

Caring for your Child's Stoma

Changing your child's stoma appliance

- Wash your hands
- Prepare the equipment
 - Container / syringe to empty appliance
 - Plastic rubbish bag
 - Adhesive remover wipe / spray
 - Warm water
 - Washcloth or chux-style cloth
 - Accessories as required
 - New appliance (bag) - cut the hole in the base plate to the size of the stoma
- Empty and gently remove the old appliance using an adhesive remover
- 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 the 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
- Use any accessories if required and apply the new appliance as shown to you by your STN
- Position the appliance 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 your hands

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

Your child's stoma may change 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 child with the appliance off. After the bath, dry the skin around the stoma and put on the new appliance.

- Don't put oily products in the bath water as the appliance will not adhere to the skin

Emptying the appliance

- Wash your hands before and after emptying the appliance
- Appliance to be emptied when a $\frac{1}{3}$ to $\frac{1}{2}$ full

- The appliance can be emptied into a container or if output is thin, can be syringed from the appliance (measure output and document volume if required as directed by your STN / doctor for replacement)
- 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 the appliance

- Place the appliance in a plastic bag and tie securely 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
- You will be given a copy of the order form listing the supplies you use, prior to discharge from hospital or attached to your first order. 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 and you might need to change supplies with your child's changing stoma and growth
- Orders may be collected in person or posted to your address. An added fee for postage and handling is required. 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
- Always take equipment for an appliance change with you when you go out
- Links to websites for children with stomas are listed below – there are many more websites

Stoma review

You should see your Stomal Therapy Nurse for review of your child's stoma:

- Within 2 – 6 weeks after discharge from hospital
- At any time if problems occur
- At least every 1 – 2 years

References:

Leeds children's hospital <https://flipbooks.leedsth.nhs.uk/LN004041.pdf> Accessed 11/09/2024
 University Hospitals Sussex <https://www.uhsussex.nhs.uk/resources/your-baby-and-their-stoma-2/>
 Accessed 11/09/2024

Australian Association of Stomal Therapy Nurses Inc. Education and Professional Development Committee. Developed March 2010. Last updated March 2025.

This information is a general guide. Any concerns should be discussed with your Stomal Therapy Nurse or doctor. For further information or help with any stoma questions, contact your Stomal Therapy Nurse or visit www.stomaltherapy.au and click on 'Find a Stoma Nurse'