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Changing a One-Piece Colostomy/Ileostomy Appliance:

C7

You will need all of the equipment that is checked off below with a \square mark:

- □ Ostomy pouch
- □ Measuring guide
- □ Wet and dry cloths
- Garbage bag Pen
- □ Paste strip □ Moldable ring
- □ Barrier wipe/spray
- □ Razor

□ Ostomy powder

□ Scissors

Please follow the steps that have a \square mark:

- Take off the old pouch using one hand to press down on your belly and the other hand to lift the wafer. Throw the old pouch in the garbage.
- □ Wash the skin around your stoma (opening) with warm water. Pat the skin dry.
- □ If needed, shave around your stoma using ostomy powder. Clean well with warm water. Pat the skin dry.
- □ Measure your stoma using the measuring guide. Trace and cut an opening following this guideline:
 - > If you have a colostomy, trace and cut 1/8 inch (4 mm) larger than your stoma.
 - > If you have an ileostomy, trace and cut 1/16 inch (2 mm) larger than your stoma.
- □ If the skin around your stoma is red and dry, use barrier wipe/spray over skin that is red. Let the area dry.
- □ If the skin around your stoma is red and moist (wet), apply ostomy powder to skin that is red and brush off using a dry cloth. The powder will stick to any moist areas. Use barrier wipe/spray over skin where powder was applied. Let the area dry.
- □ Take the plastic backing off the wafer.
- □ Put a paste strip around the opening on the back of the wafer. Pinch off any extra paste.
- □ Put the moldable ring around your stoma, directly on your belly.
- Centre the wafer around your stoma. Press the inner ring of the wafer next to your stoma to make sure there is a good seal.
- □ Close the bottom of the pouch by folding the bottom upwards 3 times so the large Velcro[®] strip is showing. Fold the 2 tabs inwards to hold the Velcro[®] in place.
- □ Hold your hand over the pouch and apply firm pressure for 30 to 60 seconds.
- \Box Empty the pouch when it is 1/3 full.
- □ Change the pouch every 4 to 5 days or as soon as you see a leak.

Please call the Clinic at 902-473-7503 if you have any questions.

Notes:

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> *Prepared by:* Enterostomal Therapists, QEII *Designed by:* Nova Scotia Health Library Services

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