

# Changing a One-piece Colostomy/Ileostomy Pouch Western Zone

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

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

Follow the steps that are checked off below:

- Take off the old pouch:
  - › Use 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 the area around your stoma using ostomy powder. Clean well with water, then pat the skin dry.
- Measure your stoma using a measuring guide. Trace and cut an opening **no more than 2 mm** bigger than your stoma.
- If the skin around your stoma is red or sore, and dry:**
  - › Use barrier wipe/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/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 ostomy pouch 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:
  - › Fold 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.

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

› Phone: 902-543-4604 ext. 2488

**Looking for more health information?**

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

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

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

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

*Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

[www.nshealth.ca](http://www.nshealth.ca)

*Prepared by: Enterostomal Therapists, Western Zone*

*Designed by: Nova Scotia Health Library Services*

The information in this handout is for informational and educational purposes only.  
The information is not intended to be and does not constitute health care or medical advice.  
If you have any questions, please ask your health care provider.