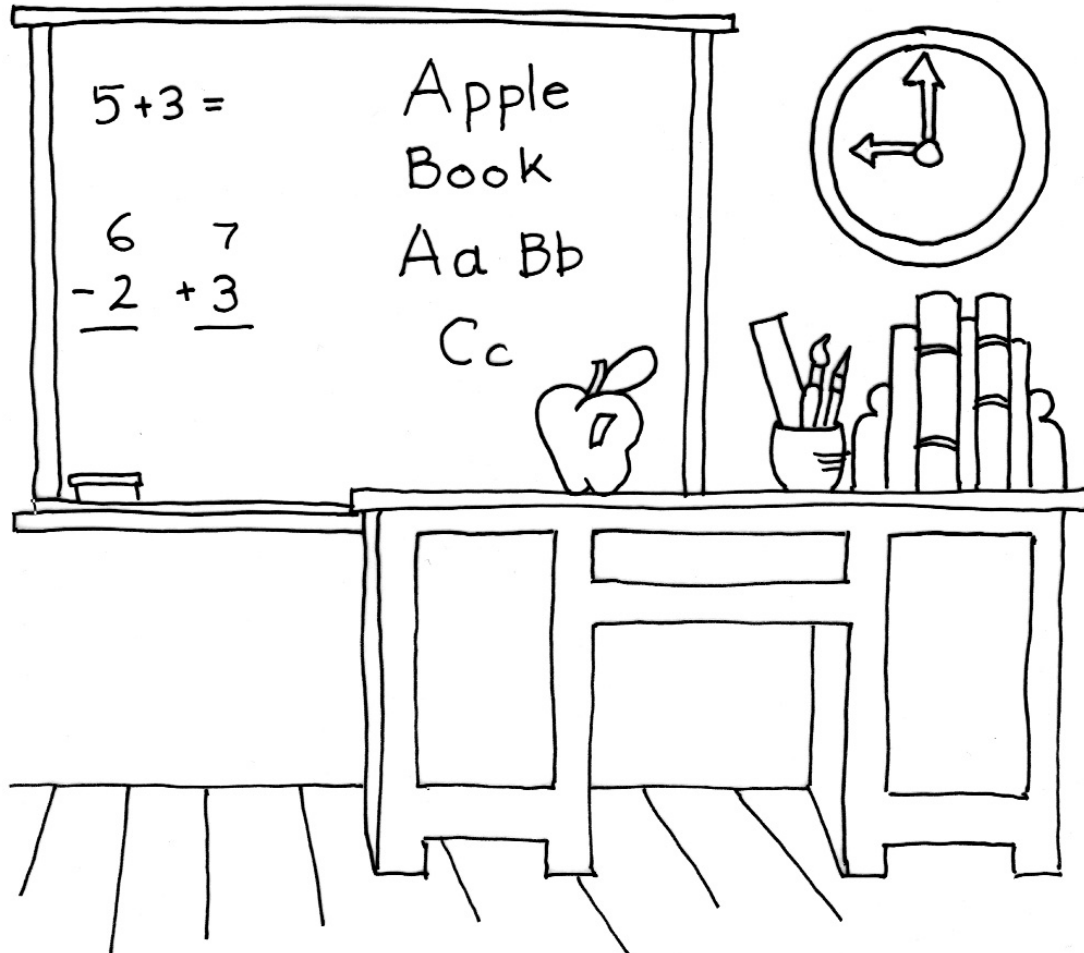


I felt funny, I was scared to let them see my stoma. But Mum said, when people don't understand, they can't help. So it is better to

explain things to them. We showed them my stoma and how I changed the bag. Now when I am at school or Mum and Dad are away, I have people to help me with my ostomy bag if I need it.



When I went back to school, I was afraid to tell my friends about my stoma.



My teacher
let me tell
my friends...



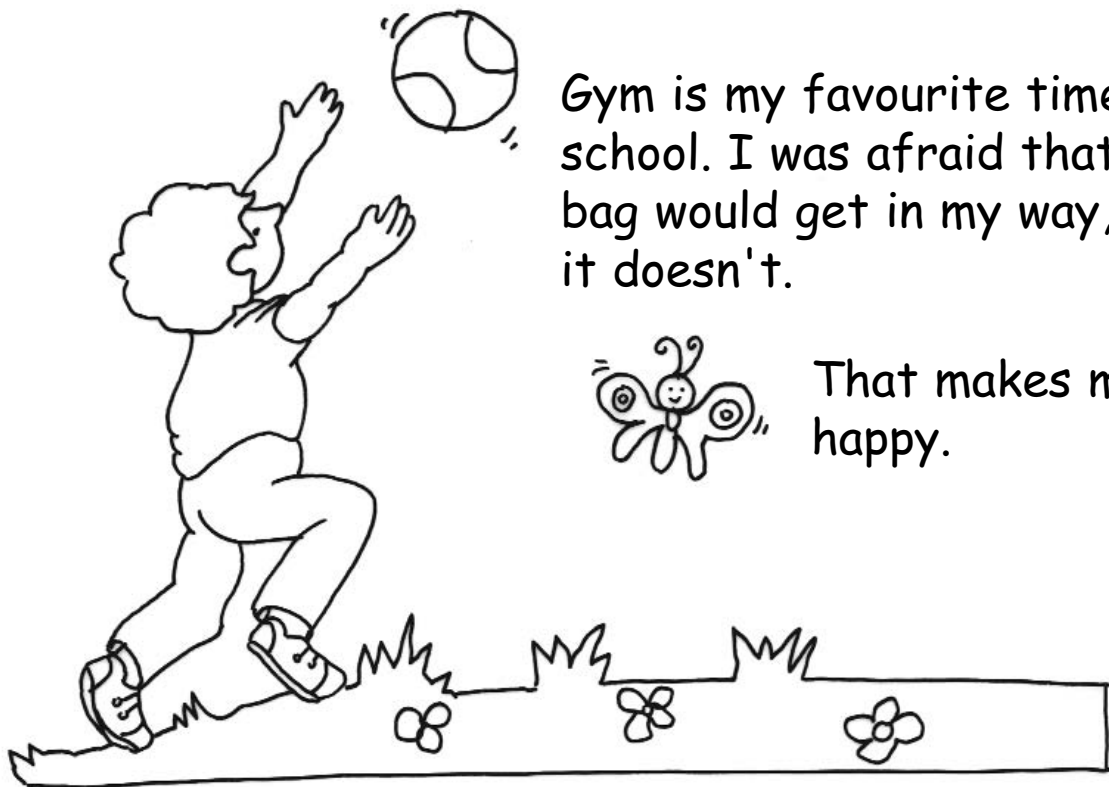
I thought my friends might peek and laugh at me when I emptied or changed my bag in the toilets.

So my
teacher let
me tell my
friends
about my
stoma.



I explained
that they go to
the bathroom one
way and I go another
way. They asked me a lot of
questions. Then I was not so scared to let them see me
with my bag on. Once a kid started to make fun of me.
I told him he was a dummy, He went away.





Gym is my favourite time at school. I was afraid that my bag would get in my way, but it doesn't.



That makes me happy.



The bag leaked one time while I was playing. I stopped playing and went inside



to change my bag. Now I empty my bag before I go out to play so it doesn't get too full and leak. Then I can have as much fun as anyone.



Now I am healthy again and very happy!...



Sometimes I feel different, but then I remember that my Mum says that I am still the same Me.



Now that I am healthy again, I can do more things than I did before I had my operation - and that makes me feel very happy!



Draw Your Own Pictures Here



Chris has an Ostomy



Storytime Colouring Book