



NIGHTINGALE
MEDICAL SUPPLIES LTD

How do I know if I have a Hernia?



A hernia will appear as a bulge around the stoma that is more noticeable when standing or sitting. Abdominal muscles feel tired

or uncomfortable around the area. The stoma becomes larger and your pouching system may not fit or you may experience frequent seal leakage.

Questions?

- If you have questions or want to know more about your individual situation, please call Nightingale Medical for an appointment with our ET Nurse.
- If your physician indicates exercises are appropriate, Nightingale Medical can provide you with some information or you may want to see your physiotherapist.
- If you have concerns about your stoma or pouching system, Nightingale Medical may be able to offer assistance.

Ask About FREE Delivery

ET Nurse Consultations are FREE when you purchase your products from Nightingale (some restrictions may apply).

Call us today for available appointment dates and times.

Contact Us

Contact Nightingale Medical for all your Ostomy needs. We also offer Continence, Mastectomy, Wound Care, Compression Garments, Scar Therapy, Braces & Support products and services for any additional needs.

Vancouver - Broadway

104-950 West Broadway
T: 604.563.0422 | 800.663.5111 F: 604.336.3179

Vancouver - South

125-408 East Kent Avenue South
T: 604.879.9101 | 800.663.5111 | F: 604.879.3342

Coquitlam

#3 - 2773 Barnet Highway
T: 778.941.9985 | F: 778.941.9029

Langley

103-19909 64th Avenue
T: 604.427.1988 | 855.427.1988 | F: 604.427.1989

White Rock

1477 Johnston Road
T: 604.536.4061 | 877.386.8773 | F: 604.536.4018

Victoria

815 Bay Street
T: 250.475.0007 | 855.475.0007 | F: 250.475.0004

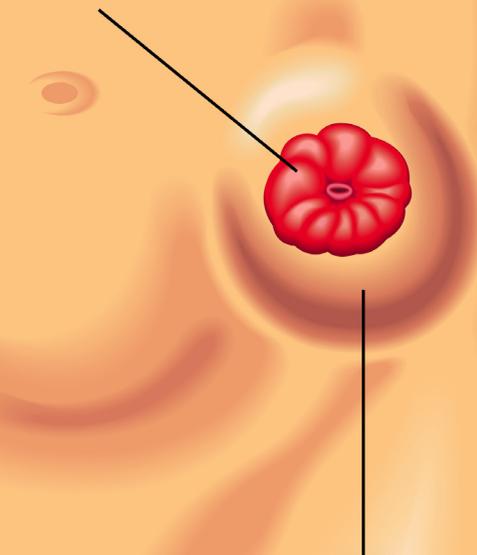
Kamloops

632 Victoria Street
T: 250.377.8844 | 877.377.8845 | F: 250.377.8889

Vernon

111-3400 Coldstream Avenue
T: 250.545.7033 | 800.545.8977 | F: 250.558.0034

Stoma



Hernia

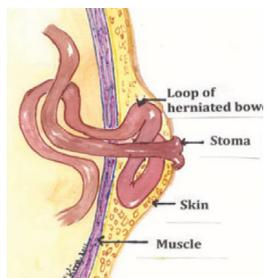
PARASTOMAL HERNIAS

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What is a Parastomal Hernia?



A parastomal hernia, often referred to as a "hernia" for short, is a result of intestines pushing through a weak point in the abdominal muscles. A stoma provides a weak point as the muscle is cut in a

circle to allow the stoma to come through onto the skin. When pressure builds in the abdomen, it can push the intestines out through the hole, creating a bulge behind or around the stoma. This bulge is a hernia.

How common is a Hernia?

It is estimated that up to 50% of all ostomates will develop a parastomal hernia following surgery. It is more common with a colostomy, but can still develop with a urostomy or ileostomy. It can happen suddenly after a sneeze or similar event but it can also develop over a period of time. In rare circumstances, the bowel can become twisted or blocked, requiring surgery. Severe pain, nausea and sometimes vomiting can be associated with a blockage.

If a Hernia develops, what are my options?

Many ostomates use a hernia belt to prevent a hernia as well as to treat an existing hernia. The belt acts as an outside "muscle" to provide additional support. Those who use hernia belts for prevention often wear them when they know they will be more active (ex. yardwork; golf; exercise; playing with children and pets; and doing laundry). You should see your ET Nurse for fitting of a hernia belt.

There are also several abdominal exercises you can do to help strengthen your core muscles that may help prevent herniation. Ask your physician if it is appropriate for you to do some easy exercises such as abdominal crunches. Then contact your ET nurse who can provide a brochure containing a variety of abdominal exercises that you can do to help prevent a hernia.

Surgical repair is not usually recommended due to the high rate of hernia recurrence. There is also risk of another parastomal hernia occurring even if the stoma is re-sited to the other side of your abdomen. However if there is bowel blockage or the hernia is causing extreme difficulties with maintaining a seal on your pouching system, surgery may be necessary.

**CALL US TODAY FOR MORE
INFORMATION OR TO BOOK A
FREE FITTING APPOINTMENT**

How can I prevent a Hernia?

- Maintain a healthy weight
- Avoid lifting anything more than 10 pounds for 3 months after surgery
- Avoid constipation and straining
- If you need to cough or sneeze, support your stomach muscles using your hands
- Stop smoking with a smoking cessation program (QuitBC)
- Do exercises that help prevent a hernia
- Wear a hernia belt

Hernia Belts

Hernia belts are standard or custom orders, with customized fittings done in person at a clinic or hospital. If you wish to purchase a hernia belt, it is best to contact your closest Nightingale branch and schedule a fitting with one of our on-site ET Nurses. Currently, hernia belts are not covered by PharmaCare but are covered by NIHB, DVA, and private insurers with a physician's letter. Delivery is usually about 2 weeks and range in price from \$90 to \$150.

Nightingale Medical carries a wide range of hernia belts to suit your individual need.

