

Changing a one-piece stoma pouch

Using the example of a urostomy
(same method applies for a colostomy and ileostomy).



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Dear Patient,

In hospital you had an artificial opening created for your bowel or bladder (a stoma).

It is important that you learn how to change your stoma pouch for yourself so that you can regain your independence as quickly as possible. We would like to help you with this. Using the example of a urostomy (an artificial opening for the urinary tract), this booklet gives you a step-by-step guide to how to change your one-piece stoma pouch. Take all the time you need and do not be discouraged by minor setbacks if everything does not work out right away.

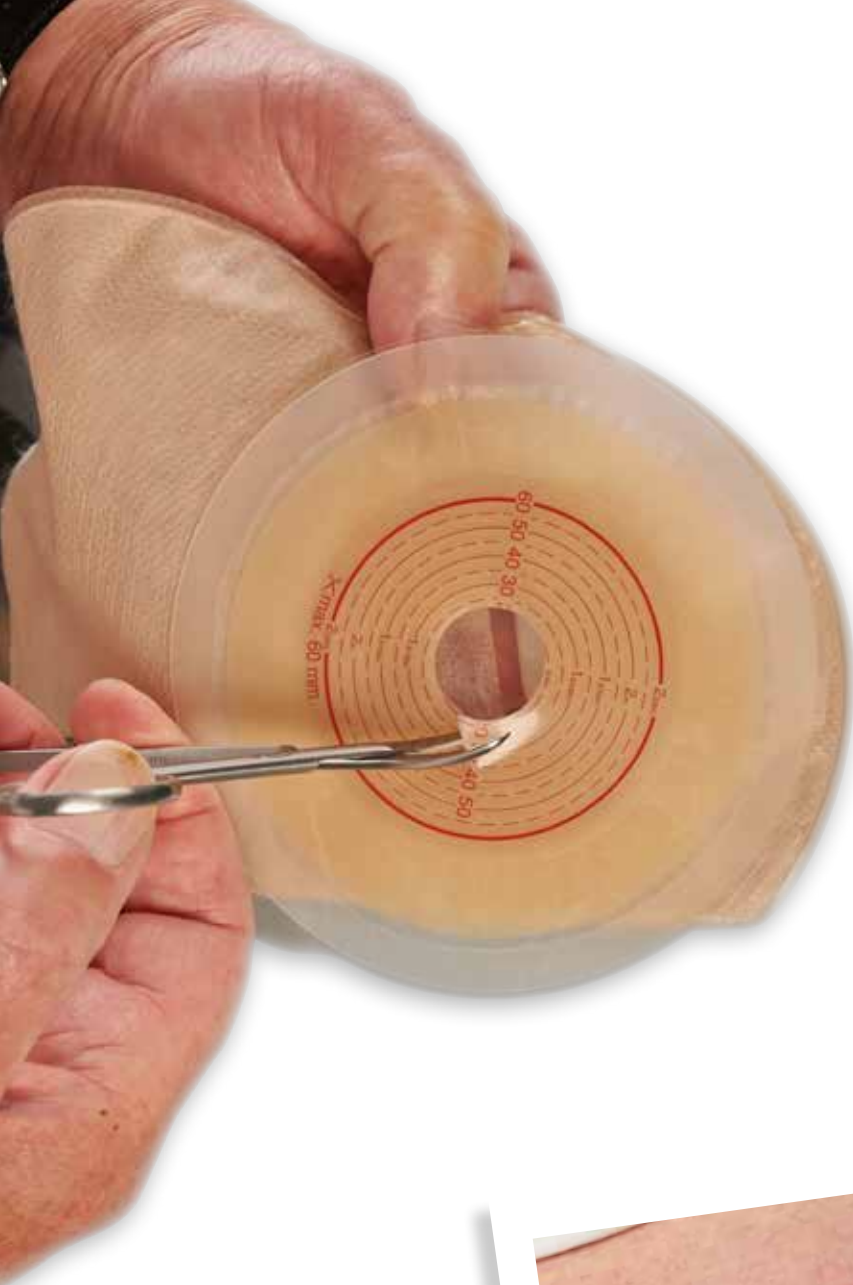
Your doctor or stoma-care nurse can answer any specific questions you may have about your medication and care.



1. Lay out all the equipment you need to change your pouch. Remember adhesive remover spray, if you use this.

2. After removing your pouch, clean and dry the stoma and the surrounding skin with the soft wipes provided. You can use warm tap water for this.





3. Cut the adhesive area of your pouch to fit the size of your stoma.

TIP

Where applicable, you can use a previously prepared template to help with this. Your stoma nurse will help you if you find this difficult.



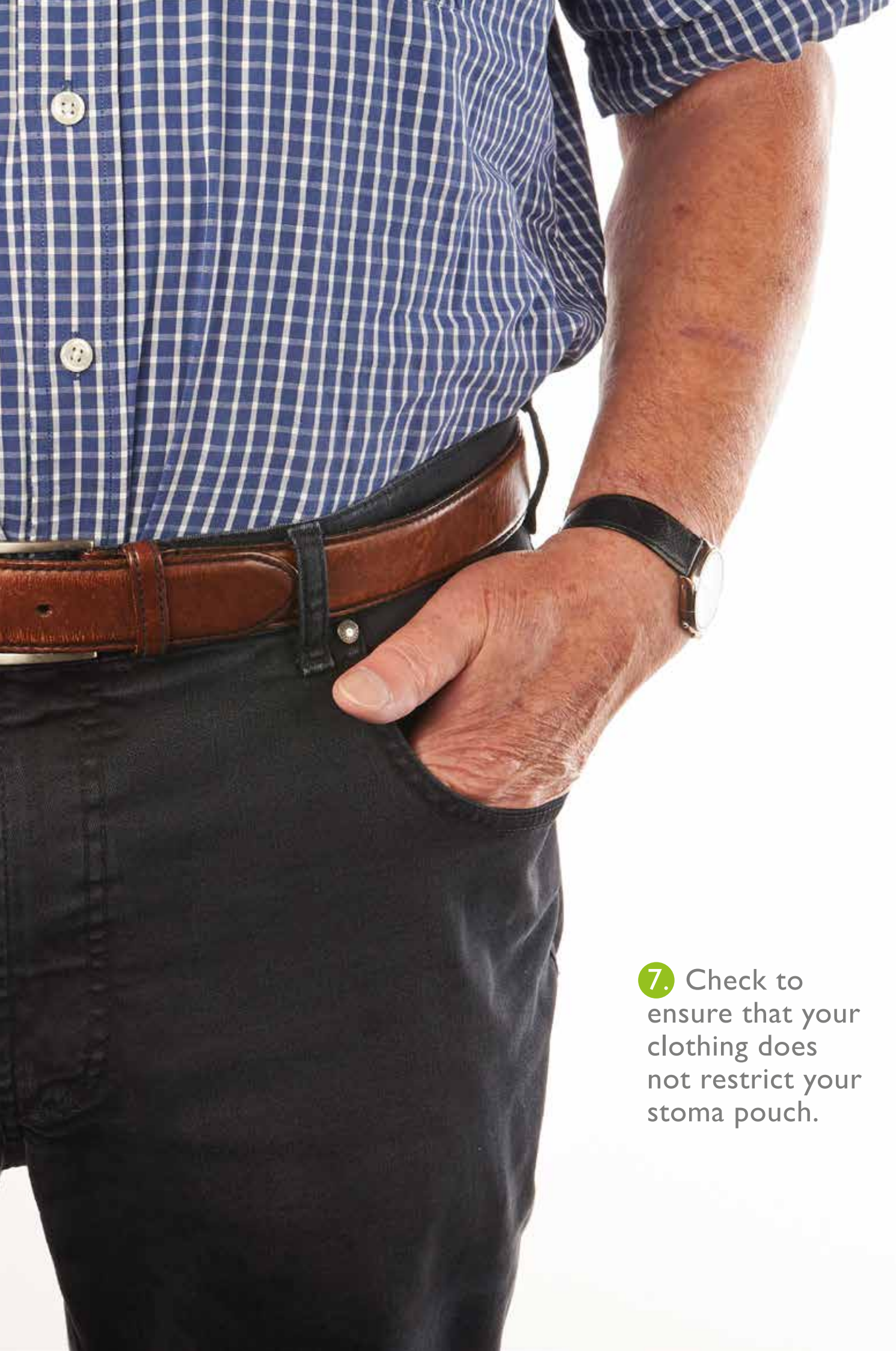
4. Now remove the protective film from the adhesive area.



5. Position the opening of the bag against the lower edge of your stoma and apply it moving from the bottom to the top.

6. Then mould the adhesive area to your body, warming well.





7. Check to ensure that your clothing does not restrict your stoma pouch.

If you have any questions please contact your stoma nurse.

Stoma Nurse:

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Contact Number:

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Notes:

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