



HOW TO CHANGE AN OSTOMY APPLIANCE

SUPPLIES NEEDED:

Flange (wafer next to skin with ring), Pouch and clamp, Paste or Eakin Seal, Adhesive remover wipes (optional), Skin barrier wipes or mastisol, Scissors and pen, Paper towels (bolt or bounty) or 4x4's, Plastic waste bag (zip-lock), Room Deodorant (optional).

PROCEDURE

- Wash hands and get all your supplies opened, cut out if necessary. Place eakin ring or paste on flange back if you do this. Have trash bag ready for soiled pouch.
- Remove soiled pouch and flange by gently peeling from skin at corner and pressing the skin down, working towards stoma. Sometimes, using an adhesive remover wipe aids in removal.
- Dispose of soiled flange and pouch in plastic zip-lock bag. Close the zip-bag if odorous. ****SAVE CLAMP****
- Wipe stoma and skin with tissue. Then using paper towel, clean skin around stoma with water, pat dry. (You can use gentle non-lotion based soap if needed. A dry cloth usually cleans loose residue best, then use the wet one.)
- Wipe on skin barrier and let dry.
- If needed, measure stoma. Trace and cut hole into flange 1/8 inch larger than stoma.
- Remove center paper and outer edge paper backing. Apply Eakin ring or paste around the whole edge in flange. (Paste is a caulking, or filler not glue.)
- Center flange over stoma and skin. Press well around the stoma.
- Apply pouch by holding fingers over ring on pouch, press at bottom-side, top-side and all around. If necessary lock flange.
- Check the pouch security by holding flange securely to skin and firmly pull on the pouch top, bottom and each side.
- Close pouch end or apply pouch clamp.
- Wait about 10 minutes before resuming activity, this will help your pouch seal.

Changing schedule is to change every 4 to 5 days. Usually, a twice a week schedule like Monday/Thursday or Tuesday/Friday, etc.

The purpose for the flange is to protect the skin and the pouch to contain the drainage. If the seal is loose at the skin, you may experience itching and/or burning. An obvious leak should not be patched. Change the appliance.

If redness, blisters or rash, contact our office at, 787-724-9595.