

HOW TO EMPTY YOUR 1 PIECE POUCH SYSTEM

TRANSCRIPT

Whether you will have an ostomy for a short time, or for the rest of your life, there are steps you can take each day to help make living with an ostomy more comfortable for you.

Empty your pouch when it is about a third to half full. If your pouch gets too full it may pull away from your skin and cause leaks. But you won't be able to feel your pouch filling, so every now and then throughout the day, take a moment to check to see how full it is.

There are different ways to empty your pouch depending on the type and style of pouch system you're using. If you are using a 1-piece pouch system, here is one way that may work for you.

In the restroom, sit or stand in a position that is comfortable and allows you to see a clear view of the water in the toilet. Also, try to position yourself so you won't soil your clothing.

Using the side position, you will sit or stand beside the toilet. If you choose the backward position, you will sit or stand facing the toilet handle. And in the forward position, you will sit as far back on the toilet seat as possible, with your legs on either side of the bowl. With practice, you will find the position that is best for you.

Have some toilet paper handy. Raise the pouch so the opening faces up. Open the pouch by unclamping it or unrolling it. Lower the pouch opening into the toilet and slide your hands over the pouch to push the waste out. Wipe the opening of the pouch inside and out with toilet paper. If you use pouch deodorant, add it now. Close your pouch and wash your hands thoroughly.

With practice, emptying your pouch will get easier and become routine. Remember to empty it when it is a third to half full. To avoid leaks, do not let it get too full.