

Stoma review

A review of your stoma and stoma care by a Stomal Therapy Nurse (STN) should be conducted:

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

To obtain further information or help with any stoma questions contact your STN or to find your nearest STN visit www.stomatherapy.com and click on 'Find a STN'.

Stomal Therapy Nurse

Name: _____

Phone: _____ Hours: _____

Your local Association is:

Name: _____

Phone: _____ Hours: _____

The information in this brochure has been developed as a general guide only. Any concerns need to be discussed with your STN or doctor.

Prepared as a guide by the:

Australian Association of Stomal Therapy Nurses Inc. (AASTN) Education and Professional Development Committee www.stomatherapy.com

References

1. Breckman B. (2005) *Stoma care & rehabilitation*. pp 215 – 218. London: Churchill Livingstone
2. Porrett T. & McGrath A. (2005) *Stoma care*. pp 115 – 116. London:
3. Breckman B. (2005) *Stoma care & rehabilitation*. pp 215 – 218. London: Churchill Livingstone

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Level IV Evidence (Expert Opinion)



Caring for your colostomy



ABN 16 072 891 322
Stoma / Wound / Continence

Changing your appliance

- Wash your hands before and after changing your appliance.
- Prepare your equipment:
 - Bowl of warm water
 - Washcloth or chux-style cloth / nappy liner
 - Cut out the hole in your base plate if not already pre-cut
 - New pouch if two-piece appliance
 - Plastic bag for disposal
 - Accessories as required.
- Remove old appliance (if using a drainable pouch, empty first).
- Clean the stoma and surrounding skin with warm water and dry the skin.
- Check your stoma size and adjust base plate to fit.
- 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).

An alternative to this 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 during this time (and ongoing) to ensure that your appliance still fits snugly.

Disposal of your appliance

- Empty the contents into the toilet.
- Place the appliance in a plastic bag and secure the end.
 - Use freezer bags, nappy bags or recycled plastic bags.
- Wrap in newspaper and place in the bin with other rubbish.
- It is not recommended that the appliance is burnt.
- 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 your supplies will be given to you before discharge from hospital. Order only what you need each month from this list.
- **Do not over order**, as appliances are expensive.
- You will have been given spare order forms.
- Orders may be collected in person or send postage and handling costs with your order form.
- Store your appliances in a cool place away from direct sunlight.
- Rotate your stock to keep them fresh including in your emergency stoma kit, **but don't stockpile**.

Handy Hints

- If you wear a 2-piece appliance your base plate can remain in place for up to 3 – 4 days providing it does not leak.
- Avoid getting the filter wet in the shower or when swimming – cover with the small patch supplied and remove when finished.
- Review your eating pattern and diet if gas in the pouch is a problem – see relevant brochure.
- Your 1 or 2-piece pouch can be changed as required.
- Avoid the use of bath oils, talcum powder or creams, as they will interfere with the adhesion of the appliance.
- A trace of blood when the stoma is cleaned is normal – dab with small amount of stoma powder.
- Keep hairs around the stoma trimmed or shaved. Hold a tissue, toilet paper or soft cloth over the stoma to protect it while shaving.
- Your colostomy output is likely to gradually stabilise.
- Carry an emergency stoma care kit with you at all times. Include a spare appliance, wipes and plastic bag.
- Learn the name, code number, diameter and type of pouch you are wearing, as it makes ordering easier.
- Obtain an entitlement card from the Association to enable you to use a disabled toilet to change your appliance when necessary.
- Consider the use of support garments.