

Step-by-Step: Stoma Care: Changing the Pouch

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Sit far back on or next to the toilet. If you use a drainable pouch, follow instructions for emptying it.

Starting at the upper edge of the skin barrier, carefully peel back the barrier with one hand.

Gently lift a corner of the old skin barrier while pressing on the skin to break the seal, and peel the skin barrier downward.

Peel all the way around the skin barrier until it comes off.

Seal the used pouch in a plastic bag and throw it away.

Wash your hands with soap and water, dry well.

Use toilet paper to wipe any stool off the skin around the stoma.

Clean the skin with warm water and a soft washcloth right up to the edge of the stoma.

Pat the skin dry with a clean towel.

Then check the skin for cuts or rashes.

Slowly peel the backing off the barrier.

Some backing comes in two parts: a center part, and an outer ring. If so, peel only the center backing off.

Carefully place the barrier over the stoma. Press the barrier against the skin with your fingertips.

Remove the outer ring of the backing if there is one.

Lay your palm over the barrier and hold it there for 1 minute. This helps seal the barrier to your skin.

If needed, rinse the clip, then lay the bar of the clip flat against the pouch, about one inch from the bottom of the tail. Fold the tail up over the bar.

Make sure the tail lies flat against the bar and the whole width of the tail is held within the bar.

Close the clip and press the two parts together until they lock.

If your pouch has a hook and loop fastener instead, fold the tail and press the two sides of the hook and loop fastener together.

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Wash and scrub your hands with soap and water for at least 20 seconds.