

Changing a Two-piece Colostomy/Ileostomy Pouch Western Zone

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

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|---|--|---|
| <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/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"/> Measuring guide | <input type="checkbox"/> Moldable ring | |

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 wafer around your stoma. Press the inner ring of the wafer next to your stoma to make sure there is a good seal.
- Attach the pouch to the wafer. Close the lock by pressing the sides of the lock together.
- 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

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