

Guidelines for Changing your Stoma Appliance

Equipment needed

- Adhesive Remover Spray
- Disposal bag
- Tissues/wipes
- Warm water
- A fresh pouch
- Clothes clip
- Measuring guide
- Scissors
- Pen for drawing template (not required if pre-cut)

Preparation

1. Get everything ready before you start.
2. If you are using a drainable pouch, empty it first.
3. Move any clothing that may get in the way.

To start

1. Find an edge of the bag. Using the adhesive remover spray, gently spray between the skin edge and the adhesive. Take your time, gently peel away the pouch from your skin. Fold the used pouch and place it in the disposal bag.
2. Using a dry tissue, first remove any soiling from the stoma and the skin.

3. Now, dampen the dry wipe, wash the stoma and surrounding skin.
4. DRY THOROUGHLY. If you use any additional products, apply now.
5. Remove adhesive backing from the new pouch. Secure pouch over stoma.
6. Hold pouch in place with your hand for 20-30 seconds or until you feel the pouch is secure.

Disposal

7. Tie up disposal bag and put in dustbin (for landfill).
8. Wash your hands and clear away equipment.

Points to remember

You may notice traces of blood when washing your stoma. This is nothing to be alarmed about. As you start your last box of pouches, remember to re-order.

If you have any concerns about your stoma, or for details of your local stoma clinic, please do not hesitate to contact the Stoma

Care Nurse on 01392 402742.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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