



Ileostomy & Internal Pouch  
Association

Registered Charity

# What is IA?

IA is the national support group specialising in the support of people with an ileostomy or internal pouch.

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[www.iasupport.org](http://www.iasupport.org)



**LISTEN • INFORM • SUPPORT**

**Established in 1956 as the Ileostomy Association by a group of people with ileostomies together with members of the medical profession, IA is a network of groups offering support in the UK and Ireland. These local groups are managed by volunteers, most of whom are living with an ileostomy or internal pouch.**

### **Ileostomy**

Following a diagnosis which may lead to damage of the large intestine, or trauma, it may be necessary for the surgeon to remove or bypass the colon. The lower end of the small intestine which is called the ileum is brought out through the abdominal wall, forming an ileostomy. Bodily waste is then collected in an external bag, specifically made for this purpose, which is attached to the abdomen.

### **Ileo anal pouch**

A pouch is usually only offered to those with a specific medical diagnosis. This surgery involves removing the colon and rectum and a reservoir (pouch) is constructed from small intestine which remains inside the abdomen. A temporary ileostomy may be necessary whilst healing of the pouch takes place.

### **Temporary ileostomy**

This is often referred to as a 'loop' ileostomy, as it is formed by bringing a loop of small intestine out on to the abdominal wall.

A temporary ileostomy may be formed to enable an ileoanal pouch to heal, or to allow a join between two ends of large intestine to heal, when a section of intestine has been removed, most commonly for bowel cancer.

### **What does IA do?**

**Listen • Inform • Support**

Although major surgery of this nature, with a change of bodily function, will disrupt a person's lifestyle, especially if the illness has lasted for many years, recovery will often be assisted by contact with people who have been through a similar experience.

The following core activities are provided by IA for people of all ages with an ileostomy or internal pouch:

- Visiting
- Members' meetings
- IA Journal
- Website
- Young IA
- Internal Pouch
- Advisory services
- Medical research

IA's core objectives are to help those facing these operations to return to a normal active lifestyle as soon as possible after surgery and to continue to enjoy the things that illness may have prevented them from doing.

To join IA visit [www.iasupport.org](http://www.iasupport.org) or contact us for an application form using our contact details below.

### **IA National Office**

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