PATIENT'S GUIDE TO MANAGING OBSTRUCTION IN AN ILEOANAL POUCH

ST MARK'S HOSPITAL

NHS London North West University Healthcare NHS Trust

SIGNS AND SYMPTOMS

- Pouch output reduced
- Thin, watery output
- Pouch leakage
- Incomplete emptying
- Output has a different colour
- Output has an offensive smell
- Bloated abdomen
- Abdominal cramping

ACTIONS TO BE TAKEN

- Stop eating
- Drink fluids only
- Quickly drink 1–2 glasses of water to flush out possible obstruction
- Massage abdomen and around pouch area
- Lay down with knees to chest or try side to side rolling to move obstruction
- Do light exercise such as walking
- Have a warm bath
- Use a hot water bottle to relax your abdomen and relieve pain
- Do not take laxatives

SIGNS AND SYMPTOMS

- Pouch stops working
- Increased abdominal cramping and pain
- Abdomen looks more bloated
- Nausea
- Vomiting

ACTIONS TO BE TAKEN

- Stop drinking
- Go to the emergency department
- Take any relevant pouch information with you (Hospital letters, pouch book, Pouch diagram, etc.)

EMERGENCY DEPARTMENT MANAGEMENT

ACTIONS TO BE TAKEN

- Nil by mouth
- Nasal gastric tube inserted
- Catheter in pouch (if indicated)
- Intravenous fluids
- Pain management
- CT scan/X–ray
- Ward care for observation
- Surgery (only if appropriate)

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