

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

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

## Two-piece drainable pouch for ileostomy or colostomy

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### 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"/> deodorant _____     |
| <input type="checkbox"/> flange _____<br><input type="checkbox"/> cut to fit <input type="checkbox"/> flat | <input type="checkbox"/> closure clamp _____ |
| <input type="checkbox"/> precut <input type="checkbox"/> convex                                            | <input type="checkbox"/> belt _____          |
| <input type="checkbox"/> pouch _____                                                                       | <input type="checkbox"/> tape _____          |
| <input type="checkbox"/> protective wipe _____                                                             | <input type="checkbox"/> eakin _____         |
| <input type="checkbox"/> paste _____                                                                       | <input type="checkbox"/> convex insert _____ |
| <input type="checkbox"/> powder _____                                                                      | <input type="checkbox"/> barrier _____       |
| <input type="checkbox"/> adhesive remover _____                                                            | <input type="checkbox"/> other _____         |
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### Prepare the flange with the checked boxes

- Trace and cut out pattern on back of flange.
  - Use a pre-cut flange.
  - Put convex insert into flange.
  - If you are applying as a one-piece, seal pouch onto flange now. Make sure bottom of pouch is closed.
  - Remove paper backing from back of skin barrier.
  - Squeeze a small ring of paste around the hole you have cut. If you need to reposition paste, wet your finger lightly before touching paste.
  - Mould a piece of strip paste or eakin around opening in flange.
  - Apply barrier ring around opening in flange.
  - Remove paper backing from tape.
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## Preparing skin

1. Empty pouch you are wearing.
2. Loosen tape around edges of flange. Remove 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 skin around stoma.

#### If needed:

- Shave excess hair around stoma.
- Apply powder to red areas on skin. Dust off excess.
- Apply protective wipe and dry well.
- Apply barrier/earskin seal around base of stoma.
- Squeeze a ring of paste around base of stoma.
- Other \_\_\_\_\_

## Applying flange

1. Stretch abdomen flat.
2. Centre opening of skin barrier around stoma. Press firmly.
3. Remove paper backing from tape if not done earlier. Smooth out wrinkles. Seal well.
4. If needed, squeeze paste and/or powder to cover exposed skin around stoma on top of skin barrier.

## Attaching new pouch

1. Close bottom of pouch.
  - Clamp
  - Self-sealing
2. If using deodorant or lubricant, put into opening at the top of the pouch.
3. Gently but firmly attach pouch to flange.
  - If using a floating flange, put fingers under flange and squeeze pouch tightly onto rim of flange.
  - If using a stationary flange, you can push out your stomach while pushing the pouch onto the flange. Apply liquid soap to rim of flange to make it easier to seal the pouch to the flange.
4. Check your seal.



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 be able to change the pouch less often.

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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!
- ✓ You can take a bath or shower 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).
- ✓ Before attaching the pouch onto the flange, determine the best angle for wearing and emptying.
- ✓ Deodorant may be put into the pouch before you attach pouch onto the flange or after pouch is attached.
- ✓ 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.

## Releasing or burping gas from the pouch

1. Hold the top of flange firmly against abdomen with one finger. With the other hand, gently pull the tab to release pouch from flange.
2. Press hand over pouch, flat against your abdomen to help in releasing gas.
3. Reseal pouch onto flange.

## Interchanging pouches

1. Hold the top of flange firmly against abdomen with one finger. Pull gently on the tab at top of pouch to release pouch from flange.
2. With a tissue, wipe the stoma and the ring of the flange clean.
3. If needed:
  - squeeze a fresh ring of paste around stoma
  - squeeze powder around stoma base.  
The powder may be applied alone or on top of the paste.
4. Apply a clean or new pouch with deodorant onto flange. Be sure the bottom is closed. Check your seal.
5. Empty used pouch and rinse. Wash and hang to dry. Separate front and back of pouch for better drying.

## Reusing the same pouch

1. Hold the top of flange firmly against abdomen with one finger. Pull gently on gas release tab to remove pouch from flange.
2. Empty used pouch and rinse with water. Dry outside of pouch if needed. Separate front and back of pouch.
3. May wipe around stoma base with tissue to clean area.
4. If needed:
  - squeeze a fresh ring of paste around stoma
  - squeeze powder around stoma base.
5. Reapply pouch onto flange. Check your seal.

## 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 just before 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 opening, 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 TicTacs® in pouch to help with 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 it is 1/3 full.
- ✓ It is normal to have to get up at night to empty the pouch.