**Caring**

**for your**

**child’s stoma**



ABN 16 072 891 322

Stoma / Wound / Continence

**Stoma review**

A review of your child’s stoma and stoma care by a STN should be conducted:

* + within 2 – 6 weeks after discharge from hospital
	+ at any time if problems occur
	+ at least every 1 – 2 years

For further information or help with any stoma questions contact

 your STN or visit [**www.stomaltherapy.**](http://www.stomaltherapy.)**au**

**Disclaimer** *The information in this brochure has been developed as a*

 *general guide only.*

 *Any concerns need to be discussed with your STN or doctor*

**References**

* Stott C. (2002) Paediatric patients with stomas. *Journal of Stomal Therapy Australia*, 22(4)
* Bennett Y. (2010) Understanding the challenges and management of paediatric stomas. *Gastrointestinal Nursing*, 8(7) September.

**Prepared by the** Australian Association of Stomal Therapy Nurses Inc. Education and Professional Development Committee [www.stomaltherapy.](http://www.stomaltherapy.com)au

**Developed March 2010 – Reviewed 2013**

***Level IV Evidence (Expert Opinion)***

## Emptying your child’s appliance

* Wash hands before and after emptying the appliance
* Appliance to be emptied when a 1/3 to 1/2 full
* Appliance can be emptied into a container or if output is thin, can be syringed from appliance
* Clean appliance outlet thoroughly prior to closing
* The appliance does not require rinsing out
* If you notice a considerable decrease or increase in the volume of output seek medical attention

## Disposal of your child’s appliance

* Place the appliance in a plastic bag and secure the end eg. freezer bags, nappy sacs, recycled plastic bags
* Dispose as normal household rubbish
* Appliances are never to be flushed down the toilet

## Ordering supplies

* Always keep a small amount of supplies on hand in case of a delay with your order
* An order form with the supplies required will be given to you prior to discharge from hospital. Order only what is required each month from this list
* **Do not over order,** as appliances are expensive and have a use by date: over time they can deteriorate in warmer conditions
* Orders may be collected in person or send postage and handling costs with your order form. Allow 2 – 3 weeks for delivery

**Tips**

* Clothing choices: all-in-one garments are good as they are comfortable and the risk of the appliance being removed by the child is reduced
* Make sure you take equipment for an appliance change with you when you go out

# **Changing your child’s stoma appliance**

* Wash hands
* Prepare your equipment
	+ Warm water
	+ Washcloth or chux-style cloth / nappy liner
	+ New appliance (bag)
	+ If not precut, cut hole in the appliance adhesive to the correct stoma size
	+ Plastic rubbish bag
	+ Accessories as required
* Empty and gently remove the old appliance (an adhesive remover wipe can be helpful)
* Clean the stoma and surrounding skin with warm water (if a small amount of blood is present when you clean the stoma, this is normal). Pat skin dry
* Check the stoma size and the skin around the stoma. Contact your Stomal Therapy Nurse (STN) if any redness or ulceration is present
* Apply the new appliance
* Position correctly over the stoma and close the appliance outlet – warm hands placed over the bag can assist with adhesion
* The appliance can hang at an angle or straight down
* Wash hands

Establish a routine for changing the appliance – the stoma may be more active immediately after a feed

Your child’s stoma may decrease in size over 6 – 8 weeks following surgery. Measure the stoma periodically to ensure that the appliance still fits snugly

*An alternative to the above procedure is to prepare the appliance as above, remove the old appliance and bath your baby with the appliance off. Dry the skin around the stoma and put on the clean appliance*

*N.B. Don’t put oily products in the bath water as the appliance will not*

 *adhere to the skin*