

Changing Your Pouch

One of the most important skills you need to learn is how to change your pouch. A closed pouch is changed once or twice daily. A drainable pouch is changed 1-2X weekly. **Before you take the pouch off, get the new pouch ready and gather your supplies.**

Supplies:

Plastic garbage bag or baggie

clean towel or washcloth

Toilet paper or cleansing wipe

skin barrier wipe, if used

New pouch with tail clip applied

1. **Remove your used pouch. Empty it first if you use a drainable one. You may sit on the toilet to do this, or stand in front of a make up mirror on your cabinet for better visualization.**
2. **Place the pouch in a plastic bag and discard it.**
3. **Dampen a washcloth, leaving ½ dry for drying the skin, and clean around your stoma. If you use a baby wipe, you may need to wipe the skin with alcohol if there is oil in it.**
4. **Dry the skin around the stoma with the other half of the wash cloth or a towel.**
5. **Apply the skin barrier wipe if desired, and allow to dry for one minute.**
6. **If you use a cut to fit pouch, measure the opening and cut the wafer to the correct size –no more than 1/8" > stoma size.**
7. **Peel off the backing from the wafer, and carefully apply the wafer over the stoma.**
8. **If you use a two piece system, snap the pouch onto the flange, starting at the bottom.**
9. **Massage the wafer for 2-3 minutes to allow it to warm and mold to your skin.**
10. **If you have not done so, apply the deodorant drops and tail clip.**

Call your WOC (ET) nurse if your skin around your stoma is red, weepy or itchy, if your stoma swells, changes color or bleeds without stopping. (Remember, it will ooze a bit after manipulating it, and this is OK).

Call your WOC (ET) nurse if your stoma sinks in below the skin or appears to be sticking out more than usual.