Discharge Instructions for Application of the
Two Piece Ileostomy/Colostomy Pouching System

Introduction
This handout will help you change your pouch after you return home. You should apply your pouch when the bowel is least active. For some people, this means mornings before eating or drinking. For others, the bowel is most quiet two to three hours after meals. Once you are eating a regular diet, the consistency of the stool will change. Then it will be easier to tell the best time to change the pouching system. When possible, apply the pouch to a smooth skin surface. This is easiest when standing or lying down. A smooth surface will give a more secure fit.

Equipment
Have your instructions and equipment ready and within reach before you begin:

- Soft disposable cloths or washcloths
- Wafer ________________________________
- Pouch ________________________________, allow 1 inch of wafer between flange and base of the stoma. Use the same size pouch as wafer, the size you use will depend on your stoma size
- Tail clamp
- M9 deodorant drops
- Stoma paste, may be optional
- Waste container or plastic bag
- Convex insert, only if fitted for one by the ET nurse

Changing Your Pouch
Assemble the clean pouch

1. Cut pattern in the wafer to match your stoma size. Make sure that at least 1 inch of wafer is present between the plastic flange and your stoma.

2. If your wafer has been fitted with a convex insert, you will need to continue using one. Add the convex insert to the new flange. The stoma pattern must allow at least 1/8 inch of wafer between the convex insert and the base of the stoma. The wafer protects the stoma from the convex insert. Convex inserts can be washed and reused.

3. Add about ten drops of M9 deodorant to the pouch. You may replace the deodorant drops each time the pouch is emptied, if you wish.

4. Close the pouch with the clamp. Hold the clamp in your right hand. Lay the blade of the clamp on top of the end of the pouch. Fold the end of the pouch over the blade. Close the grooved piece over the blade until it locks securely
in place. The curve of the clamp should match the curve of your body. If you do not have a clamp, two rubber bands may be used to close the opening of the pouch.

(over)

5. The pouch and the flange can be snapped together and applied as one unit. They can also be applied separately.

6. Remove all of the paper backing from the stomahesive wafer.

**Removing the old pouch**

1. Gently peel the pouch away from your skin, pressing against the skin with your fingers. The pouching system can be thrown away. Remove and save the clamp. Put the pouch in the waste container after draining.

2. Wipe away any stool or mucus on and around the stoma with a washcloth. A small amount of blood may appear around the stoma when it is cleaned. This is normal.

3. Clean the skin around the stoma with warm water. You do not have to use soap. Rinse well and pat dry.

4. Remeasure the stoma to be sure that the pattern matches the stoma size. There should be no exposed skin between the wafer and the stoma.

**Applying the new pouch**

1. If your stoma is retracted and a convex insert is being used, apply a ring of stomahesive paste around the stoma. If this is hard to see, apply paste to the opening you have cut in the wafer instead. Either will give a tight seal.

2. Place the wafer gently in position over the stoma. Apply light pressure for 30 seconds. Knead the stomahesive remaining exposed inside the flange to the base of the stoma. This will insure a tight seal. Smooth the adhesive edges.

3. Make sure the inner surfaces of the pouch are separated and the pouch has a little air in it.

4. Find the bottom lip portions of the flanges on the wafer and the pouch. Starting at the bottom, apply gentle pressure around the edge of the pouch flange until it snaps in place onto the wafer flange. Tug downward on the pouch to make sure that it is locked in place.
5. If you are using a belt, attach it to the tabs on the flange. Be sure your belt is not too tight and is in line with the stoma (not riding up).

6. If a belt is not used, tape the tabs on the flange to the wafer using cloth tape. This will help keep the pouch from unsnapping.

**When to change the pouch**
1. Plan to empty your pouch when it is 1/3 full or filled with gas. It can be rinsed out with water if you prefer. The pouch should not be thrown away daily.

2. You should routinely change the pouching system (both wafer and pouch) every four to five days. Change sooner if you have any itching, burning, or leaking.

**Follow Up**
Follow up visits to the Enterostomal Clinic are encouraged. Your stoma will reach its final size six to eight weeks after surgery. You may need a different size pouching system after discharge. You will be remeasured at your Enterostomal Clinic appointment. Bring an extra pouch and wafer with you to your clinic appointments.

The ET (Enterostomal Therapy) Nursing Services will help you with all aspects of stoma care. Tell the ET nurse if you have frequent leakage problems, skin problems, difficulties with pouch care, or questions or concerns about living with a stoma. Your ET nurse can be reached at (612) 725-2000, extension 3565.

When you need ostomy supply refills, call the Pharmacy refill number, 1-800-661-0827, or mail in your refill slips. Allow 10-14 days to receive your supplies.

The phone number for the Enterostomal Clinic secretary is (612) 467-3497. Call the secretary to make or change appointments.

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