

Preparation

The ideal setting for changing your appliance is the bathroom.

Before starting to change your appliance, make sure you have the following to hand:

- Bowl of warm water
- Non-woven wipes (not tissue)
- Disposal polythene bags
- Medical adhesive remover (e.g. Appeel®)
- Barrier wipe (e.g. LBF®)
- Prepared appliance (and clip/tie if necessary)
- Deodorant spray if required (e.g. LiMone®)

1. Wash hands.

2. If using a drainable pouch, please unfold bottom of pouch and empty contents into toilet.



3. Apply adhesive remover on top and around the edge of the flange and wait a few seconds. Gently peel back the flange, applying additional remover if required.



4. Remove excess soiling on the stoma and surrounding skin with dry non-woven swab.



5. Wash stoma and surrounding area with water and dry thoroughly.

6. If necessary, check the size of your stoma, using the measuring card supplied.



7. If your pouch needs adjusting, cut a hole to the required size using a pair of pouch cutting scissors*.



8. Apply barrier wipe to skin around stoma. Leave for a few seconds until dry. This will not affect pouch adhesion.



It may help to warm the flange with your hands or even a hair dryer before removing the protective cover. This will help the flange to adhere better to the skin.

9. Remove the protective cover from the adhesive flange.

(For 2-piece users please see section on next page)



10. Fit pouch ensuring there are no creases in the adhesive.



11. Allow a few minutes for the adhesive to mould to the skin.

12. Place used pouch (after emptying contents into toilet) and swabs in the disposal bag, seal bag and put into domestic refuse bin. If using a flushable pouch separate the inner and outer linings and flush the inner pouch (flange side up) and contents down the toilet, disposing of the outer cover in the bin*.



*Pouch cutting scissors are available, free of charge, to current users of the SecuriCare home delivery service. Please call 0800 585125 for more details.

You will find a flushable pouch demonstration on our website at www.securicaremedical.co.uk or visit our site on Youtube.

13. Wash hands.



2-piece pouches

2-piece pouches have a separate flange with a raised collar on to which the pouch is fitted. The flange can be kept on for 2 to 3 days and new pouches can be attached when necessary. 2-piece pouches are available for colostomates, ileostomates and urostomates.

Attaching a 2-piece pouch

Follow the sequence opposite for cleaning and measuring your stoma up to point 9.

Fit flange, ensuring there are no creases in the adhesive.



Fit pouch to the flange from bottom, ensuring that the pouch and flange are aligned.



Emptying stoma pouches

There are 3 types of pouches for different stoma types:

Colostomates

Colostomy pouches are sealed. The changing sequence is as shown. After removing the pouch the contents should be emptied into the toilet before disposing of the pouch in the disposal bag.

If using a flushable pouch separate the inner and outer linings and flush the inner pouch and contents down the toilet, disposing of the outer cover in the bin.

Ileostomates

Ileostomy pouches are drainable (see point 2 overleaf). Follow the sequence as shown ensuring that the bottom of the pouch is rolled up and the Velcro[®]** fastening sealed.

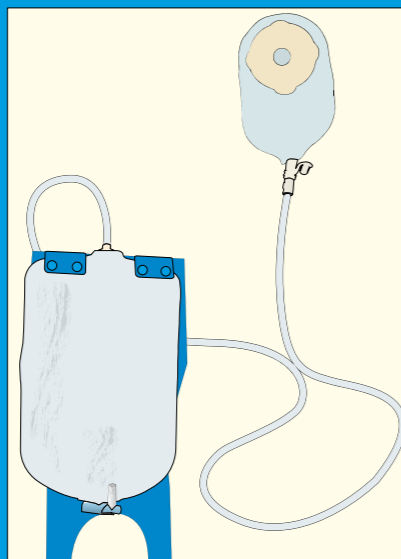
**Some pouches use a tie or clip instead of Velcro[®].

Urostomates

Urostomy pouches have a tap or bung at the base for draining contents into the toilet. Ensure tap is closed before applying new pouch.

A urostomy pouch is in constant use so when you are in bed it is advisable to attach your pouch to a night drainage system. This consists of a length of tube which attaches to your pouch tap at one end and to a night drainage bag at the other. A plastic stand for the night drainage bag is available free of charge from SecuriCare on 0800 585 125.

Clinifix[®] tube holder will help to keep the night bag tubing in place on your skin. Please call 0800 585 125 to order a sample.



Pouch changing can seem a daunting experience for the new ostomate, but if you follow these guidelines, you will soon find that you will be able to change your pouch quickly and easily.

SecuriCare can offer you advice and support if you encounter any problems or have any queries.

Just call our freephone Careline on

0800 585 125

* For an online demonstration please visit www.securicaremedical.co.uk/pouch-changing

SecuriCare

SecuriCare (Medical) Ltd, Compass House, Knaves Beech Business Centre, Loudwater, High Wycombe, Bucks HP10 9QY.
Tel: 0800 585 125 Email: info@securicaremedical.co.uk www.securicaremedical.co.uk

Appeel[®], LBF[®], Limone[®], Clinifix[®] and SecuriCare[®] are registered trademarks of CliniMed (Holdings) Ltd.

997/0908

SecuriCare



A step by step guide to pouch changing

