

# Changing a Stoma Bag



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## **Patient and Family Education**

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# Changing a Stoma Bag

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## What is a stoma?

A stoma is an opening between the bowel and the skin on the abdomen so that bowel contents empty into a bag on the abdomen, rather than the usual transit through the body. Patients will be seen by a colorectal specialist nurse during their hospital stay and taught how to care for their stoma. This leaflet is designed to assist you after discharge at home.

## Preparing To Change Your Stoma Bag

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 tissues)
- Disposal bags
- Medical adhesive remover (optional)
- Barrier wipe
- Prepared appliance (and clip/tie if necessary)
- Deodorant spray if required
- Pair of scissors to cut the appliance to the required size
- The next step after preparation is the actual changing of your stoma bag. which involves emptying and disposal of your old bag as part of this process

## Types of stoma bags

Stoma bags can come in one piece pouch or a two piece pouch.

Two piece stoma bags have a separate adhesive (flange) with a raised collar over which the pouch is fitted. The flange can be kept on for two to three days and the new pouches can be attached when necessary.

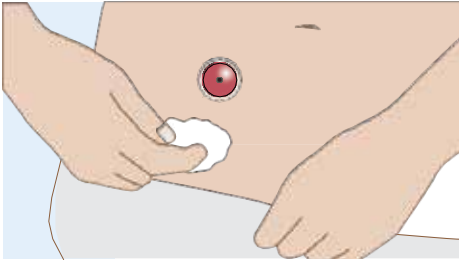
## Changing a Stoma Bag

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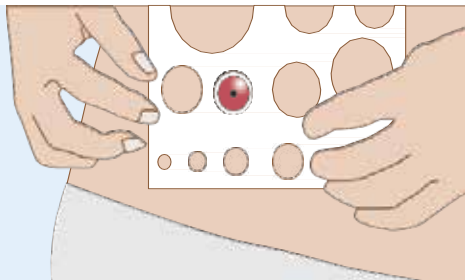
1. Wash hands
2. Gently peel back the flange, applying adhesive remover if supplied.



3. Remove excess soiling on the stoma and surrounding skin with dry wipe.



4. Wash stoma and surrounding area with water and dry thoroughly.
5. Check the stoma site and skin around for any skin excoriations, if present seek advice for further management i.e. protective powder or cream may need to be prescribed by your doctor
6. If necessary, check the size of your stoma, using the measuring card supplied.

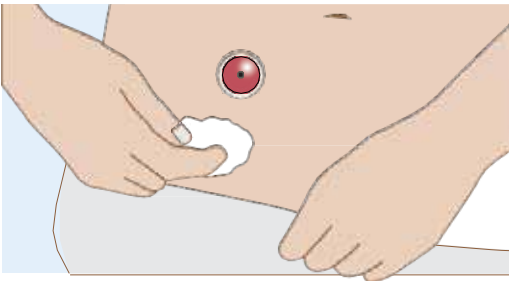


## Changing a one piece stoma bag

1. If your pouch needs adjusting, cut a hole to the required size using a pair of scissors



2. Clean the skin with a wipe around stoma. Leave for a few seconds until dry. This will not affect pouch adhesion



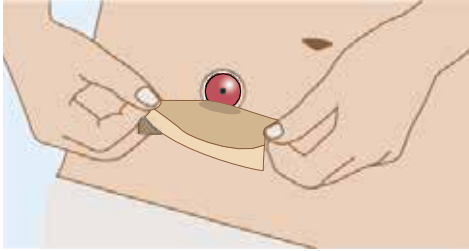
3. Remove the protective cover from the adhesive flange



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4. Fit pouch and smooth over the adhesive from the stoma to the edge ensuring there are no creases that might cause leakage



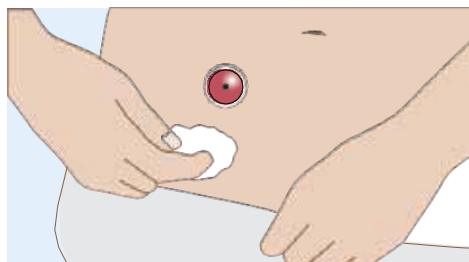
5. Hold in place with your hand for 30 to 50 seconds as the warmth increases the adhesion to your skin.

### Changing a two piece stoma bag

1. If your pouch needs adjusting, cut a hole to the required size using a pair of scissors

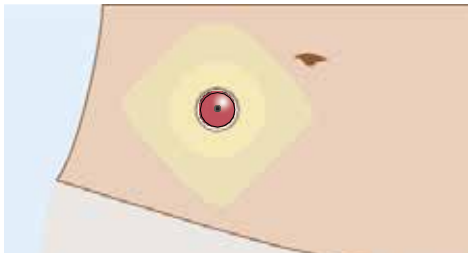


2. Clean the skin with a wipe around stoma. Leave for a few seconds until dry. This will not affect pouch adhesion

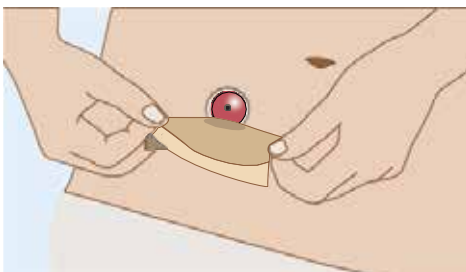




3. Remove the protective cover from the adhesive flange
4. Fit flange and smooth over from the stoma to the edge ensuring there are no creases in the adhesive Flange can be kept for two to three days and change the stoma bag when necessary



5. Hold in place with your hand for 30 to 50 seconds as the warmth increases the adhesion to your skin.
6. Attach stoma bag to the flange from the bottom ensuring that the bag and flange are aligned



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### Emptying and Disposal

#### Drainable stoma bags

Place used pouch (after emptying contents into toilet) and swabs in a disposal bag, Seal bag and put into domestic refuse bin and then wash your hands

#### Colostomy bags

You can either cut the stoma bag and empty contents into the toilet before disposal or you can put the pouch with contents and the swabs into a disposal bag. Seal bag and put into domestic refuse bin and then wash your hands.

### References:

#### Websites:

<http://www.ostomylifestyle.org/content/what-stoma>

<http://www.cancerresearchuk.org/>

<http://www.coloplast.com/ostomycare/>

<http://www.eakin.eu>