



Colostomy Care at home

Change of a 2-piece appliance

Application of a 2-piece colostomy/closed pouch

You will need:

- a) Disposal bag
- b) Dry wipes for washing/drying
- c) Warm water for washing
- d) New pouch and wafer
- e) Scissors for cutting wafer (if required)
- f) Any accessories you may use

It is important to be prepared and have all equipments you require at hand before starting your stoma care.



Remove the used pouch.



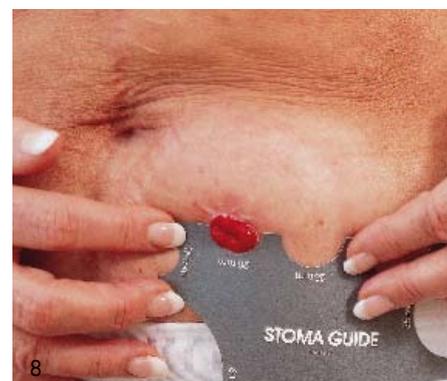
Empty the pouch contents by cutting open the bottom of the pouch, and flush the contents away.



Cleanse your stoma and the surrounding skin thoroughly.



Dry with clean, dry non-woven wipes. It is important that the skin surrounding your stoma is completely dry before putting on a new pouch.



If needed use the stoma measuring guide to determine the size of the stoma.



Press the wafer from centre to edge and continue around the stoma until you are certain the wafer fits snugly and securely.



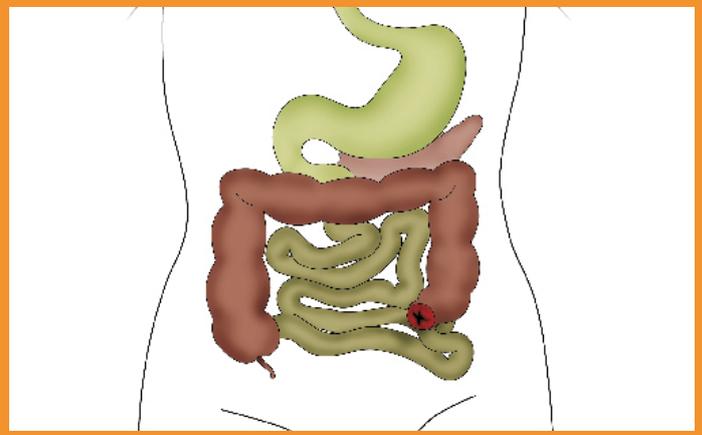
Snap the pouch onto the wafer.



Use your fingers all the way around to make sure the pouch is attached to the wafer.

Colostomy

A colostomy is a surgically created opening in the large bowel. The bowel is brought through the abdominal wall and sutured to the skin. The output, volume and consistency vary in each individual case and on the location of the stoma within the colon. The stoma is red and moist; there are no nerve endings in the stoma and therefore no sensation.



3
Tighten the skin on your abdomen by pressing it with one hand, while you carefully remove the adhesive wafer.



4
Place the used pouch and wafer into a small disposal bag, tying a knot before placing into a waste bin.



5
Dampen a few non-wovens in lukewarm water.



9
If your stoma is uneven or oval, adjust the hole in the wafer with small, sharp scissors or use the tip of your finger to even the hole to the correct stoma diameter. Remember: it is important that the hole fits your stoma snugly without applying any pressure.



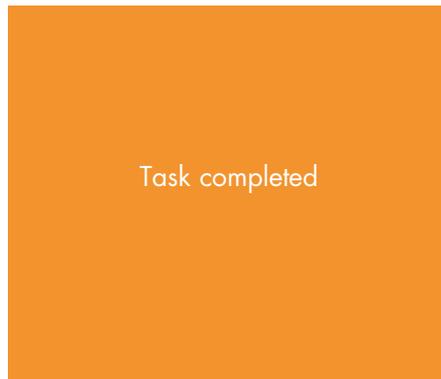
10
Remove the protective covering of the adhesive wafer immediately before application.



11
Centre the adhesive wafer opening over the stoma and press into place.



15
Double check that the pouch is securely connected to the wafer ring.



Task completed



16

Tips for daily stoma care



Measure your stoma's diameter often

Your stoma will be oedematous (swollen) immediately after surgery and during the next few weeks. Because the swelling gradually recedes, it is important that you frequently measure the diameter of your stoma. There is a stoma-measuring guide in the top of each box. Make a habit of checking the size of your stoma every time you open a new box of stoma pouches.



Ensure the wafer fits as exactly as possible

You achieve maximum skin protection around your stoma by adjusting the hole in the adhesive wafer as exactly as possible. The wafer must fit your stoma snugly without applying pressure or irritating the surface of the stoma.



Added protection for sensitive skin

If you need extra skin care around your stoma and under the adhesive wafer to keep your skin pliable, use a skin cream. Apply a thin layer around your stoma, allowing your skin to absorb it for a few minutes before positioning the adhesive wafer.



Better adhesion

If there are skin folds or scar tissue around your stoma, you can make the adhesive wafer more pliable by warming it first, for example, in the waistband of your clothing. This enables the wafer to adapt accurately to the folds of your skin, thus minimizing possible leakage.



Additional support

Belts are used to provide additional support and security, especially if you have a soft abdomen and/or a flush or retracted stoma. Belts are easily attached to the belt ears on the pouch.