



## How to Change Your Ostomy Pouch

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### How to Change Your Ostomy Pouch Using a One-Piece Pouching System

Prepared for: \_\_\_\_\_

Your stoma size is: \_\_\_\_\_

The supplies you will be using are:

_____	_____
_____	_____
_____	_____
_____	_____

### Gather Supplies:

- |  |   |
|--|---|
| <input type="checkbox"/> Adhesive Remover  | <input type="checkbox"/> Mirror             |
| <input type="checkbox"/> Warm Water        | <input type="checkbox"/> Paper Towels       |
| <input type="checkbox"/> Pouching System   | <input type="checkbox"/> Belt               |
| <input type="checkbox"/> Stomahesive Paste | <input type="checkbox"/> Skin Protectant    |
| <input type="checkbox"/> Measuring Guide   | <input type="checkbox"/> Stomahesive Powder |

1. Remove pouching system. Discard in plastic bag. Save the clamp. Do not flush the supplies.
2. Wash the skin and the stoma with warm water and paper towels. Dry well.

3. Measure the stoma with a measuring guide. The opening should be 1/8" larger than your stoma. Trace the opening onto the paper backing of your pouch.
4. Before cutting, make sure the front of the plastic pouch is pulled away from to prevent puncturing the plastic.
5. Cut along the tracing using a scissors with a short curved blade. Smooth any jagged edges with your finger or the scissors.
6. Remove the white paper backing from the skin barrier.
7. Apply stomahesive paste to the back of the skin barrier at the edge of the cut opening. Set aside for one minute.
8. Apply skin protectant, if desired, and allow to dry.
9. Place the pouching system over the stoma. Press gently against the skin barrier for 30 seconds, especially around the stoma.
10. Remove the white release paper from the tape collar and smooth onto the skin.
11. Apply the clamp, or make sure the adapter is closed if it is a urinary pouch.
12. Change every 3 or 4 days or as suggested by your nurse.