

This factsheet has links to videos about ostomies. Ostomy surgery makes an opening from the inside to the outside of the body. It is a way for waste to leave the body after some cancer surgeries.

An **ileostomy** drains waste from the small intestine. A **colostomy** drains waste from the colon. A **urostomy** drains urine from the bladder.

Living with an Ileostomy

This is a six-part video series from the University of Utah.

- Web link: <https://bit.ly/2WBxuag>
- Or search YouTube with the keywords: University of Utah ileostomy

Introduction	0:59
Importance of Hydration	8:22
Nutrition Care	3:17
Changing the Appliance	2:17
Recovery Progression	7:30
Quality of Life	4:00

Total Time 26:25 minutes



Ostomy Skills Education for Ileostomy and Colostomy Patients

This is a nine-part video series from the American College of Surgeons.

- Web link: <https://bit.ly/2VOPCQJ>
- Or search YouTube with keywords: ACS ileostomy, ACS colostomy

Welcome	1:54
Your Colostomy or Ileostomy	2:25
Your Operation	2:55
Pouching Systems	4:29
Emptying a Pouch	3:17
Changing a Pouch	7:20
Problem Solving	6:15
Life with an Ostomy	3:51
Knowledge Check	4:11

Total Time 36:37 minutes



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Ostomy Skills Education for Urostomy Patients

This is a nine-part video series from the American College of Surgeons.

- Web link: <https://bit.ly/2V672nv>
- Or search YouTube with keywords: ACS urostomy

Welcome	1:54
Your Urostomy	2:22
Your Operation	2:41
Pouching Systems	3:50
Emptying a Pouch	3:05
Changing a Pouch	7:09
Problem Solving	5:23
Life with an Ostomy	3:51
Knowledge Check	4:10
Total Time	34:25

