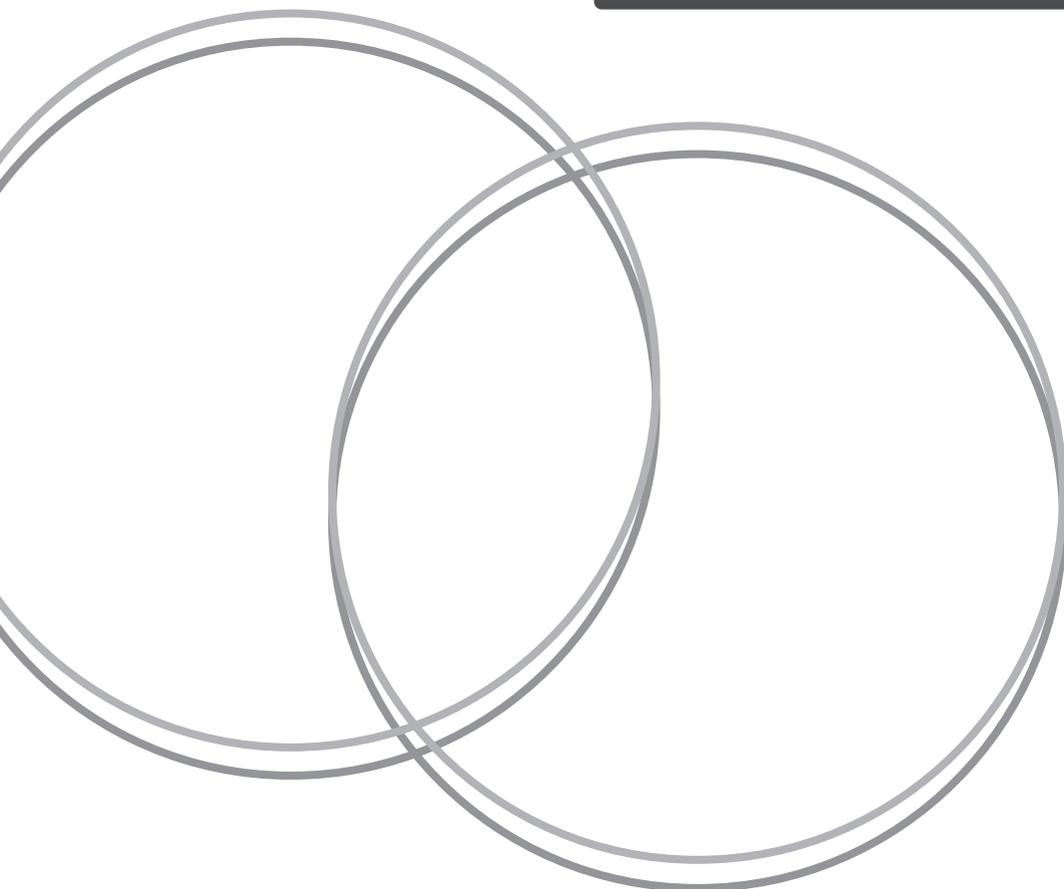


# Contraception and Pregnancy

Information for patients



This leaflet provides information on sex, contraception and pregnancy for patients who have had stoma surgery.

## **Sex & Contraception**

After surgery, you can resume your usual form of contraception, although you may not feel like any sexual activity straight away. It is a time of adjustment - a new body image to come to terms with and feelings of tiredness are all common. You are also likely to be feeling generally rather sore in your abdomen.

If you take the oral contraceptive pill it is important to be aware of the necessity to keep mobile, as after surgery, you are generally slower for a few weeks, so there is a greater risk of developing blood clots.

It is also vital that you pay close attention to the consistency of your output and be aware of foods that may upset your digestive system. Loose stools may lead to the oral contraceptive pill or morning after pill not being absorbed effectively. If you are concerned please take extra precautions. Other forms of contraception are effective, condoms, the injection and implant providing they are in date.

If you have a coil fitted, it is important that you discuss this fully with your GP or family planning nurse, as there could be an increased risk of infection.

## **Pregnancy**

There is no reason why you should not have a family if you have a stoma. It is a good idea to wait until you are physically recovered from the surgery and feel able to cope with the demands that a pregnancy/new baby inevitably brings. It is difficult to stipulate how long this recovery takes as some people recover more quickly than others do. You will probably know when the time is right for you.

For ostomists who are already pregnant, it is important to anticipate that the stoma will increase in size as your “bump” swells, so from about four months, make sure that you re-measure your stoma regularly. If you are unsure about this, then your stoma nurse will help you.

## **Contact Us**

To contact a Nurse Specialist in Oxford please telephone:

01865 221839 for the John Radcliffe Hospital Stoma Team

01865 235367 for the Churchill Hospital Stoma Team

## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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