

# Changing a Two-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"/> Garbage bag   | <input type="checkbox"/> Ostomy powder         |
| <input type="checkbox"/> Wafer              | <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: _____          |

**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 the skin well with warm 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 wafer 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.
- Attach the pouch to the wafer: \_\_\_\_\_
- 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.

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

*Prepared by:* Enterostomal Therapists, Western Zone  
*Designed by:* Nova Scotia Health Library Services