

E.T. Nurse: _____

Phone: _____

One-piece drainable pouch for ileostomy or colostomy

Gather these supplies

- pattern of stoma
 - pen and scissors
 - toilet paper/tissue
 - warm water (mild soap if desired)
 - J-cloth (cut into pieces) or washcloth and towel
 - garbage bag
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Gather the supplies your nurse has checked

- | | |
|---|---|
| <input type="checkbox"/> manufacturer _____ | <input type="checkbox"/> adhesive remover _____ |
| <input type="checkbox"/> pouch _____ | <input type="checkbox"/> deodorant _____ |
| <input type="checkbox"/> pre-cut <input type="checkbox"/> flat | <input type="checkbox"/> closure clamp _____ |
| <input type="checkbox"/> cut to fit <input type="checkbox"/> convex | <input type="checkbox"/> belt _____ |
| <input type="checkbox"/> protective wipe _____ | <input type="checkbox"/> tape _____ |
| <input type="checkbox"/> paste _____ | <input type="checkbox"/> eakin _____ |
| <input type="checkbox"/> powder _____ | <input type="checkbox"/> barrier _____ |
| | <input type="checkbox"/> other _____ |
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Preparing new pouch

- Trace and cut out pattern on back of flange.
 - Use a pre-cut pouch.
 - Remove paper backing from back of skin barrier.
 - Squeeze a small ring of paste around the opening in pouch. If you need to reposition paste, wet your finger lightly before touching paste.
 - Mould a piece of strip paste or eakin around opening in pouch.
 - Apply barrier ring around opening in pouch.
 - Remove paper backing from adhesive.
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Preparing skin

1. Empty pouch you are wearing.
2. Remove pouch gently and throw out into a garbage bag.
3. Save closure clamp.
4. Wipe stool and mucous from stoma and skin with toilet paper, tissue or wet J-cloth.
5. Wash skin around stoma. If you use soap, rinse well. Pat skin dry with towel. Do not rub.
6. **Check condition of stoma and the skin around the stoma.**
If needed:
 - Shave excess hair around stoma.
 - Apply powder to red areas on skin. Dust off excess.
 - Apply protective wipe and fan dry.
 - Apply eakin/barrier around base of stoma.
 - Squeeze a ring of paste around base of stoma.
 - _____

Applying new pouch

1. Close bottom of pouch.
 - Clamp
 - Self-sealing
 2. Put deodorant into pouch.
 3. Stretch abdomen flat.
 4. Centre opening of pouch around stoma. To get a good seal, press gently and firmly.
 5. If not done earlier, remove paper backing from adhesive. Smooth out wrinkles. Seal well.
 6. Through bottom of pouch squeeze powder all around stoma. Roll up pouch.
 - Powder not needed.
 7. Tape pouch if instructed.
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Reminders

- ✓ To strengthen seal of pouch hold your hand firmly over it for about 5 minutes.
- ✓ If the pouch leaks, change it as soon as possible. Do not patch!
- ✓ A bath or shower can be taken with the pouch on or off. If you keep the pouch on, dry the tape area well with a towel, then use a hair dryer. Make sure the hair dryer is on a cool to warm setting (not hot).
- ✓ As your strength returns you will be changing the pouch standing up.
- ✓ It is normal for the stoma to bleed a little when being wiped or washed.

Emptying pouch

1. Fill container with tap water. The container is usually a small squeeze bottle. You can add a few drops of mild dish soap or mouthwash if you want.
2. Sit on toilet. Angle the pouch between your knees. If this is uncomfortable, sit on a chair in front of or beside the toilet.
3. Remove closure clamp.
4. **For liquid stool**, fold bottom of pouch under twice and hold closed. Empty pouch into toilet. Flush the toilet at the same time you drain the pouch.
Note: If you need to rinse the bottom of the pouch, gently swish water into pouch and empty into the toilet.
5. **For thicker stool**, hold bottom of pouch upward and gently squeeze water into the pouch. Fold bottom of pouch under twice and hold closed. Gently mix water with stool. Flush the toilet at the same time you drain the pouch.
6. Repeat rinsing if needed.
7. Dry the inside and outside of the pouch opening on the bottom of pouch. To dry and clean the inside of pouch, wrap a finger with toilet paper. Insert finger into spout and slide it back and forth. Clean and dry well.
8. If using deodorant, put into the bottom of pouch. If using mouthwash, soak a piece of toilet paper and put into the pouch. May also use Certs® or Tic Tacs® for odour.
9. Close pouch.

Reminders

- ✓ Do not rinse around or on the stoma with water as it weakens the seal and increases the chance of leakage. You are adding water to help the thick stool drain faster. You are not trying to wash the pouch clean.
- ✓ To get rid of air in the pouch, fold the bottom of the pouch up and press gently against abdomen.
- ✓ Try to empty pouch when 1/3 full.
- ✓ It is normal to have to get up at night to empty the pouch.

Always carry a spare pouch change.
This is very important when visiting your doctor,
outpatient clinic, emergency or x-ray department.

As you heal and become more comfortable with your stoma,
you will need to change the pouch less often.