

# Reinforcement of a permanent stoma with a synthetic or biological mesh to prevent a parastomal hernia

Information for the public

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There is not much good evidence about how well this procedure works or how safe it is for preventing a parastomal hernia. This procedure can be used but only when patients are having regular checks to see how well it is working or if it has caused problems. This is because of the concerns about its long-term effects and serious complications.

A stoma is an opening on the front of the abdomen, made to allow faeces or urine to be collected in a bag on the outside of the body. A parastomal hernia happens when part of the intestine bulges around the stoma. This can cause discomfort, difficulties fitting the stoma bag and it can block the stoma. This procedure involves inserting a piece of mesh close to the stoma when it is created. It is stitched in place. The mesh can be synthetic or biological (made from animal tissue, usually from a pig). The aim is to strengthen the abdominal wall and prevent a hernia.

The [NHS website](#) may be a good place to find out more. NICE's information on [interventional procedures guidance](#) has more about what a procedure is and how we assess them.

## Is this procedure right for me?

If you've been offered this procedure your healthcare professionals should discuss with you what is involved, and tell you about the risks and benefits. They should talk with you about your options, and listen carefully to your views and concerns. Your family can be involved too, if you wish. All of this should happen before you agree (consent) to have the procedure. You should also be told how to find more information about the procedure. Read more about [making decisions about your care](#).

## Some questions to think about

- What does the procedure involve?
- What are the possible benefits? How likely am I to get them?
- What are the risks or side effects? How likely are they?
- What happens if the procedure doesn't work or something goes wrong?
- What happens if I don't want the procedure? Are there other treatments available?

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