

E.T. Nurse: \_\_\_\_\_

Phone: \_\_\_\_\_

# Mucous fistula dressing

(This is a clean dressing change, not sterile)

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## Gather these supplies

- warm water  
(mild soap if desired)
- J-cloth (cut into pieces)  
or washcloth and towel
- toilet paper/tissue
- garbage bag

## Gather the supplies your nurse has checked

- |  |   |
|--|---|
| <input type="checkbox"/> water soluble gel _____ | <input type="checkbox"/> tape _____             |
| <input type="checkbox"/> vaseline _____          | <input type="checkbox"/> adhesive remover _____ |
| <input type="checkbox"/> powder _____            | <input type="checkbox"/> protective wipe _____  |
| <input type="checkbox"/> dressing _____          | <input type="checkbox"/> other _____            |

## Preparing skin

1. Remove tapes and soiled dressing gently. If needed, use adhesive remover. Throw out soiled dressing in the garbage.
2. Wipe skin and stoma clean with toilet paper or tissue.
3. Gently wash skin and stoma (mucous fistula) with warm water. If soap is used, rinse well. Pat dry with towel. Do not rub.
4. Apply new dressing.
  - Apply powder to red areas on the skin around the stoma. Dust off excess.
  - Apply protective wipe and fan dry.
  - Apply barrier cream or ointment on skin around stoma.
  - Apply powder on top of mucous fistula (to absorb mucous).
  - Apply water soluble gel or vaseline onto dressing.
  - Tape or anchor to skin.
  - Apply silicone foam dressing.
  - \_\_\_\_\_

## Reminders

- ✓ Change dressing at least once a day and as often as needed.
- ✓ A pouch may be used over mucous fistula to collect large amounts of drainage.
- ✓ It is normal for the mucous fistula to bleed a little when being wiped or washed.
- ✓ You can take your normal shower or bath with dressing off.
- ✓ Apply a waterproof dressing with water activities such as swimming and hot tubs.