



Colostomy Care at home

Change of a 1-piece appliance

Changing a colostomy pouch



1
Begin by carefully removing the used pouch. As an added precaution to avoid spillage, place a disposable plastic bag in your waistband.



2
Tighten the skin on your abdomen by pressing it with one hand, while you carefully remove the adhesive wafer.



5
Cleanse your stoma and surrounding skin thoroughly.



6
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.



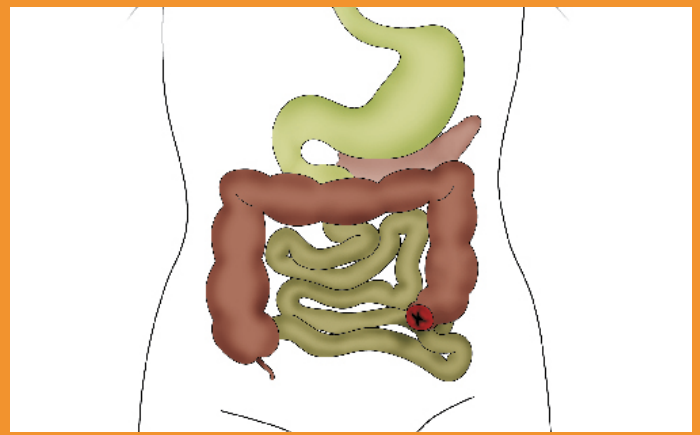
9
Begin putting on your pouch by positioning the adhesive wafer on the skin immediately below your stoma.



10
Press the wafer from centre to edge with your fingers to ensure it is securely in place. Continue around the stoma until you are certain the wafer fits snugly and securely.

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 Empty the pouch contents, by cutting open the bottom of the pouch, and flush the contents away. Place the used pouch into a small disposal bag, tying a knot before placing into a waste bin.



4 Dampen a few non-woven wipes in lukewarm water.



7 Use the stoma guide to check the starter hole of the adhesive wafer. If your stoma is uneven or oval, adjust the starter hole with small, sharp scissors. Remember: it is important that the hole fits your stoma snugly without applying any pressure. This prevents redness in the immediate area around your stoma.



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



11 Task completed.

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.



Disposing of used pouches

When disposing of used pouches, it is a good idea to fold the adhesive wafer before putting it in the waste bin, as folding the wafer seals the pouch.