

Changing a One-piece Colostomy or Ileostomy Pouch Western Zone

You will need all of the supplies that are checked off below:

- | | | |
|---------------------------------------------|----------------------------------------|------------------------------------------------|
| <input type="checkbox"/> Ostomy pouch | <input type="checkbox"/> Pen or marker | <input type="checkbox"/> Barrier wipe or spray |
| <input type="checkbox"/> Wet and dry cloths | <input type="checkbox"/> Paste strip | <input type="checkbox"/> Razor |
| <input type="checkbox"/> Scissors | <input type="checkbox"/> Tube paste | <input type="checkbox"/> Belt |
| <input type="checkbox"/> Measuring guide | <input type="checkbox"/> Moldable ring | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Garbage bag | <input type="checkbox"/> Ostomy powder | |

Follow the steps that are checked off below:

- Take off the old pouch:
 - › Use 1 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 the area around your stoma using ostomy powder. Wash your skin well with water, then pat the skin dry.
- Measure your stoma using the measuring guide. Trace and cut an opening **2 mm** bigger than your stoma.
- If the skin around your stoma is red or sore, and dry:**
 - › Use barrier wipe or spray on red skin. Let the area dry.
- If the skin around your stoma is red or sore, and moist (wet):**
 - › Put ostomy powder on red skin. The powder will stick to any moist areas. Use a dry cloth to brush off extra powder.
 - › Use barrier wipe or spray on area where powder was applied. Let the area dry.
- Take the plastic backing off the wafer.

- Put a paste strip or tube paste around the opening on the back of the wafer. Pinch off any extra paste strip.
- Put the moldable ring around your stoma, directly on your belly or on the back of the wafer.
- Centre the pouch around your stoma. Press the inner ring of the wafer next to your stoma to make sure there is a good seal.
- Take the backing off the taped border, if present.
- Close the bottom of the pouch: _____
- Hold your hand over the pouch and apply firm pressure for 30 to 60 seconds.
- Empty the pouch when it is $\frac{1}{3}$ full.
- Change the pouch every 4 to 5 days, or as soon as you see a leak.

If you have questions, call the Nurses Specialized in Wound, Ostomy and Continence (NSWOC) Clinic:

› Phone: 902-543-4604 ext. 2488

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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