

# Step-by-Step: Stoma Care: Emptying the Pouch

## Stoma Care: Emptying the Pouch.

Sit far back on the toilet. You can also sit or stand facing the toilet or stand next to the toilet.

Pull your clothing away from the pouch. Holding the bottom of the pouch up, undo the clip and set it aside. Slowly unroll the tail of the pouch over the toilet.

Holding the pouch with one hand, slide your other hand down the pouch to empty it of stool. Wipe the inside and outside of the tail with toilet paper.

Holding the tail up, pour water into the pouch. Hold the tail closed and shake the pouch gently.

Empty the water into the toilet. 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.

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