

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

Step 1: Prepare the new pouch

- Gather your supplies in the bathroom. These include plastic bags, toilet tissue, a soft washcloth, a clean cloth or towel, an extra skin barrier wipe, and a new pouch
- If you don't use a pouch with a precut skin barrier, size and cut the opening now
- Slowly peel the backing off the skin barrier. Set the skin barrier aside
- Empty the used pouch before removing it.

Step 2: Remove the used pouch

- When removing the used pouch, sit on the toilet. Or, stand in front of the toilet.
- Carefully push the skin away from the skin barrier with one hand. With the other hand, slowly peel the skin barrier off from top to bottom
- Seal the used pouch in a plastic bag. Then throw it away in a trash bin

Step 3: Clean around the stoma

- Use toilet paper to wipe urine or mucus from the stoma or from the skin around it
- Clean the skin with warm water and a soft washcloth. Wash right up to the edge of the stoma. You can also do this when you shower.
- Pat the skin dry with a clean towel

Step 4: Put on the new pouch

- Use a folded paper towel or a piece of gauze to keep your stoma dry while you're putting on the new pouch.
- Using one hand, pull the skin on your abdomen tight to smooth out any wrinkles. Place the barrier over the stoma
- Starting from the bottom of your stoma, apply the skin barrier. Put the palm of your hand over the barrier. Hold the barrier in place for 45 seconds.
- If you use a two-piece pouch, snap the pouch onto the skin barrier. Start at the bottom and work your fingers around the barrier.
- Make sure the pouch drain is in the "closed" position. If this pouch has a drain cap, be sure to close it.

Call Your Nurse or Doctor If:

- The skin around the stoma is red, weepy, bleeding, or broken
- The skin around the stoma itches, burns, stings, or has white spots
- The stoma swells, changes color, or bleeds without stopping
- The stoma sinks below its normal level or below the skin
- The stoma sticks up above the skin more than normal

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.

Teachingsheet-urostomypouchchange/09-09