

# Sam has a Stoma



## Storytime Colouring Book

Produced by the Colostomy Association



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# 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 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. For example, if a child is to have a urostomy, 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 these discussions the child may like to colour the pictures.

**This booklet is supported by other Colostomy Association literature and freephone helpline 0800 328 4257 which is available 24/7. The Association provides advice, reassurance and support to those who are about to have a colostomy and to those already 'living with a colostomy'.**

You may also like to contact Breakaway - a charity that exists to support young people with bowel and/or bladder diversions and dysfunctions and their families. Breakaway offers families and young people the opportunity to meet, talk about and share their experiences in a relaxed and friendly environment. The main aim of Breakaway is to provide a supportive setting where families and children can have fun!

To contact Breakaway telephone 07903 220040 or email: [break.away@tiscali.co.uk](mailto:break.away@tiscali.co.uk) or to learn more visit: [www.breakaway-visit.co.uk](http://www.breakaway-visit.co.uk).

Kind Regards,

colostomy  association

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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.

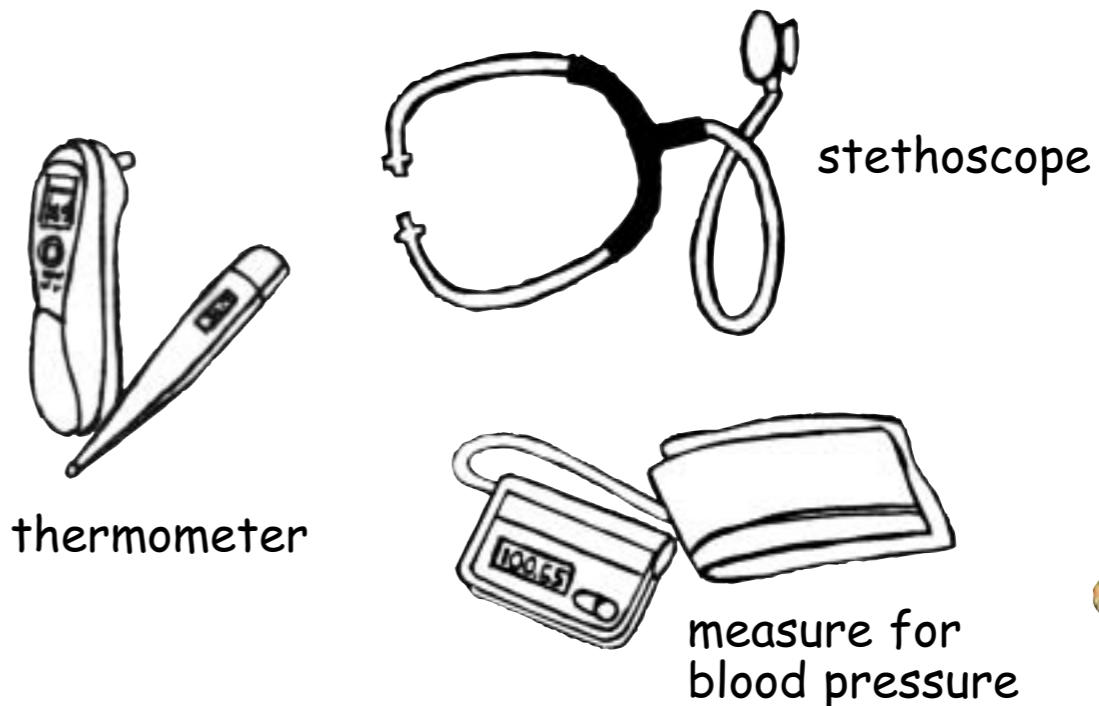
She said I would have a special team of people looking after me.

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

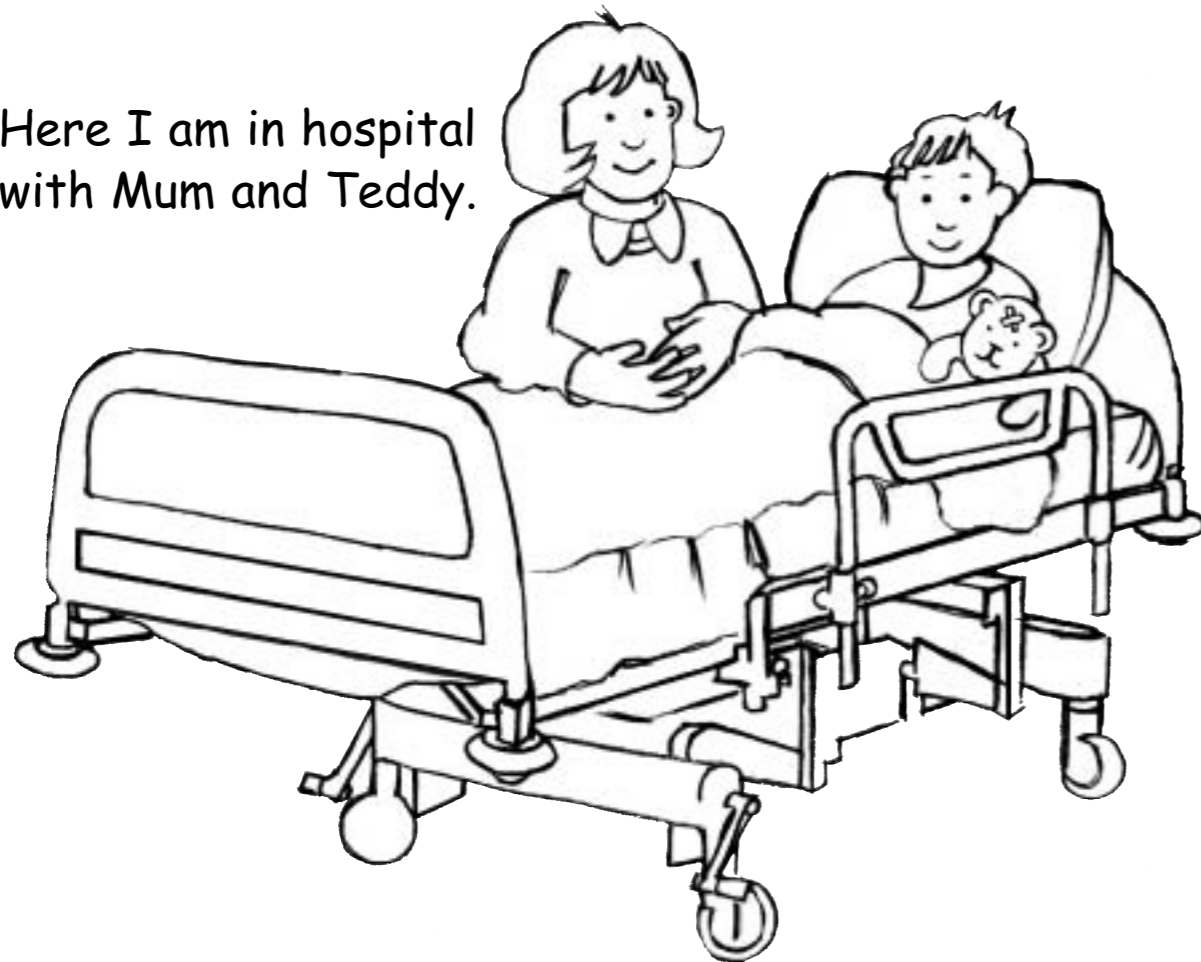


Mum thought it would be a good idea to read me a book about going to hospital.

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



Here I am in hospital with Mum and Teddy.



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

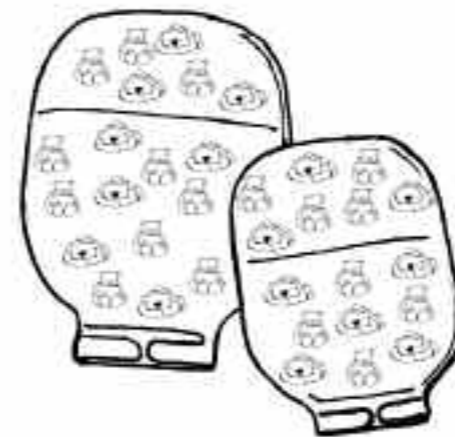


The Doctor came to explain what would happen during my operation

The Doctor explained I wouldn't feel anything because I will have a special sleep. Then 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?



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.

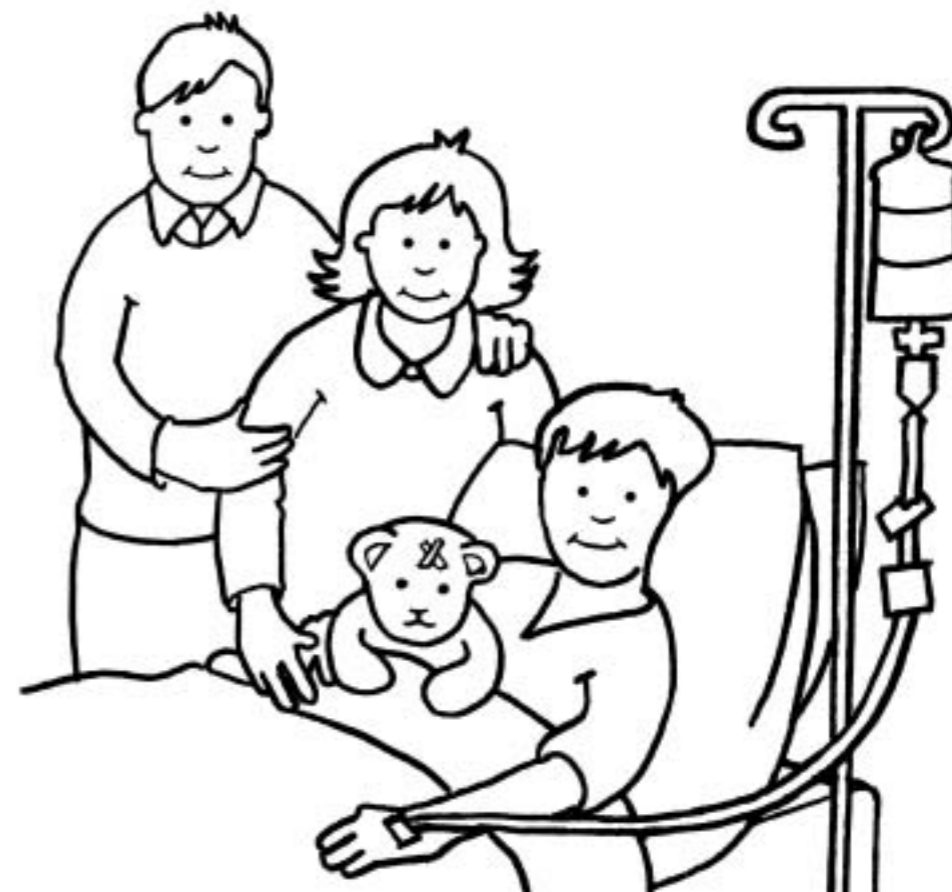
She also told me, Mum and Dad that she would teach us how to take care of my stoma.



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

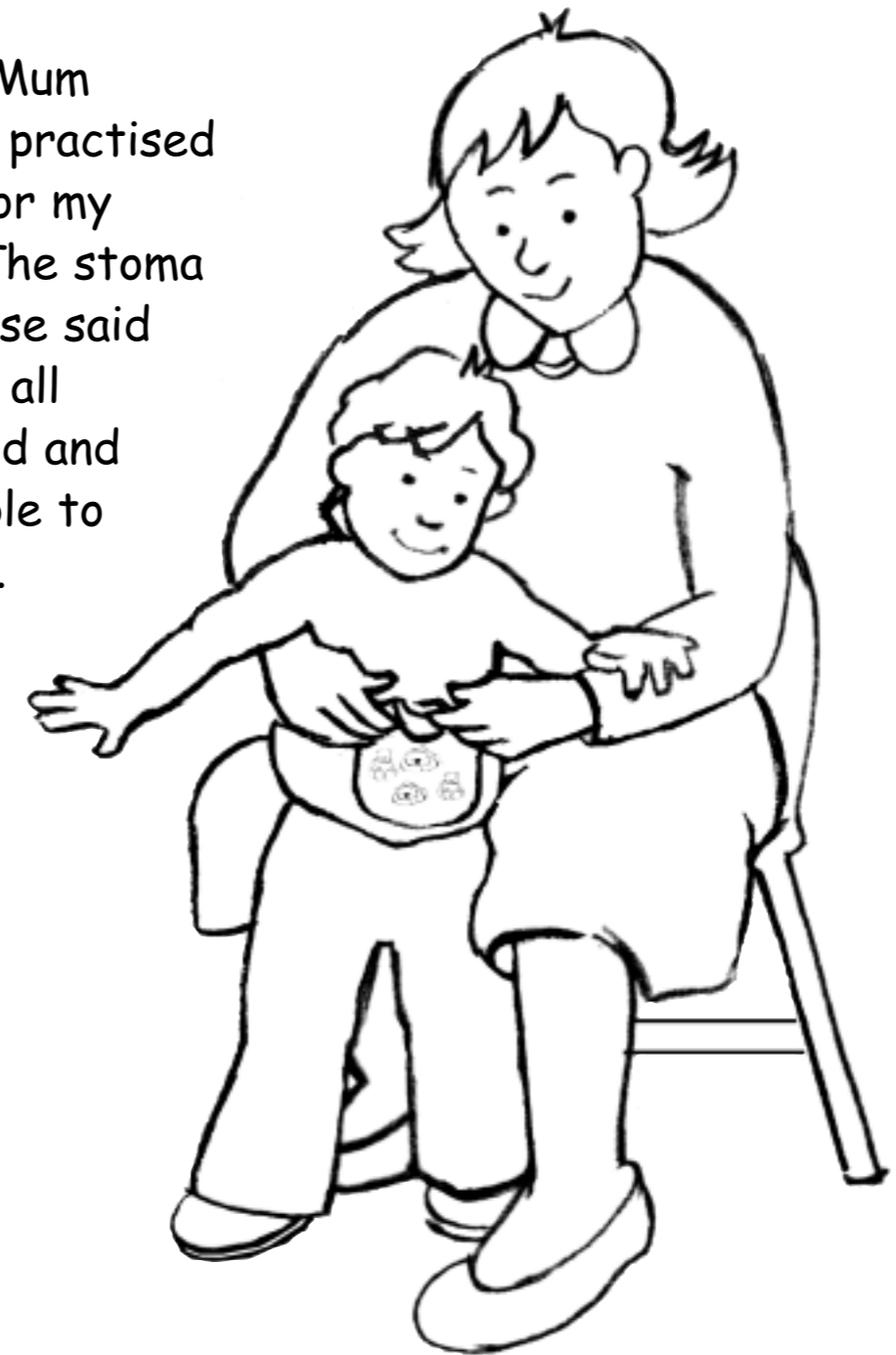
I did some painting and made new friends, no one knew I had a stoma.



The stoma care nurse said it wouldn't hurt when the stitches disappeared and that the stoma looking red means it is OK.

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, 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.





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



My Mum  
let special people know  
about my stoma so they  
could help me



My Mum met  
with my teacher  
and babysitter  
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  
babysitter 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.





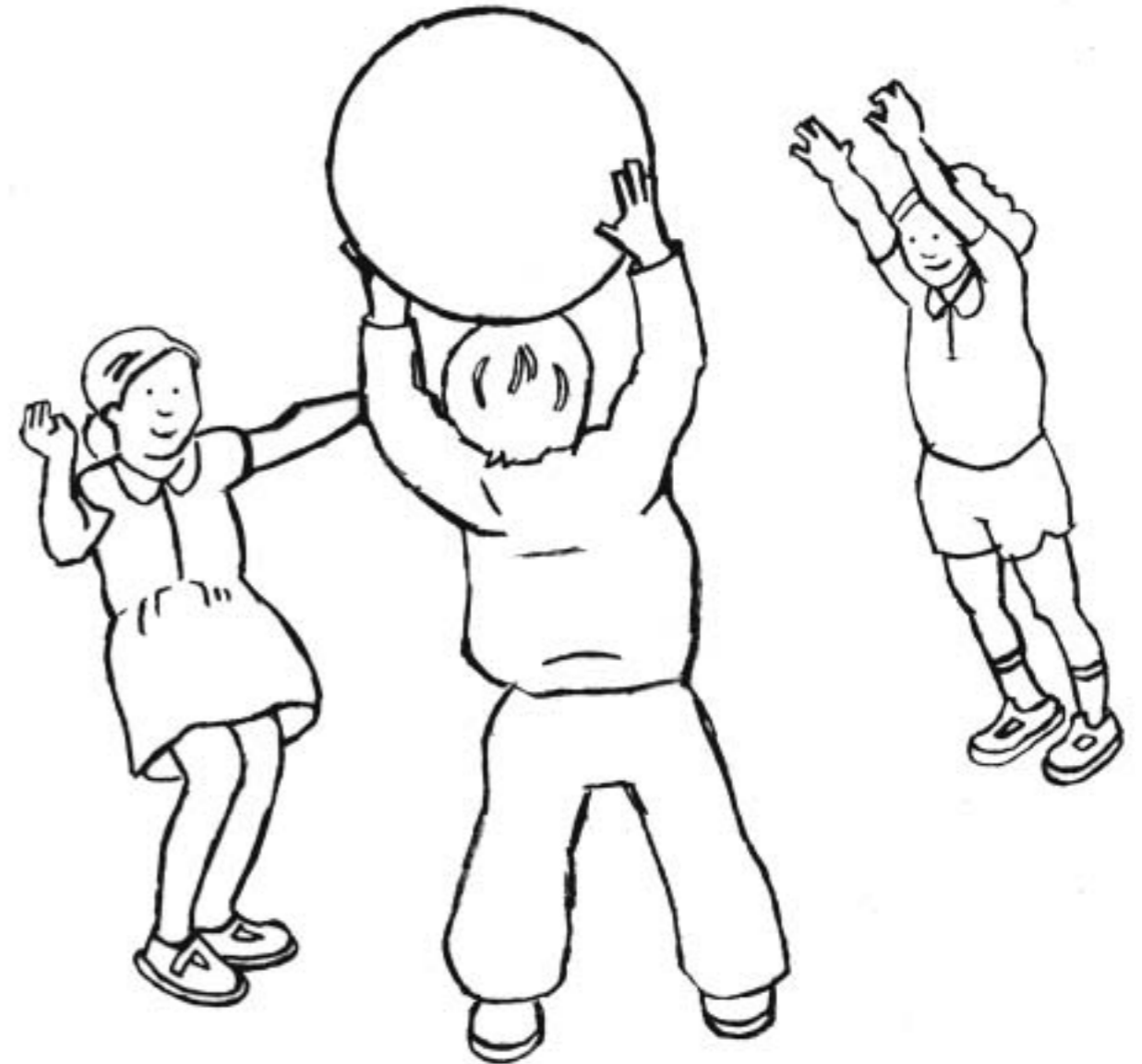
I decided with Mum and Dad that I wanted to tell my friends at school about my stoma so the teacher arranged for me to tell everyone in class. I told them that I now go to the toilet in a different way and that I am still me even though I have a stoma. This made me feel better and I was not scared to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



My teacher helped me tell my story. I said I could play just like them.



I am able to play games and my bag does not get in the way. I always 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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