

Stoma review

A review of your child's stoma and stoma care by a Stomal Therapy Nurse 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

Stomal Therapy Nurse

Name:

Phone:

Hours:

Your Local Ostomy 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 Stomal Therapy Nurse or your doctor.*

Caring for your child's stoma



ABN 16 072 891 322
Stoma / Wound / Continence

Prepared as a guide by the:
Australian Association of
Stomal Therapy Nurses Inc.
Education and Professional
Development Subcommittee

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Level IV Evidence (Expert Opinion)

www.stomalthrapy.com

Changing your child's stoma appliance

- 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
- Wash hands
- 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 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 properly

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

Emptying your child's appliance

- Appliance to be emptied when a $\frac{1}{3}$ to $\frac{1}{2}$ 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 the 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