

Empty the Pouch **SKILL**

Watch and Review

- ▶ Emptying the pouch is the first skill that you will need to do after the operation. You will use this skill most often.
- ▶ [Watch the video](#), and then follow each of the steps.

SKILL: CHECK THE POUCH LEVEL

Empty or change the pouch when it is 1/3 to 1/2 full. A pouch that is too full may start to pull away from the skin. Your child will not feel when stool comes out of his or her stoma. You will need to check for fullness by placing your hand over the pouch and feeling it.



SKILL: ASSUME THE PROPER POSITION

For infants or toddlers wearing diapers:

- ▶ It is easy to empty the pouch directly into the diaper when changing a soiled diaper. Remove the diaper and empty the pouch. Wipe the end of the pouch with a piece of toilet paper or diaper wipe. Seal the pouch and put on a clean diaper.



SKILL: ASSUME THE PROPER POSITION (CONTINUED)

For children who are old enough to empty into the toilet:

There are several positions that can be used, depending on the child's level of comfort and skill.

- ▶ Sit far back on the seat with legs spread wide.
- ▶ Sit or stand alongside the toilet.



SKILL: EMPTY THE STOOL

Sit far back on the seat or stand over the toilet.

1. Make sure to have a piece of toilet paper within reach.
2. If your child stands while emptying the pouch, you may want to flush the toilet as the pouch is drained or place a few pieces of toilet paper into the toilet bowl on the surface of the water. This prevents the stool and toilet water from splashing up when draining from a high distance.
3. Raise the pouch so the opening faces up.
4. Open the pouch. Unclamp or unroll the integrated drainage outlet.
5. Lower the opening into the toilet. Slide your hands down the pouch to push out the stool.
6. Wipe the opening off inside and out with toilet paper or tissue.
7. If used, add pouch deodorant.
8. Reseal the pouch.



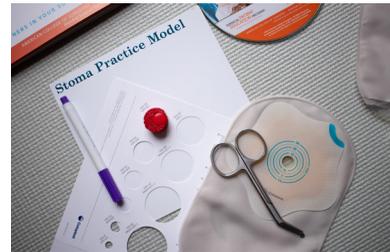
Change the Pouch SKILL

Watch and Review

- ▶ The entire system (skin barrier and pouch) will need to be changed every 2 to 4 days. Moisture and sweat, a full and heavy pouch, and uneven skin around the stoma can decrease the length of time the system will stick to the skin. If any output leaks under the skin barrier or if there is burning or itching under the barrier, change the pouch.
- ▶ It is easier to change the pouch when the stoma is less active. Ideal times include first thing in the morning, before eating, or two hours after eating.
- ▶ [Watch the video](#), and then follow each of the steps.

SKILL: GATHER YOUR SUPPLIES

- ▶ New pouch
- ▶ Washcloth/wipes/paper towel to clean the skin
- ▶ Sizing template to measure the size of the stoma opening
- ▶ Pen to trace the size of the stoma onto the skin barrier
- ▶ Scissors to cut the opening
- ▶ A small plastic bag for the soiled pouch
- ▶ Skin barrier paste (optional) to fill uneven areas in the skin
- ▶ Skin barrier powder (optional) to absorb the moisture from weepy skin
- ▶ Pouch deodorant (optional) to decrease the odor when emptying the pouch
- ▶ Skin prep if skin barrier powder is used



SKILL: REMOVE THE OLD POUCH

1. Begin by peeling away one corner of the barrier.
2. Work around the rest of the barrier. Push down on the skin at each point and pull the barrier away from the skin at the same time. Some people use adhesive remover or a piece of wet paper towel or washcloth to help remove the pouch barrier from the skin. For children, it may be best to avoid any additional products that could cause a reaction.
3. Place the old pouch in a plastic waste bag.
4. If the pouch has a closure clip, do not throw it in the trash. The clamp can be reused.



SKILL: CLEAN AND INSPECT

1. Inspect the color of the stoma. The stoma should be red and moist.
2. Inspect the skin for redness or irritation. The skin should look like the rest of the skin on your child's abdomen.
3. Clean the skin around the stoma with warm water. Oils may keep the skin barrier from sticking. Do not use:
 - Soap/cleaners with oil or perfume.
 - Baby wipes that have oil, moisturizing cream or alcohol.
4. Gently pat the skin dry.
5. If the skin around the stoma is irritated or weepy, you can apply a small dusting of skin barrier powder. The powder will absorb the moisture. Remember that the new barrier will not stick well if the skin is moist. You may need to dab or spray the powder with a skin sealant/skin prep.



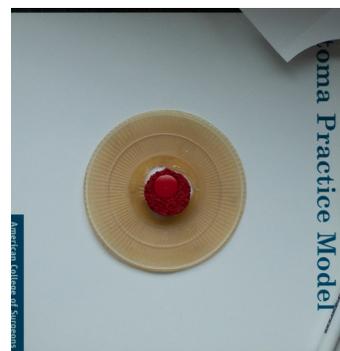
SKILL: MEASURE AND CUT THE OPENING

It is important to measure the stoma and make sure the opening of the barrier fits right to the edge of the stoma. For the first three months after your child's operation, the stoma will continue to shrink in size as the swelling goes down. In the beginning, the stoma will have to be measured with each pouch change to make sure the opening is cut to the right size. After that, the pouches can be pre-cut from your template. Pouches with pre-cut openings to fit the stoma can also be ordered.

1. Cover the stoma opening. Place a piece of tissue or paper towel over the stoma to catch any leakage while you are measuring.
2. Measure the stoma. Use the measuring grid and find the size that fits close to the edge of the stoma where the skin and stoma meet. If your child's stoma isn't round, your WOC nurse or doctor can make you a custom template.
3. Place the measuring grid on the back of the pouch barrier and trace the correct size.
4. Use scissors to cut an opening in the skin barrier, closely following the traced shape. If you are using a one-piece system, place your finger into the small pre-cut opening and push away the pouch before you start to cut. Be careful not to cut through the front of the pouch. If you cut the pouch, do not tape it closed. It will leak and give off an odor.
5. Center the new opening over the stoma to make sure it fits along the stoma edge. Re-cut and adjust the opening as needed.

To practice:

- ▶ Gather your supplies in the skills kit.
- ▶ Use the stoma practice model, measuring guide, and pouch to:
 - Measure and cut an opening.
 - Apply a new pouch to the model.



SKILL: APPLY THE NEW POUCH

1. Remove the covering from the back of the skin barrier.
2. Center the cut opening in the pouch's barrier over the stoma.
3. Place the barrier on the skin around the stoma. Press down on all sides for 30 to 60 seconds, starting at the area closest to your child's stoma. Make sure it is firmly applied.
4. Close the opening if using a drainable pouch.
5. Lower the pouch.
6. If you use a belt to secure your child's pouch, clip it in place.
7. Date and keep the paper backing to use as your template for the next pouch change.



Stoma Supplies

Keep your stoma care simple. Only use skin barrier paste, powder, wipes, or sealant if recommended by your doctor or WOC nurse. For infants, special products are advised. Always check the label to make sure the product is approved for infants.

SKIN BARRIER PASTE/RINGS

Skin barrier paste or rings are used to fill body folds or uneven areas around the stoma. It can help create a better seal between the skin and the skin barrier.



How to Apply

Apply the paste to skin folds in a single layer. If there are deep skin folds, you may have to apply the paste in layers, letting each layer dry slightly (about a minute) before applying the next layer. Pastes are sometimes placed directly onto the barrier.



Pastes should not irritate your child's skin. If your child develops a reaction to any type of paste, then try another brand. Most tube pastes are alcohol-based, and they can sting your child's skin if they are placed on open skin. The stinging should stop within a few seconds as the paste dries. Alcohol-free paste is also available.

Skin Barrier Rings

A barrier ring may also be used to fill gaps where the pouch skin barrier may leak. Barrier rings are easy to work with and contain no alcohol. While they can be cut or molded into any shape, the more they are touched, the less sticky they become.



SKIN BARRIER POWDER

Skin barrier powder is used to help protect and dry raw, weepy areas on the skin. It is placed under the skin barrier on the skin around the stoma.

How to Apply

Clean your child's skin with water, and then pat dry. Lightly dust the irritated skin with the powder and brush off the excess. You may have to use skin sealant after the powder in order for the pouching system to stick to your child's skin. Then apply the pouching system.

SKIN BARRIER/SEALANT

Skin barrier/sealant is a liquid skin barrier. It comes in a spray, wipe, or gel. It is used to put a protective, plastic-like coating on the skin. It may help the pouching system stick better. Make sure the barrier dries completely before applying the pouching system on the skin.

POUCH DEODORANT

The ostomy pouch is odor-proof, so the only time an odor will be noticeable is when you empty the pouch. Pouch deodorant comes in drop and spray form. The deodorant is placed in the empty pouch after draining/emptying.

ADHESIVE REMOVER

Adhesive removers are used to remove skin barrier tape and sticky residue. You will need to wash the oily residue from your child's skin with soap and water before applying the new pouch.

