

Ovarian cancer and stomas

A guide to help you prepare
for surgery and stoma care



Welcome to our guide on ovarian cancer and stomas.

The information inside this guide will help you to find out more about what a stoma is, how it works and what it's like to live with one. This guide has been written with experts in ovarian cancer and stoma care – so you can trust that it's reliable, accurate and up to date.

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Along the way, you'll hear from different women with personal experiences of living with ovarian cancer and a stoma, including Pauline:

“I was diagnosed with stage 2 high grade serous ovarian cancer. I had surgery followed by chemotherapy. During surgery, I had a stoma formed (an ileostomy), which was reversed 13 months later. Before surgery, I remember that I talked to my surgeon and medical team, who said that I may need an ileostomy. And that's what happened. I'm fortunate that – just over a year later – everything had healed perfectly, and I was able to have a stoma reversal.”

Pauline

You'll also hear from Dr Zainab Noor, a psychologist who specialises in mental health care for those affected by cancer, and particularly those adjusting to a stoma:

“I trained as a clinical psychologist focusing on the psychological impact of cancer, surgery, and adjusting to living with a stoma. I have over a decade of experience supporting people as they navigate the identity shifts, emotional challenges, and resilience needed to adapt to life-changing medical treatments.”

Dr Zainab

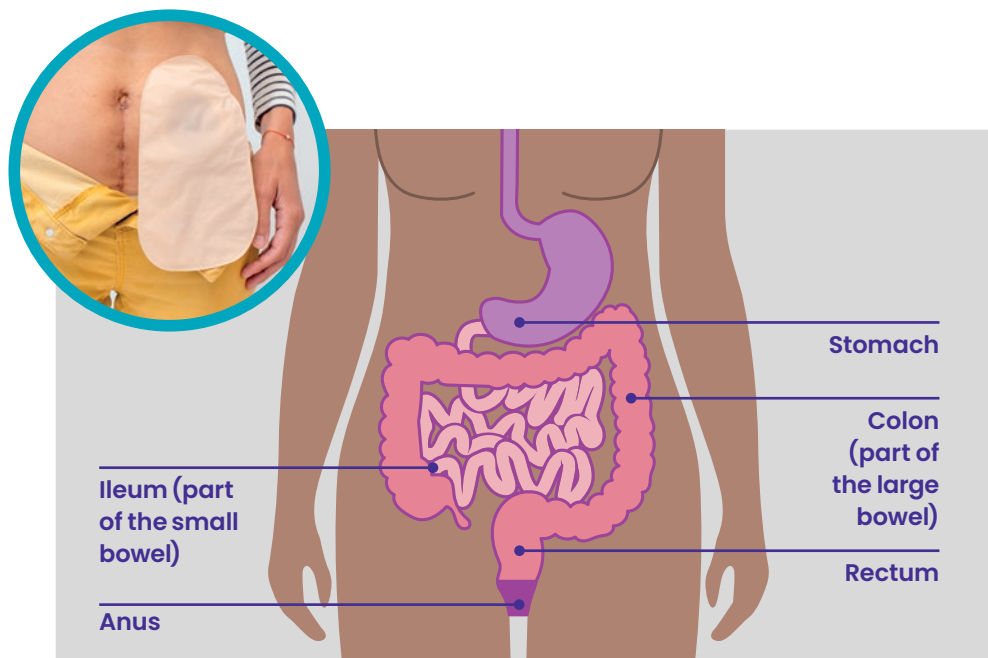


Introduction

When ovarian cancer is more advanced at the time of diagnosis sometimes it will spread to the surface of the bowel (part of the digestive system).

In these cases, to make sure that as much of the cancer as possible is removed, surgery may include removing part of the bowel. Sometimes the affected area of the bowel can be removed and the two ends joined back together. But if this isn't possible your body will need a new way to get rid of faeces (poo).

To do this the surgeon will make an opening through the wall of your abdomen (tummy) and bring the end of the bowel through the skin. This is called the creation of an **ostomy** or **stoma** (an artificial opening). Any poo is then collected in a **stoma bag** which is attached to your tummy.



When will I find out if I need a stoma?

It's normal to feel overwhelmed or anxious about your operation. Ask your surgeon to explain things more than once or in a different way to help you understand.

If it's clear that the cancer is affecting your bowel, and you know that your operation will involve creating a stoma, you will also talk about where the stoma will be on your body.

This is usually the left-hand side of your tummy for a **colostomy** and the right-hand side for an **ileostomy**. You can find out more about these types of stoma on page 10.

Your surgeon will explain things to you based on your specific situation. You should then be able to speak to a Clinical Nurse Specialist (CNS), sometimes called a **stoma nurse** and ask questions about what to expect.

These nurses are experts in stomas. Every day they support people through surgery and living with a stoma so they will understand your concerns and how to help you prepare. They will be able to explain in detail what will happen and how you look after a stoma. They may also be able to help choose a position on your tummy for the stoma which suits your body shape and the clothes you wear.

“A nurse came to mark my tummy with a permanent marker on both the left and right sides. When doing this she did ask how I wore my clothes – high waisted or low – so some consideration could be given to where the stoma would be.”

Sally

Although it can be daunting at first, learning about your stoma and talking to a professional about how you feel before the operation will make it easier to cope. Knowing what to expect reduces the fear of the unknown.

Sometimes a surgeon won't know that you need a stoma until they're operating. These unexpected and unplanned stomas can be particularly difficult to cope with and may come as a shock. You can speak to your surgeon about this before the operation if it's something you're worried about.

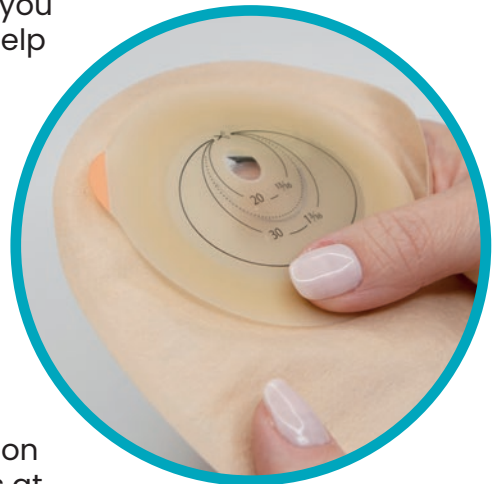
Note from Dr Zainab

“If your stoma was unplanned, you might experience shock and feel a loss of control. These feelings are understandable because your mind hasn't had time to prepare.



Give yourself permission to feel unsettled and seek space to talk, whether with a professional or someone who understands, so that the story of what happened can start to make sense.”

Your CNS or stoma nurse will show you how to look after your stoma and help you get used to having one after the operation. They will show you how to empty and change your stoma bag and will make sure you're supplied with bags and any other products that are right for your stoma. They will also set up a prescription for future stoma supplies and explain how to get more so that you don't run out.



Colostomy UK have more information on prescription supplies for stomas at colostomyuk.org/information/prescriptions

↓↑ How it felt for me

“My stoma nurse really got me through it mentally. She was phenomenal in her whole approach, not just to stoma care, but in treating me as a person and helping me adjust to the stoma. I don’t know what I would have done without her. She got to know me on a personal level, and she was like ‘you’re stronger than this.’

I explained that being Asian, there can be such a stigma still around cancer and ovarian cancer, let alone stomas. No one in my family knew what it was. Even if somebody did know someone with a stoma, it’s not discussed. Talking about this with my stoma nurse, I felt like she really listened.

She made me realise that, yes, a stoma is a big thing, but it doesn’t need to hinder your life. It’s another level of something you need to think about but you’re not hindered in the physical sense. You can still be yourself. She reminded me that it doesn’t change you, I am still Bina.”

Bina

What does a stoma look and feel like? Does it hurt?

Most stomas will be a pinkish-red colour and moist to touch (like the inside of your mouth) but everyone’s stoma will be different in size and shape. Some are quite short and sit flat against the tummy, while others stick out a bit. Stomas look similar to your lips when you purse them together. There are no nerves in a stoma so it won’t hurt to touch.





Good to know

Unlike going to the toilet in the usual way, with a stoma you won't feel anything when you're pooing. So it's important to regularly check your stoma bag to make sure it's not full.

A new stoma will be swollen for six to eight weeks after the operation but the swelling will go down and the stoma will normally get smaller. The outside edge of the stoma where the stitches have been can bleed a little when being cleaned, especially at the beginning. This is normal and should stop soon afterwards. If you have any concerns you should speak to your stoma nurse or CNS.

Note from Dr Zainab

“You may feel grief for the body you knew, anger at the change, or anxiety about what comes next. These are normal responses when your nervous system is adjusting to a new reality.



You might find that you're angry at the stoma, or at the circumstances that led to it. Your emotions are valid but take care not to turn that anger inward. It's a response to loss and disruption. Allowing space for anger to be felt and understood, rather than suppressed or redirected at yourself, helps it settle and become part of the wider process of adjustment.

Try to notice any emotional reactions you have to your stoma without judgement. Becoming comfortable with a stoma starts when you can notice what feels strange or different about it without rushing to reject it.”



My stoma and me

“My first day on the ward, I met my stoma nurse who was a very calm lady. We clicked immediately, and despite me saying, ‘I’m never going to be able to deal with this,’ she still helped me lots over the next few days. When I got home, my local stoma nurse visited me the next day. She was so lovely and supportive too.

Usually your hospital or stoma nurse will send you home with your initial pack which will contain all you need – wipes, new stoma bags and disposable bags for the old ones. Sometimes they will also arrange with the manufacturer to deliver your order direct to you, you can just phone them when a new supply is needed.

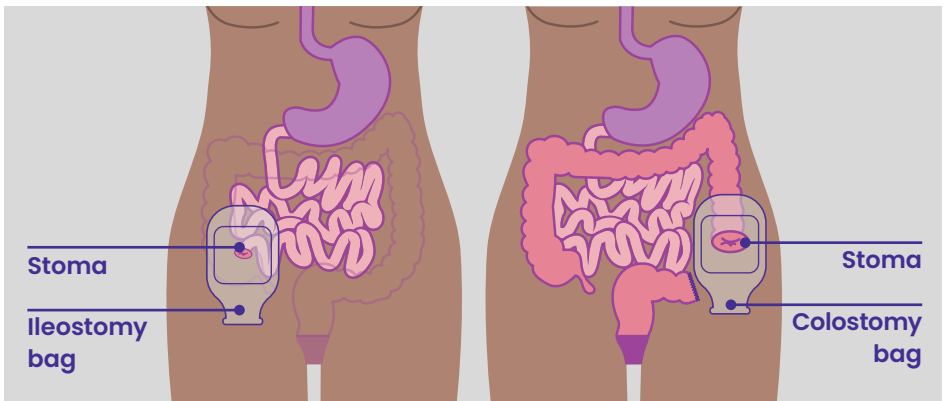
I treated having a stoma as just part of my daily routine. As soon as I felt strong enough my husband would drive me for coffee with my buddies. It gave me such a boost to start socialising again. Then I would sit in, not always participating, at my craft class. This, along with my granddaughter, my little rock, really helped to push me back into some kind of normal life again.”

Pauline

Is there just one type of stoma?

There are two different types of stoma that you might have after ovarian cancer surgery. The type that you have and the name it's given depends on which part of the bowel your surgeon needs to use.

An **ileostomy** is formed from the small bowel (ileum). A **colostomy** is formed from the large bowel (colon). In both cases the open end of the bowel is sewn onto the skin and called a stoma.



How does it actually work?

Your bowel will still work as normal but the poo will come out of the stoma into a stoma bag. Your stoma just means your bowel opening is in a different place from before.

This removable bag will be fitted snugly around your stoma and will keep the poo contained as it leaves your bowel. The bag will need to be emptied and/or changed regularly. There are lots of different stoma bags and the type you have will depend on the type of stoma you have. You will pass urine (wee) as usual.



How it felt for me

“The hospital won’t discharge you until they’re happy your stoma is working as it can take several days for your system to get moving again after major surgery. In my case it was nearly two weeks and I had several further days in hospital to make sure there were no issues. Don’t be afraid to ask for help in the hospital – on a gynae-oncology ward they’ve seen it all before!

There will be stitches to hold the stoma in place at first. But these aren’t permanent and your stoma nurse will remove these when they’re ready or, if they’re dissolvable stitches, they will dissolve on their own.

During the first few weeks a stoma nurse came to visit me regularly at home to check how I was coping, how the stoma was healing, whether I’d got the best bags for my needs and how to set up ordering supplies for myself.”

Annette

“Stoma bags can be cut to your precise stoma size after your stoma has settled down in size (about 6–8 weeks after surgery). This makes changing them much easier and quicker.

It can take time to find the right stoma bag for you. Some bags seem to stick better than others to my skin. Finding the right level of adhesive for my skin was important to avoid leaks and improve confidence. I have settled on my third type of bag at the moment. Don’t give up finding the right bag for you!”

Caroline

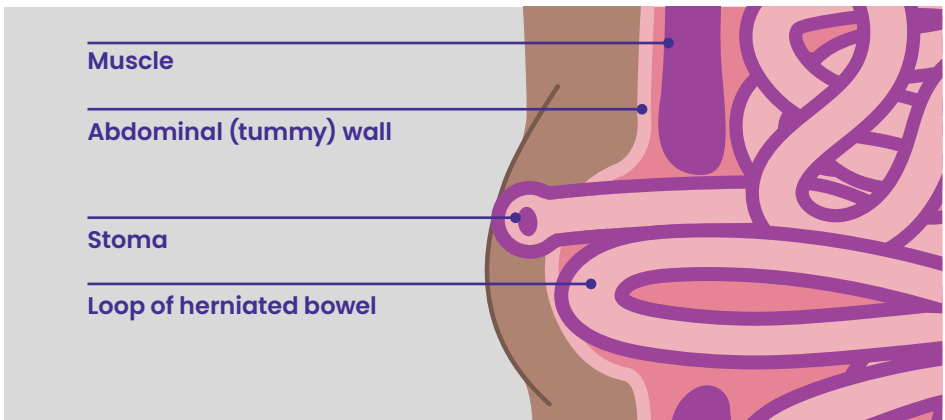
How do I look after my stoma?

Your stoma nurse will help you find the right bag for you and show you how to look after your stoma, including changing your stoma bag and getting rid of used bags. They will also talk to you about how to reorder the supplies that you need to manage your stoma. Make sure you understand this process so that you feel confident to order them in future. You can also ask them what to do if you would like to change the supplier of your stoma bags at any point.

Remember to ask questions if you're unsure about anything: no question is too silly or too small. Be patient with yourself as you get used to your new routine and take your time to clean your stoma carefully. It may feel like a mountain to climb but you will soon become confident about how to manage it yourself. You may also be given written instructions or photographs showing how to change your stoma bag which some people find helpful.

If you have any problems with your stoma, such as changes in its shape or how it works, unusual bleeding or tummy pains, you should speak to your stoma nurse.

For some people with a stoma it will be important not to lift heavy things because doing so increases the risk of causing a **hernia** around the stoma. A hernia is when a part inside of your body pushes through a weakness in your muscle or tissue.



This is because there's a potential weakness in the area around the stoma which means the tummy muscles can bulge out and form a lump or swelling. Hernias are very common and don't tend to cause symptoms but your stoma nurse will talk to you about whether this is a risk for you.

Is a stoma permanent?

Yes in some cases of ovarian cancer a stoma can be permanent. Often, it's intended to be temporary (only for a limited amount of time). This means that at some point in the future you may be able to have more surgery so that you no longer have the stoma. It's important to remember that all cases are different and you would need to discuss your situation with your surgeon and treatment team.



How it felt for me

"Yes, there were dark days but once I recovered from the surgery, every day was a step closer to getting my life back on track. Later on, my surgeon felt I was strong enough to have a reversal performed – no more bag! The surgery went ahead and once I was awake and aware, the thought kicked in that I must retrain my brain and body to realise 'I have to use my bowel again in the normal manner'. It was terrifying! What if it didn't work or I had damaged what the surgeons had done?"



It took a few days to get everything functioning and it was very up and down: it was a case of being patient. I was very poorly for a month and I thought I'd made a big mistake having the surgery. But suddenly it all changed and I've never looked back."

Pauline

My stoma and me

"I was diagnosed with stage 3C ovarian cancer. My consultant said the cancer was on my bowel, so I needed a stoma. Being diagnosed with ovarian cancer was quite a shock. But for me needing a stoma was a bigger shock.

At first, the stoma was meant to be temporary so I never gave it any thought. Unfortunately the reversal hasn't been possible yet because I needed more time to heal. This has really affected me mentally. I didn't want to look at the stoma. I didn't want to clean it. The nurses did a lot of the care for me but when I got home, I realised the stoma is a part of me, and I had to take care of it.

Over the past 18 months I've gone through so many different levels of acceptance, and I feel like I'm now a bit more confident. It's hard, but I've started to change my mindset to 'it's a bag of life'. I wouldn't be here if it wasn't for the colostomy, and that helped me deal with it.

It's only what I think of the stoma that makes me look at it in a negative way. As I change what I think of it, and make it less negative, then I can carry on. It doesn't have to be as emotionally draining as it was at first."

Bina

How do I learn to cope with a stoma?

Learning to live with a stoma is both a physical and psychological adjustment. Even when you understand why it was needed, the reality of it can feel strange, or hard to accept. For some, the thought of having a stoma can be harder to cope with than the ovarian cancer diagnosis itself.

Coping begins with familiarity. In the early days, every sensation can feel strange; the rustle of the bag, the pull on your skin, the awareness of something new attached to your body. You may find yourself checking often, or the opposite - avoiding mirrors or not wanting to touch the area. This is common because you're trying to re-establish trust in a body that may look and feel different.

Over time, as you become more comfortable with how your stoma works, this hyper-awareness begins to settle. Building confidence in your body can take time, but it often starts by noticing rather than avoiding. It can help to spend small, mindful moments becoming familiar again: feeling the movement of your tummy as you breathe, resting a hand near your stoma, or quietly noticing its presence without any judgment. This means noting that your stoma is there without attaching emotions to it or judging it in any particular way. These small acts signal to your nervous system that not everything unfamiliar is unsafe and slowly restore a sense of ownership over your body.

Your emotions may change often. You may feel relief, grief, frustration, and pride, and sometimes all in the same day. Each feeling is part of the body's effort to adapt. Letting them surface without self-criticism helps the process along and allows safety and confidence to grow in their own time.



Support can take different forms:

- ▶ Your stoma nurse will support you after the surgery to help you get used to your stoma and how to care for it. They will help you to regain confidence in daily routines and can answer any questions you have.
- ▶ You might also find it helpful to get in touch with your community hospital (a small hospital that provides a range of services to the people living in your area) to ask if there are **community stoma nurses** in your area. Community stoma nurses will be able to help and support you with your stoma when you're at home.
- ▶ Speaking with others who live with a stoma can bring a more grounded understanding of what life after surgery may look like. It can also help you feel less isolated.
- ▶ Mental health professionals familiar with stoma care can help support you with the emotional impact of these changes.

You can find support through the organisations in the **Where can I find out more?** section at the end of this guide.

“Friends and colleagues are amazed by the improvements I've made. Obviously that's positive but sometimes they don't see what I'm hiding. That's what can be hard about a stoma. I've felt self-conscious in a way I never did before. You're so worried that can people see it or smell it. Things I'd never thought about started entering my head and made me really insecure. But I didn't appreciate that there's a lot of help out there.

The psychological aspect of a stoma, and how it made me feel, was much more of an adjustment than the physical change. It's the emotional journey to accepting it that really matters and what you do to get there.

If you think you don't need support, it's worth seeing if it might just help. I might have got to where I am quicker if I had accessed help earlier. I didn't at first because to me that meant acceptance. I was in denial and didn't want to address my stoma. Getting support like counselling while you're adjusting to a stoma can make a big difference."

Bina



Good to know

Staying active with a stoma can help you become more comfortable and confident. Target Ovarian Cancer runs weekly online yoga and relaxation sessions for anyone with an ovarian cancer diagnosis.

Sign up at targetovariancancer.org.uk/digital-events

Colostomy UK have a guide on exercising with a stoma, visit colostomyuk.org/active-ostomates

How can I feel more confident with my stoma?

Note from Dr Zainab

“Confidence develops from allowing yourself to make room for the uncertainty and vulnerability that can sometimes come with a stoma.



In social situations, shift the focus from ‘What if I have an accident?’ to ‘How do I want take care of myself if things don’t go to plan?’ That small change turns you from observer to someone actively involved in your mental health.

In intimate moments, let communication replace assumption. Let your partner in by naming what feels uncertain and allow connection to form through honesty rather than control or avoidance.”

If you’re finding it hard to regain your body confidence after stoma surgery, Look Good Feel Better is a charity that offers body confidence workshops for anyone living with cancer. For more information visit lookgoodfeelbetter.co.uk

Adjusting to a stoma can take time, both physically and emotionally, and it’s normal for this to affect sex and intimacy. Your stoma nurse can talk through any concerns in a confidential way, offer practical advice and signpost to further support if needed. It can also help to speak to others living with a stoma.

For more information and to join a private Facebook support group for those living with a stoma visit colostomyuk.org/support



How it felt for me

"If I had to sum up the biggest impact of a stoma bag at first, I'd say it took control away from me. But there are different ways to approach it that can help make it less significant.

For example, it's taken me a year to even think about showering without a bag out of fear. I was encouraged to try this because someone with ovarian cancer and a stoma told me that for a short period while she was in her house alone she decided not to put her bag on. She was cautious, but she said it felt great.

I took off my bag in the shower and it made me feel liberated. By taking it off, in an environment I'm happy with, I can feel free and like I'm not bound by it. Doing those kinds of things that make you vulnerable, actually gives you a sense of control. You can't ignore your stoma. You can't not put it on and go outside for the day. But you can give it less importance which helps deal with it better."

Bina

Common questions

I'm worried it will smell. What can I do?

Stoma bags are odour-proof so your stoma won't smell as you go about your day-to-day activities. There will be a smell when you're emptying or changing your stoma bag – but everyone makes smells when they go to the toilet! If you're still worried about smell there are odour neutralisers available which can be put inside your stoma bag and can help you feel more confident. These are drops or granules that help to reduce any smell.

“It's quite a culture shock when you initially start dealing with the whole process yourself. But you get quicker with the cleaning and changing process and it just becomes part of you.”

Pauline

How can I be sure the stoma bag is watertight? What if it leaks?

Stoma bags are watertight and once you find one that suits you, you should have very few problems with leaking. While you're getting used to your stoma it's normal to have worries about how watertight your stoma bag is and the thought of it leaking can be embarrassing and upsetting. But there are lots of different types of stoma bags and all of them are specifically designed for their purpose. Your stoma nurse will work with you to find the right bag for you and can answer any questions about how to change a stoma bag or how often you should change it.

As you recover from your operation, or if you put on or lose weight, you may need to adjust the fit of your stoma bag as your stoma may change size. But your stoma nurse will be able to help with all of this.

These resources may be helpful to access more toilets, more quickly, across the UK:

- ▶ Bladder and Bowel UK's Just Can't Wait Card: this card can be shown to get quick access to toilets at public venues such as cafes, restaurants or other businesses. For more information visit bbuk.org.uk/just-cant-wait-cards
- ▶ Disability Rights UK's Radar key: this key provides access to locked public toilets around the UK. To order one search **radar key** at disabilityrightsuk.org
- ▶ A Hidden Disabilities Sunflower lanyard can help signal to others that you have a non-visible disability and may need quick access to toilets. For more information visit hdsunflower.com



Good to know

"Having the hidden disability sunflower lanyard helps because it gives you a bit of reassurance. If you need to get up and go to the bathroom somewhere quickly it helps to have the lanyard on."

Bina

"One of the biggest things is the worry of an accident in public – it can really hold you back at first but once I had the right bags there was no holding me back. I've been swimming, I go to exercise classes twice a week and I went on almost every ride at Disneyland Paris. I've never worn any 'special' garments for those or any other activities."

Annette

"I always go out with a minimum change pack in my handbag as you never know when you might need it. This includes spare stoma bags, disposal bags, adhesive remover, and dry wipes."

Caroline

Is there anything I should or shouldn't eat or drink?

You should be able to return to your usual diet soon after the operation, but everyone reacts to food and drink in different ways. There may be certain things you're told not to eat or drink depending on the type of stoma you have.

In general you should aim to eat regular well-balanced meals with high protein snacks in between, particularly for the first few weeks after surgery. Make sure to drink plenty of fluids and stay hydrated.

Staying hydrated with an ileostomy

If you have an ileostomy, drinking too much plain water can dilute the level of salts (electrolytes) in your body and this can lead to dehydration. This is when your body loses more fluids than it takes in. This is because salts help your body to take in and retain water.

Drinking non-carbonated isotonic drinks (sports drinks) can help with this. These drinks contain salts which can help your body to maintain a healthy level of salts and stay hydrated. You can also make your own rehydration drink by searching **St Mark's rehydration recipe** online.

The Ileostomy and Internal Pouch Association have a guide on staying hydrated with an ileostomy. Search **hydration** at iasupport.org/literature

The consistency of your poo can change with a stoma. With a colostomy you can still become constipated (find it difficult to poo) or have diarrhoea (loose, watery poo). Some drugs, including painkillers, can also cause constipation so you may be told to eat more fibre to help. This includes wholemeal and wholegrain breads, cereals and pasta as well as dried fruit and nuts or uncooked vegetables.

With an ileostomy the consistency of your poo will also vary but it won't be thicker than toothpaste or porridge.

If you have an ileostomy it's best to avoid foods high in fibre for the first few weeks after the surgery to prevent blockages or too much output (how much you poo). This is because too much output can lead to dehydration. If your poo is too loose it may be useful to drink rehydration drinks or take a low dose of medication to slow down the bowel. Your stoma nurse will be able to give you advice on this.

Having an ileostomy increases the risk of vitamin B12 deficiency. This is when your body can't absorb the B12 vitamin (which usually helps your body to function). Speak to your stoma nurse if you have concerns about this.

You might also find that certain foods or drinks (such as alcohol) produce more wind from your stoma than others. Some foods are also much harder to process (such as apple peels or nuts). This might depend on whether you have a colostomy or an ileostomy. Speak to your stoma nurse if you have any questions about what foods you should eat or avoid.

“A new stoma is noisy while it settles – you can't hide the noise and you have no idea it's on its way! I just told my friends that I had a bag and when it blew raspberries, we all laughed and moved on.”

Annette



Good to know

How diet affects your stoma varies from person to person. When you want to try a different food, try a small amount first to see how it effects your stoma.

It might help to keep a food diary to look for patterns and symptoms so that you can work out the best balance of food and drink for you.

Colostomy UK have a guide on healthy eating with a stoma. Read more at colostomyuk.org/diet

Do I have to wear different clothes?

No. You may find that tight clothes are uncomfortable for a little while after your operation but most stoma bags are quite small and are designed to be worn under normal clothes. There are also smaller stoma bags which may be suitable for when you're swimming, playing sport, for intimate moments or when having sex.



“Being Hindu and Asian and sometimes wearing a sari, I spend hours thinking about going to weddings or cultural events. I'm conscious because saris are so long and there's so much material. It's a lot more complicated when you go to a bathroom than when you've got a dress, trousers or a skirt. Luckily I have my daughter around to hold my attire up because you need two hands to change a bag.”

Bina

Can I travel as usual?

Having a stoma shouldn't stop you from travelling.

If you're flying, you don't need to remove your stoma bag or medical equipment when going through airport security, and you're entitled to request a private search if needed. Planning ahead, booking assistance where needed, and carrying medical documentation such as a travel certificate or doctor's letter can help make airport security and travel easier. Knowing your rights and what to expect can help you travel with confidence and dignity.

Colostomy UK work with a number of major airports across the UK to increase awareness of the accessibility needs of travellers with a stoma.

For more information, a travel advice booklet and travel checklist visit colostomyuk.org/travel-advice

“I was nervous to travel because I was worried about what the stoma would be like on a plane with the air pressure change or in a different environment. During my first trip, we went to Turkey. I did a lot of hiking and walking. We even did rafting and tubing!

Mentally I was cautious, but it didn't change what I wanted to do. Of course, having a stoma affects your life, but it's sometimes a mindset thing. That's not to say I don't have harder days but the stoma can be controlled. It can be made insignificant for what you want to do.”

Bina

What else do I have to consider?

It can take time to get used to having a stoma and there will be some days when you find it easier to cope than others. Be kind to yourself. Allow yourself the time you need to rest and recover from your operation and to learn about caring for your stoma. There will be changes to your day-to-day routine when you have a stoma but with time these will become second nature. For example, at first it may be worrying to go out and meet up with other people but you will soon know how many extra supplies to take with you and where you feel comfortable changing your bag. Remember that this is a new experience for you and learning new skills takes time.

“For a while I did feel quite alien to my friends knowing I was the only one wearing a bag. I had no hair, no eyebrows, no eyelashes, massive weight loss, wearing a bag...but it wasn't going to hold me back. They were all great and said, 'Nobody would know it was there!'”

Pauline

Where can I find out more?

- ▶ You can find out more about Dr Zainab's work, who features throughout this guide, by visiting **cancerpsychologycollective.co.uk**
- ▶ Colostomy UK exists to make a positive difference for anyone impacted by any kind of stoma or stoma surgery.
 - ▶ They provide a wide range of practical and emotional support, including a Stoma Helpline offering experience-based support from trained volunteers who live with a stoma, a private Facebook support group and a befriending service for one-to-one peer support.
 - ▶ They run Active Ostomate sessions to support confidence and wellbeing, produce a quarterly support magazine Tidings, and maintain a nationwide network of local support groups listed on their website.
 - ▶ They deliver stoma awareness training, care workshops, webinars and provide an extensive range of trusted support literature and advice booklets.
 - ▶ They also campaign and advocate on the issues that matter to people living with a stoma, working to build understanding and reduce stigma as they strive to make the world #StomaAware. For more information, call **0800 328 4257** or visit **colostomyuk.org**
- ▶ The Ileostomy and Internal Pouch Association supports people living with an ileostomy and their families, friends and carers. Visit **iasupport.org**
- ▶ Your CNS or stoma nurse will be able to help you find further information including stoma support groups in your area.

More support from Target Ovarian Cancer

- ▶ Target Ovarian Cancer's nurse-led support line offers confidential information, support and signposting for anyone with questions about ovarian cancer. You can call us on **0808 802 6000** (Monday – Friday from 9am to 5pm) or visit **targetovariancancer.org.uk/supportline**
- ▶ Our guides for anyone with ovarian cancer offer expert advice, practical information and emotional support on a wide range of issues at all stages. You can order or download your copies online for free at **targetovariancancer.org.uk/guides** or by calling **020 7923 5470**
- ▶ We also run information and support events as well as local support groups and online communities where you can speak to others affected by ovarian cancer, and those living with a stoma. For more information visit **targetovariancancer.org.uk/support**

When you need information, friendly support or someone to talk to that understands, our specialist nurses are here.

We're open 9am–5pm, Monday–Friday.
Call us on 0808 802 6000



Get in touch for more information, support and signposting for anyone affected by ovarian cancer:



Support line: 0808 802 6000



TargetOvarianCancer



info@targetovariancancer.org.uk



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