

# Step-by-Step: Stoma Care: How to Irrigate

Stoma Care: How to Irrigate. You should be sitting next to the toilet with a sleeve attached and the sleeve end in the toilet.

Holding the cone upright, open the clamp slightly to let water into the tube. Once water starts to come out, close the clamp.

Making sure the clamp is closed, slide the cone into your stoma. Once the cone is in place, slowly open the clamp on the tubing.

Allow the water to flow gently into the stoma for about 10 minutes. Then close the clamp on the tubing. Wait for about a minute, then remove the cone.

Seal the top of the sleeve. Allow stool and water to flow through the sleeve and into the toilet for 40 minutes.

When stool and water stop flowing, remove the sleeve and empty it into the toilet, clean and dry the skin around the stoma. Cover the stoma with a small pouch to catch any drainage.

You can get up and move around freely during this time. Fill the sleeve with three parts warm water, and one part vinegar, then hold it closed and shake.

Empty it and rinse with water. Hang it to air-dry. When you are done, wash your hands.

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