

Let's Talk About...

Ostomy care: Changing a one-piece pouch

When your child has an ostomy, the surgeon brings a part of the intestines to the skin of the abdomen. This is the stoma. Stool leaves the body through this opening. The ostomy pouch is designed to catch and hold stool. It will have to be changed regularly.

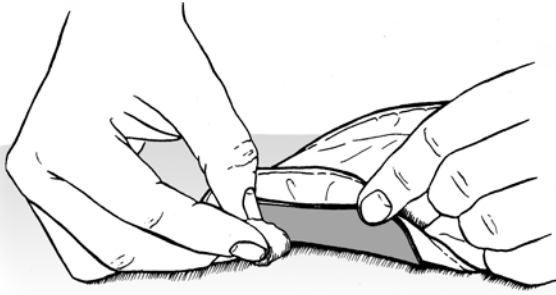
How do I change the ostomy pouch?

(Refer to the numbered illustrations)

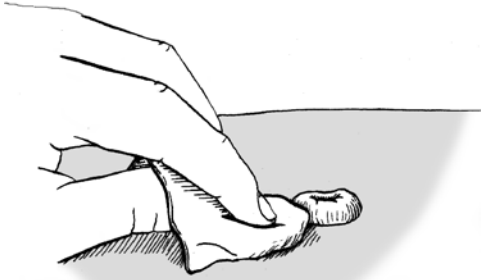
- 1 Empty the pouch into the toilet or diaper.
- 2 Remove the old pouch by using a small amount of water on a cotton ball or soft washcloth. Do not use baby wipes. Place one hand on the skin near the upper edge of the skin barrier. Take your other hand and gently pull the skin barrier off the skin. As you remove the skin barrier, carefully push the skin away from the barrier.
- 3 Clean the skin with mild soap or water using a washcloth or a few cotton balls. Be sure to remove all of the stool. Rinse the skin and pat it dry. Stool will continue to ooze from the stoma. You may need to clean the area more than once.
- 4 Measure the stoma with the measuring guide. Always add an extra 1/16 to 1/8 inch to your measurement. This will ensure the correct size. Measure the stoma once or twice a week for the first few weeks after surgery. When the swelling goes down, measure the stoma once or twice a month.
- 5 Trace the stoma size you just measured onto the back of the skin barrier wafer.
- 6 Cut a hole in the skin barrier wafer to the size you have marked.
- 7 Peel off the backing from the skin barrier wafer.
- 8 Apply a thin ring of stoma paste or caulking around the stoma hole you have cut in the skin barrier wafer. Let it dry for about 30 seconds.
- 9 Be sure that the skin is clean and dry. Place the center hole of the skin barrier wafer over the stoma and press it to the skin. Be sure the skin barrier wafer is on the skin and that no part of the stoma is caught under the wafer.
- 10 Gently press your finger around the stoma to help seal the area around the skin barrier wafer. Make sure the wafer is smooth and doesn't have wrinkles. The pouch opening should point toward the diaper or be positioned toward the hip.
- 11 Apply a warm washcloth over the pouch. Hold it in place for 3–5 minutes or until the skin barrier wafer is sealed to the skin.
- 12 Make sure all the air is out of the pouch. Close the pouch with hook and loop device, adhesive clamp, or built-in pouch closure.



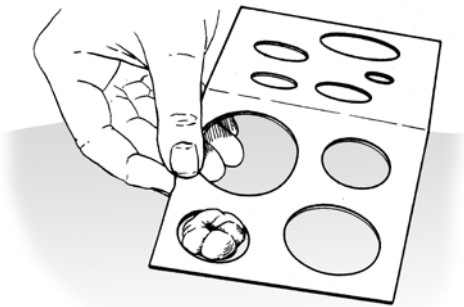
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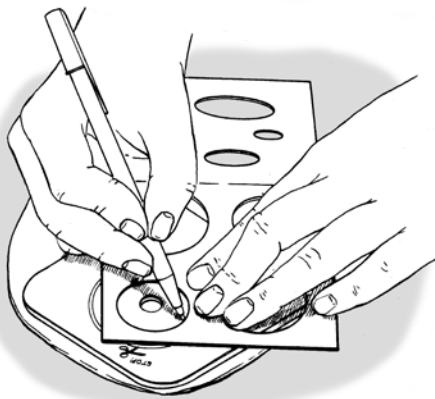
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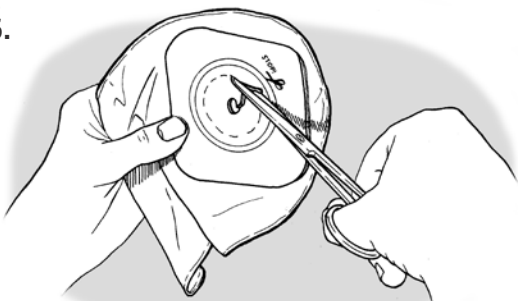
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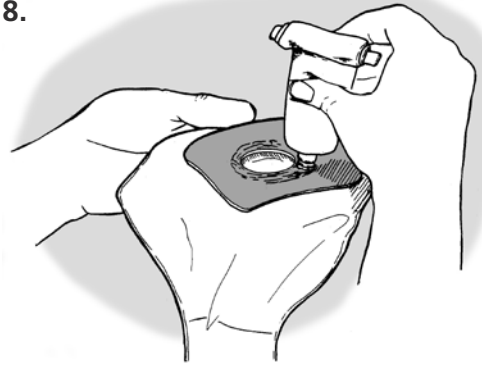
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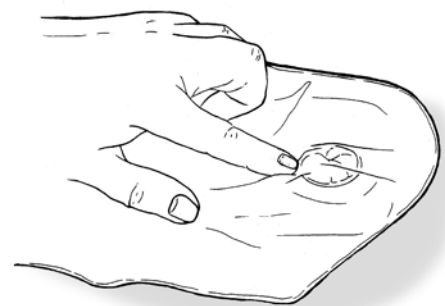
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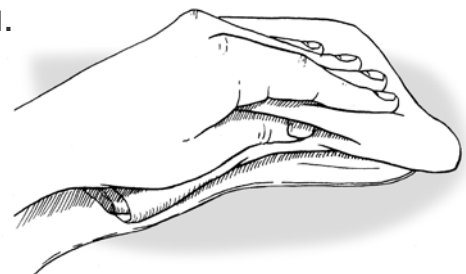
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Equipment tips

How do I use a barrette clamp:

- Open the clamp
- Lay clamp flat on the tail of the pouch
- Fold the end of the pouch over the clamp (see Figure 1)
- Close the clamp (see Figure 2)

How do I use an adhesive clamp:

- Remove the backing from the clamp (see Figure 3)
- Place the sticky side of the clamp on the underside of the pouch. Press down to make it stick (see Figure 4)
- Tightly roll the end of the pouch around the clamp 3–4 times (see Figure 5)
- Fold the ends of the clamp over each other (see Figure 6)

Figure 1

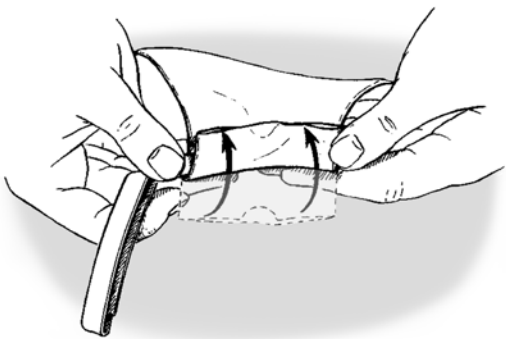


Figure 2

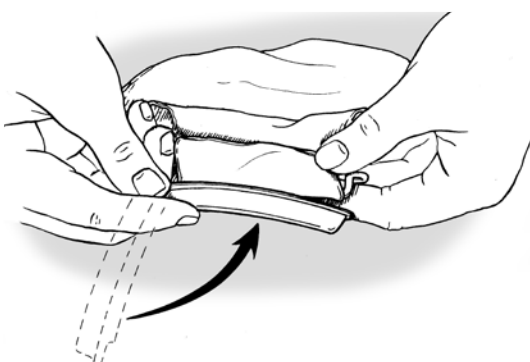


Figure 3

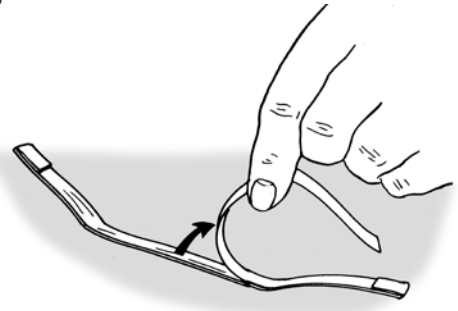


Figure 4

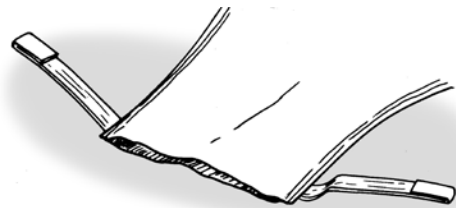


Figure 5

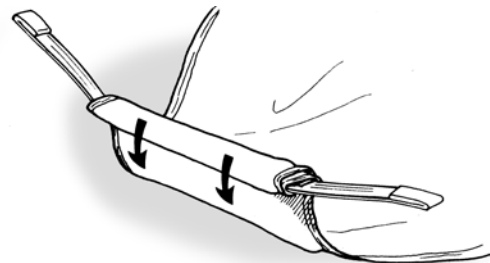


Figure 6

