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The Ostomy Book: Living Comfortably with Colostomies, Ileostomies, and Urostomies

Barbara Dorr Mullen, Kerry Anne McGinn RN BSN OCN

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This invaluable reference discusses every aspect of an ostomy—a surgical procedure that creates an alternative opening in the body for waste discharge from the kidney, colon, intestines, or bladder—from the first shock of diagnosis through surgery and rehabilitation. The coauthor's moving and motivational story of her colostomy experience is blended with information on the latest surgical techniques and equipment, providing prospective ostomy patients with both the medical and emotional know-how to confidently approach the surgery. This revised edition also contains up-to-date material on virtual colonoscopies and travel regulations related to ostomy pouches, as well as essential facts on how to safely handle sex, pregnancy, and sports after an ostomy.

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