Pouch changing

A step by step guide

SecuriCare®
Putting you first

Emptying your stoma pouch

There are 3 types of pouches for different stoma types:

Colostomists

Colostomy pouches are sealed. The changing sequence is as shown on pages 4 and 5. After removing the pouch the contents should be emptied into the toilet before disposing of the pouch in a disposal bag.

A flushable pouch is also available which has its own instructions for disposal.

Ileostomists

Ileostomy pouches are drainable (see point 2 on page 4). Follow the sequence as shown ensuring that the bottom of the pouch is rolled up and the hook and loop* fastening sealed.

*Some pouches use a tie or clip instead of hook and loop.

Urostomists

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

Preparing for a pouch change

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
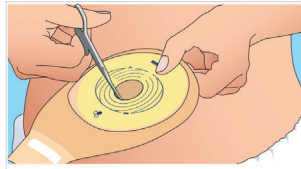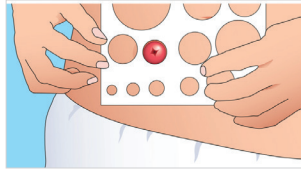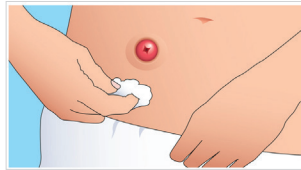- Prepared appliance (and clip/tie if necessary)

If needed:

- Medical adhesive remover
- Barrier wipe/spray
- Deodorant spray

Changing your pouch

1. Wash hands.

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

3. Starting from the top, gently peel back the flange using warm water or a medical adhesive remover if needed.

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

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**.

Pouch cutting scissors are available, free of charge, to current users of the SecuriCare Home Delivery Service. Please call **0800 318 965 for more details. Alternatively, SecuriCare can cut the pouches to size for you.
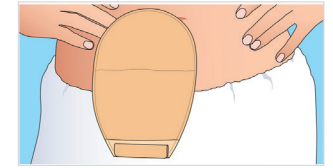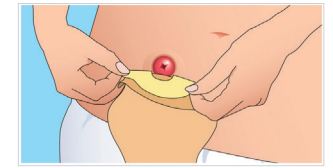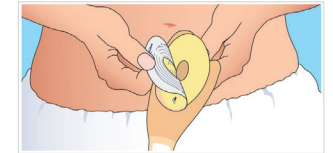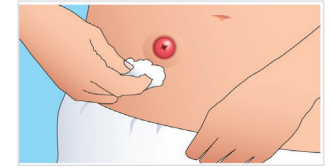
Additional notes:

Changing your pouch (contd.)

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

9. Remove the protective cover from the adhesive flange.

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

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

For 2-piece users, see section on page 6.

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

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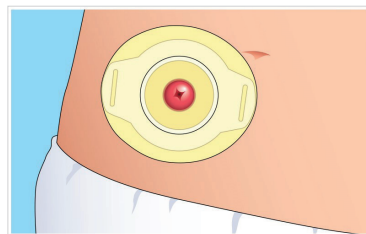
13. Wash hands.

Additional notes:

2-piece pouches

2-piece pouches have a separate flange with a 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 colostomists, ileostomists and urostomists.
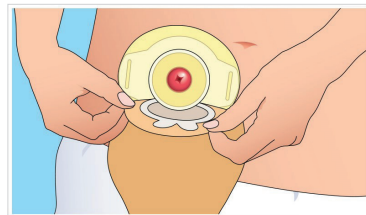
Attaching a 2-piece pouch

Follow the sequence on pages 4 and 5 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.

Urostomy night drainage system

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 318 965**.

CliniFix® tube holder will help to keep the night bag tubing in place on your skin. Please call **0800 318 965** to order a sample.

SecuriCare Home Delivery Service

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