

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

As a rule, a drainable pouch needs to be changed every 5–7 days

Gather the following supplies:

- Plastic bags
- Clean towel
- Toilet paper
- Extra skin protection
- Soft washcloth
- Scissors (if needed)

Remove the used pouch:

- Sit on or next to the toilet. And empty the used pouch into the toilet if necessary.
- Starting at the upper edge of the skin barrier, carefully push the skin away from the barrier with one hand. Slowly peel back the skin barrier with the other hand.
- Peel all the way around the skin barrier until the pouch comes off.
- Seal the pouch in a plastic bag; then put it in a second plastic bag. Throw it away in trash

Clean around the stoma:

- Wipe any stool off the skin around the stoma with toilet paper.
- Clean the skin with warm water and a soft washcloth. Wash right up to the edge of the stoma. Pat the skin dry with a clean towel.
- If needed, put on extra skin protection, such as moisture barrier cream or powder.

Put on the new pouch:

- Peel the backing off the skin barrier and place the precut skin barrier over the stoma. If you don't use a pouch with a precut skin barrier, size and cut the opening (1/16 inch bigger than the stoma) and peel the backing off the skin barrier. Carefully place it over the stoma.
- The pouch opening should point toward your feet.
- Snap the pouch onto the barrier flange (if you use a two-piece pouch).
- Press the barrier against your skin. Hold it in place for 45 seconds.
- Clamp the tail of the pouch (if drainable or reusable).

When to call the nurse or doctor:

- * Pus/foul-smelling drainage/excessive bleeding from your stoma
- * Stoma that separates from the skin or looks like it's getting longer
- * No gas/stool after 24 hours
- * A stoma that is recessing (pulling back) into the abdomen
- * Bulging skin around your stoma
- * Change in the color of your stoma
- * Blood in your stool
- * Change in stoma color
- * Fever of 100.4°F
- * Nausea/Vomiting
- * Increased pain

Adapted from Krames On-Line

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.
 For ALL emergencies requiring IMMEDIATE medical attention, call 911.