

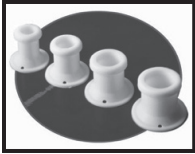
Stoma stud advice

An information guide



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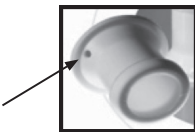
The stoma stud is a simple device to help keep the stoma (hole in the front of your neck) open.

The speech & language therapist, or specialist nurse/doctor will advise you on an appropriate size.

The studs are available in four different sizes, 8, 10, 12 + 14mm.

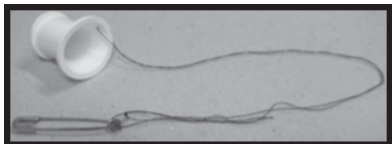
The stud should fit comfortably into the stoma. You will be encouraged to wear the biggest size that comfortably fits your stoma.

You will notice there is a hole on the outer edge of the stud. This is to allow a thread to be attached and pinned to your clothing, to prevent you from losing the stud if you cough it out and to stop you sucking it in which would be dangerous.

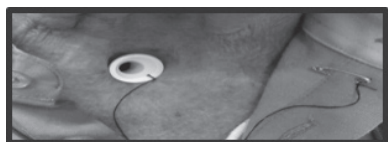


Before inserting your stud – attach a thread – strong sewing cotton is ideal. Thread it through the hole and then tie a knot in the two ends of the thread.

You can then attach a safety pin, so you can pin this to your clothing.



Once you have attached your thread and pinned it to your clothing you can insert the stud into your stoma. This insertion is easier if you apply a small amount of lubricating gel. It helps to fold the stud when inserting.



The speech and language therapist will advise you how often you need to wear the stud. Some patients need to wear these day and night whilst others may just need it overnight.

Studs can be washed under the tap in warm soapy water and dried thoroughly before use.

If you need any further advice please contact the speech and language therapy department on 0161 720 2232.

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

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