**Stoma review**

A review of your 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**

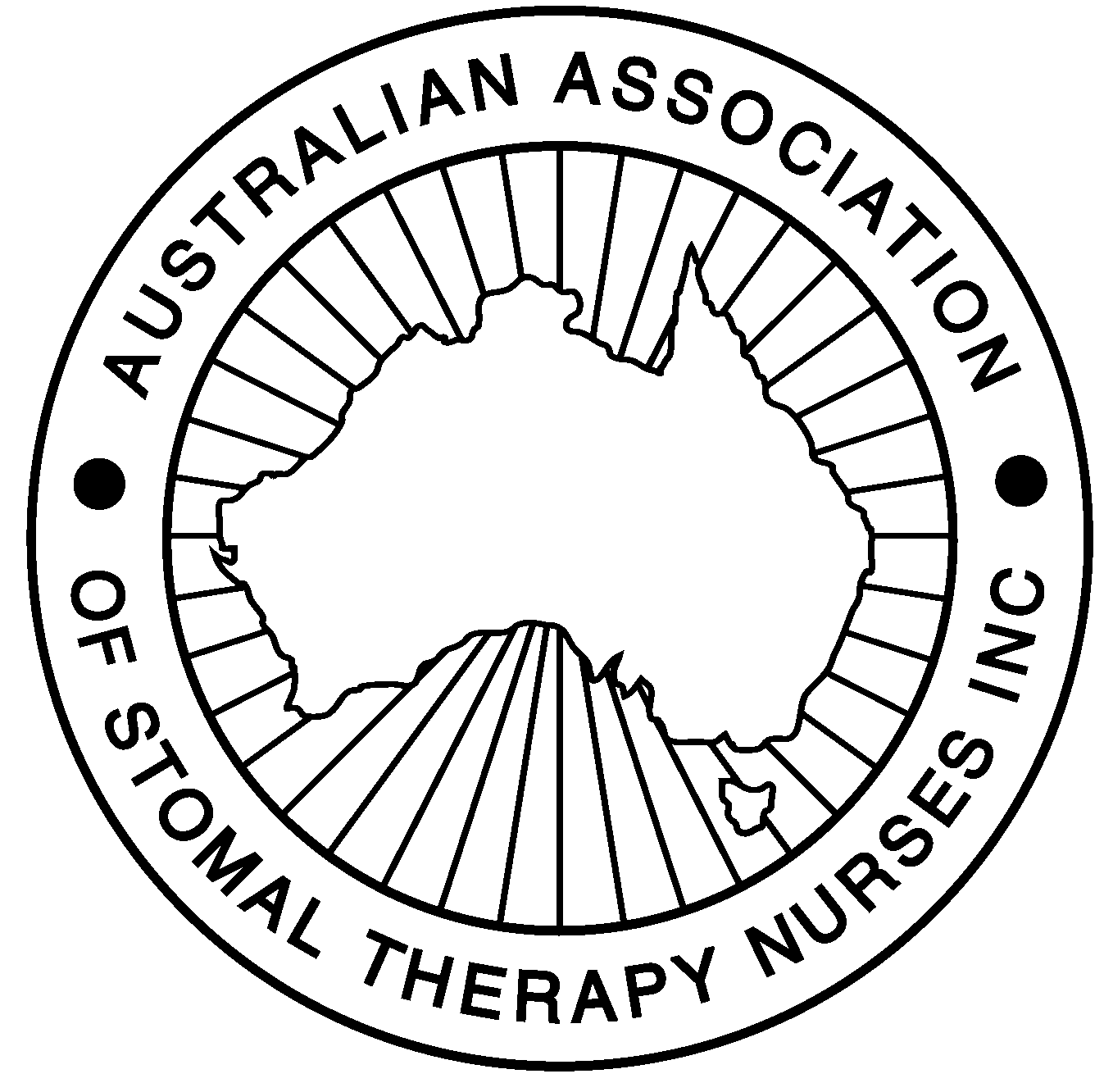
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**Prepared by the** Australian Association of Stomal Therapy Nurses Inc. Education and Professional Development Committee [www.stomaltherapy.](http://www.stomalotherapy.com)au

**Developed March 2010 – Reviewed 2013**

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

**Caring for your stoma – a guide for teens**



ABN 16 072 891 322

Stoma / Wound / Continence

# **Changing your appliance**

* Wash hands
* Prepare your equipment
  + Warm water
  + Washcloth or chux-style cloth / nappy liner
  + New appliance
  + If not precut, cut hole in the appliance adhesive to correct stoma size
  + Plastic rubbish bag
  + Mirror if required
  + Accessories as required
* Empty and gently remove your old appliance
* Clean your stoma and surrounding skin with warm water and dry the skin
* Check your stoma size and adjust base plate to fit snugly
* If the skin around your stoma is red or sore, contact your Stomal Therapy Nurse (STN) – this is not normal
* Apply the clean base plate and attach the pouch (two piece) or apply pouch (one piece)
* Position correctly over stoma and close the appliance outlet
* Wash hands

*An alternative to the above procedure is to prepare your appliance as above, remove the old appliance and shower with the appliance off.*

*Dry the skin around the stoma and put on your clean appliance*

Establish a routine for changing your appliance. First thing in the morning prior to eating or drinking is when your stoma will be least active

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

## Emptying your appliance

* Wash hands before and after emptying your appliance
* Appliance to be emptied when a third to a half full
* Appliance can be emptied directly into the toilet. To avoid back-splash, a layer of toilet paper can be placed on the surface of the water
* Clean appliance outlet thoroughly prior to closing
* Your 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 appliance

* Place the appliance in a plastic bag and secure the end eg. freezer bags, nappy

sacks, 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 you use will be given to you prior to discharge from hospital. Order only what you require each month from this list
* **Do not over order,** as appliances are expensive and have a use by date
* Orders may be collected in person or send postage and handling costs with your order form. Allow 2 – 3 weeks for delivery

**Hints**

* Find someone you can talk to about your stoma and how it makes you feel. Don’t isolate yourself!
* Remember it’s your decision to tell your friends about your stoma
* A stoma shield can protect your stoma if you play contact sports