



Ileostomy Care at home

Change of a 1-piece appliance

Application of a 1-piece ileostomy/drainable pouch

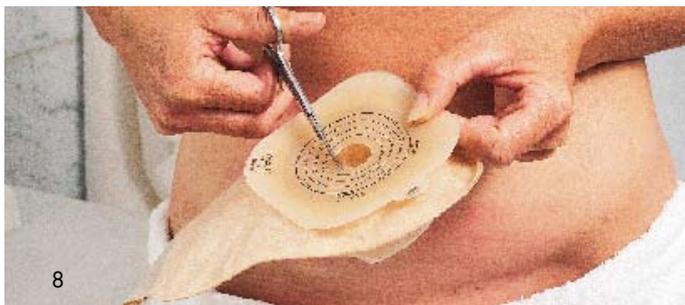
You will need:

- a) Disposal bag
- b) Dry wipes for washing/drying
- c) Warm water for washing
- d) New pouch
- e) Scissors for cutting flange (if required)
- f) Any accessories you may use

It is important to be prepared and have all the equipment you require at hand before starting to change your pouch.



As an added precaution, to avoid spillage and to collect used materials, place a disposal bag in your waistband.



If your stoma is uneven or oval adjust the hole in the pouch with small, sharp scissors or use the tip of your finger to adjust the hole to the correct stoma diameter. Remember it is important that the hole fits your stoma snugly without applying any pressure.



Make sure the drainable end of the pouch is closed.



Open the clamp or integrated closure at the pouch end. Drain/empty the pouch contents into the toilet. To prevent splashing, place some toilet paper in the toilet beforehand. (If you are using a closure clamp remember to save it).



Cleanse your stoma and the surrounding skin thoroughly.



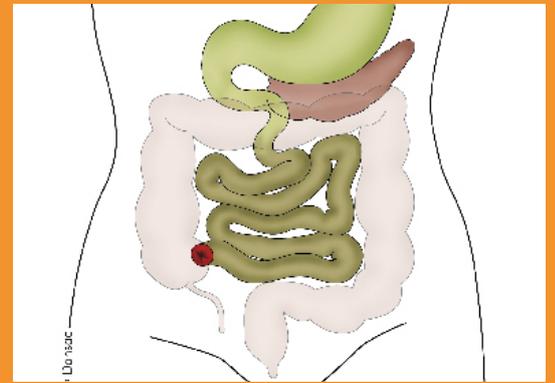
Remove the protective covering of the adhesive wafer immediately before application.



Place the disposal bag in the waste bin.

Ileostomy

An ileostomy is a surgically created opening in the small bowel, or ileum. In most cases the surgeon uses part of the terminal ileum (last section of small bowel) to form the stoma. The ileum is brought through the abdominal wall, everted to form a spout and sutured to the skin. The output consistency will vary depending on the location of the stoma within the small bowel. The stoma is red and moist; there are no nerve endings in the stoma and therefore no sensation.



Dampen a few non-woven wipes in lukewarm water.



Tighten the skin on your abdomen by pressing it with one hand, while carefully removing the pouch.



Dry with clean dry non-woven wipes. It is important that the skin surrounding your stoma is completely dry before putting on a new pouch.



If needed use the stoma measuring guide to determine the size of the stoma.



Begin putting on your new pouch by positioning the adhesive wafer on the skin immediately below your stoma.



Press the adhesive from centre to edges to ensure it is securely in place.



Task completed.

Hints and tips:



Better adhesion

If there are skin folds or scar tissue around your stoma, you can make the adhesive wafer more pliable by warming it first, for example, in the waistband of your clothing or in your hands. This enables the wafer to mould to the folds of your skin, thus minimizing possible leakage.



Measure your stoma's diameter often

Your stoma will be oedematous (swollen) immediately after surgery and for the next few weeks. Because the swelling gradually recedes, it is important that you frequently measure the diameter of your stoma. There is a stoma measuring guide in the top of each box. Make a habit of checking the size of your stoma every time you open a new box of stoma pouches.



Ensure the wafer fits as exactly as possible

You achieve maximum skin protection around your stoma by adjusting the hole in the adhesive wafer as exactly as possible. The wafer must fit your stoma snugly without applying pressure or irritating the surface of the stoma.



Added protection for sensitive skin

If you need extra skin care around your stoma and under the adhesive wafer to keep your skin pliable, use a skin cream. Apply a thin layer around your stoma, allowing your skin to absorb it for a few minutes before positioning the adhesive wafer.



Emptying of pouch

To prevent overfilling and consequent disruption of the peristomal seal, empty the pouch when it is one third to one half full. By sitting on the toilet with your legs apart you can empty the pouch directly into the toilet. Another option is to sit at one end of the toilet and empty sideways into the toilet.