

Step-by-Step: Stoma Care: Preparing to Irrigate

Stoma Care: Preparing to Irrigate. First, gather your supplies. You should have your irrigation kit, including the bag, tubing, cone, and sleeve, water soluble lubricant, and a stoma cap or a small pouch.

To get ready for irrigation, wash your hands with soap and warm water. Close the clamp on the tubing attached to the irrigation bag.

Fill the bag with about one quart or four cups of warm water. The water should not be hot. Hang the bag on a hook above the toilet.

Ensure the bottom of the bag is about even with your shoulder when you are sitting next to the toilet. Remove your pouch. Gently clean around the stoma as you have been instructed.

Sit next to the toilet and put on the irrigation sleeve. To do so, place the round opening of the sleeve around the stoma.

Snap the sleeve onto your skin barrier. If the sleeve is self-adhering, press to secure it or fasten the adjustable belt to secure the sleeve.

Rub water-based lubricant on the tip of the cone at the end of the tubing. Put the open end of the sleeve over the toilet.

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