

Changing a One-Piece Colostomy/Ileostomy Appliance

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

- | | | | |
|---|--|--|---|
| <input type="checkbox"/> Ostomy pouch | <input type="checkbox"/> Measuring guide | <input type="checkbox"/> Paste strip | <input type="checkbox"/> Barrier wipe/spray |
| <input type="checkbox"/> Wet and dry cloths | <input type="checkbox"/> Garbage bag | <input type="checkbox"/> Moldable ring | <input type="checkbox"/> Razor |
| <input type="checkbox"/> Scissors | <input type="checkbox"/> Pen | <input type="checkbox"/> Ostomy powder | |

Please follow the steps that have a 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.
- 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.

