

POUCH INFORMATION DAY

Internal
Pouch

Saturday 3rd October 2026 | Leonardo Royal Hotel, Birmingham | 10:00 - 16:00 | Registration opens from 09:00

Programme

Welcome and Opening Address

10:00 Melissa Cunha, Consultant Colorectal Surgeon, University Hospitals Birmingham NHS Foundation Trust and President, Birmingham IA

Surgery, What's the Story?

10:30 Richard Lovegrove, Consultant Colorectal & IBD Surgeon, Worcester Acute Hospitals NHS Trust

What Matters to the Patient?

11:00 Samantha Evans, Pouch Nurse Consultant, & Lisa Allison, Pouch Specialist Nurse, London North West University Healthcare NHS Trust (St Mark's Hospital)

Refreshments

Food, Fluids & Feeling your Best

12:00 Sophie Turigel, Senior Dietician, Gastroenterology and Nutritional Support, University Hospitals Birmingham NHS Foundation Trust

Pharmaceutical Aspects of Living with an Internal Pouch – a Nursing & Lived Experience Perspective

12:30 Emma Greenwood, Stoma and Internal Pouch Nurse Specialist, Ileostomy & Internal Pouch Association

Managing a Misbehaving Pouch

13:00 Abhilasha Patel, Consultant Colorectal Surgeon, University Hospital, Coventry & Warwickshire NHS Trust

Lunch

Internal Pouch Support From IA

14:15 Scott Clifford, Acting Chair, Board of Trustees, Ileostomy & Internal Pouch Association

Attendees will move between three themed stations

- 14:35**
- **14:35 | FUNCTION:** Frequency, urgency, continence, emptying, noise, medication and related topics
 - **14:55 | HEALTH:** Diet, hydration, sleep, exercise, surveillance, complications and overall wellbeing
 - **15:15 | LIFE:** Mental health, work, relationships, intimacy, travel, holidays, confidence

Open Discussion and Audience Questions

15:35 “What is the one thing about living with your pouch that you wish your healthcare team understood better?”

Closing Remarks and End of Day

To register, please visit: pouch.iasupport.org/pouchday26/