

Ileostomy Skills Checklist

This is a list of skills for taking care of your ileostomy. You and/or your caregiver will learn a little at a time. Skills do not need to be learned in the same order. Your care and teaching may continue at home with a visiting nurse or in an outpatient ostomy clinic if needed.

Skills Reviewed	Date Initial	Date Initial
Post-op day 1-2:		
1. Opens and closes pouch closure.		
2. Empties pouch when 1/2 full. Measures and records output.		
3. Cleans the end of the pouch after emptying using a tissue or wipe.		
4. Describes type and amount of stool expected.		
5. Describes understanding of changing pouch 2 times a week and as needed for leakage.		
First pouch change:		
Review skills numbered 1-5		
6. Removes old pouch and throws away in trash.		
7. Checks skin around stoma for irritation. Cleans with warm water, gently drying well.		
8. For skin irritation around stoma applies Stomahesive powder and then barrier film spray.		
9. Measures stoma with template.		
10. Traces stoma pattern and cuts hole in skin barrier.		
11. Removes backing from skin barrier.		
12. Places paste strip or barrier ring to skin barrier's cut edge.		
13. Applies the pouch, gently pressing into place.		
14. Uses ostomy belt if needed.		
Prior to discharge:		
Review skills numbered 1-14		
15. Describes diet and fluid needs. Chews food well avoiding non-soluble fiber (nuts, popcorn, skin of fruit) to prevent blockage. Drinks at least 8-10 glasses of fluid a day to prevent fluid loss (dehydration), unless contraindicated.		
16. Describes signs of complication such as dehydration, food blockage and when to contact physician.		
17. Describes how to get supplies.		
18. Describes how to make follow-up appointment at the UCLA Ostomy Clinic.		

Name:	Initial:	Name:	Initial:
Name:	Initial:	Name:	Initial:

