

## Management 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.stomalthrapy.com](http://www.stomalthrapy.com) and click on 'Find a STN'.

*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.*

## Prepared as a guide by the:

Australian Association of Stomal Therapy Nurses Inc. (AASTN)  
Education and Professional Development Subcommittee

[www.stomalthrapy.com](http://www.stomalthrapy.com)

## References:

- Burch J. (Ed.) (2008). *Stoma care*. Chichester, West Sussex: Wiley-Blackwell.
- Fry RD., Mahmoud N., Maron DJ., Ross, HM. & Rombeau J. (2008) Colon and rectum. **In:** Townsend Jr CM., Beauchamp RD., Evers BM. & Mattox KL. *Sabiston Textbook of Surgery*. (18<sup>th</sup> ed.) Philadelphia, Pa: Saunders Elsevier.

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**Level 1V Evidence (Expert Opinion)**

# Caring for your ileostomy



ABN 16 072 891 322  
Stoma / Wound / Continence

## Changing your appliance

- Wash your hands
- Prepare your equipment:
  - Warm water
  - Washcloth or chux-style cloth / nappy liner
  - New ileostomy appliance
  - If not pre-cut, 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 the 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, sore, itchy, or if in-growing hairs are present contact your Stomal Therapy Nurse (STN) – this is not normal
- Apply the new appliance:
  - One piece
  - Two piece – clean base plate and pouch
- Position correctly over stoma and close the appliance outlet
- Wash hands

*An alternative to this procedure is to prepare your appliance as above, remove the old appliance, 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 properly
- You may be able to use a pre-cut baseplate once the stoma size settles

## Emptying your appliance

- Appliance should be emptied when a third to 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 but if you wish to do so an effective method is to use a plastic 'squirty' bottle with warm water
- If you notice a considerable decrease or increase in the volume of output seek medical attention – a blockage or dehydration can occur

## Disposal of your appliance

- Empty the contents into the toilet
- Place the empty 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 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 and have a use by date
- 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**

## Further important information can be found in the brochures:

- *Handy hints for the person with a stoma*
- *Food, fluids and electrolyte balance for the person with an ileostomy*
- *Eating and drinking for the person with an ileostomy*