

Changing Your Pouch

Get together all your supplies:

- Paper towels
- Plastic bag
- Scissors
- Pouch
- Strip paste or ring of paste
- Stomahesive® Powder & barrier film (if needed)
- Marker or pen

Tip: It may be helpful to change your pouch in front of a mirror. You can change your pouch standing or sitting.

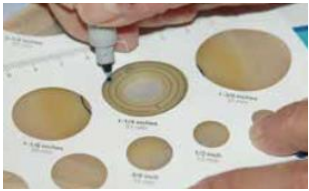
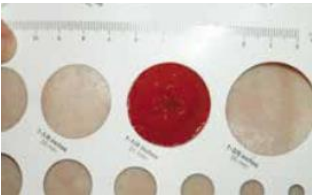
Remove Pouch, Clean & Check Skin:

1. Gently pull the old pouch away from the skin.
2. Clean stoma and skin with warm water and pat dry well.
3. Check the skin around stoma for irritation. Call your ostomy nurse or UCLA Ostomy Clinic for problems.
4. For skin irritation, sprinkle with Stomahesive powder then brush off extra powder. Apply barrier film on top of powder.



Measure & Trace:

1. Measure the stoma with old pattern or measuring guide.
2. Trace measurement onto back of the skin barrier.
3. Cut out the pattern with scissors.



Tip: Measure stoma weekly for the first 6 to 8 weeks after surgery as size of stoma may shrink as swelling decreases.

Apply Pouch:

1. Remove backing from skin barrier.
2. Apply strip paste or ring of paste to cut edge.
3. Place pouch over stoma, and press down gently to seal.
4. Close the end of the pouch.



Discarding & Emptying the Pouch:

1. Place used pouch and paper towels into plastic bag and throw away in regular trash.
2. Empty your pouch when 1/2 full and before bedtime.
3. Change your pouch every 3 to 4 days, or if your pouch leaks.



