

PREGNANCY & OSTOMIES

BLOOMING MARVELLOUS

It's a common myth that you cannot get pregnant following stoma surgery or a fear of the pregnancy being high-risk or complicated. There is no reason the surgery will affect your fertility, unless of course you already have a medical condition that is related to this. If you do experience difficulties in conceiving, the reasons will be no different from those of women who have not had an ostomy.

Sometimes cancer-related treatments could affect this, but you can discuss this with your healthcare professional. Most men will also remain fertile, even if after surgery you may experience difficulties maintaining an erection.

You may find that it takes longer to get pregnant for a variety of other reasons such as changes to your body affecting confidence which can affect your relationship, in particular intimacy and your sexual relationship.

EXPECT CHANGES

As with all pregnancies, your body will go through many changes. The abdomen will stretch and this will cause the stoma to stretch too, usually becoming oval, so it will be necessary to resize your template through the course of your pregnancy. Scar tissue from the surgery may feel uncomfortable as your stomach expands and oils such as Bio-oil or other skin preps will help to soothe it as well as help to minimize stretch marks.

ANTE-NATAL

During your pregnancy continue to eat normally, and follow advice for a normal pregnancy, it should be no different. Supplements are usually recommended, this will help ensure you and the baby are getting all the nutrients you both need.

It can seem confusing to know what food and drinks you should avoid when you're pregnant as well as the ones you should and should not eat with a stoma, if you're concerned or want advice speak to your stoma care nurse or midwife.



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