Discharge Instructions for Application of the
One Piece Drainable Pouching System

Introduction
This handout will help you when you change your pouch after you go home. You should apply the pouch when your 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 stool will become more solid. 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:

- skin barrier wipes, optional
- soft disposable cloths or wash cloth
- pouch: __________________________
  ➢ Presized, already has the opening; the size depends on the size of your stoma
  ➢ Cut to fit, cut pattern in the skin barrier to match your stoma size
- clamp
- M9 deodorant drops
- skin barrier paste
- waste container or plastic bag

Changing Your Pouch

Assemble the clean pouch
1. Add about 10 drops of M9 deodorant to the pouch. You may replace the deodorant each time the pouch is emptied, if you wish.

2. 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. Then close the grooved piece over the blade until it locks securely in place. The curve of the clamp should follow 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.

3. Remove the plastic and paper backings from the back of the pouch. Put in waste container.

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

(over)

2. Wipe away any stool or mucus on and around the stoma, using the washcloths. 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.

**Applying the new pouch**

1. Apply a ring of skin barrier paste around the stoma or the stoma opening of the pouch. Most patients, especially those requiring deep convexity, will need the paste for a better seal.

2. If you are using skin barrier wipes, apply to the skin about one inch out from the stoma and let dry for 30 seconds.

3. Place the assembled pouch over the stoma quickly, so stool doesn't leak onto the skin.

4. Hold the pouching system to the skin for a moment. Smooth the tape to the skin to get rid of wrinkles. These steps will secure the seal.

5. If you are attaching a belt, be sure it is not too tight and is in line with the stoma (not riding up). Pressure marks on your skin mean the belt is too tight.

**When to change the pouch**

You should change the pouching system two times a week. Change it sooner if you have any itching, burning or leaking. Plan to empty your pouch when it is 1/3 full of stool or gas. The pouch can be rinsed out with water if you prefer.

**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 during your clinic appointment. Bring an extra pouch with you to your clinic appointments.

ET Nursing Services will help you with all aspects of stoma care. Call the ET nurse at (612) 725-2000, extension 3565, if you have frequent leakage problems, skin problems, difficulties with pouch care or questions/concerns about living with a
The phone number for the Enterostomal Clinic secretary is (612) 467-3497. Call the secretary to make or change appointments.

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.

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