

Stoma review

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

- within 2 – 6 weeks after discharge from hospital
- 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 doctor.*

Caring for your stoma – a guide for teens



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 appliance

- 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
- Wash hands
- 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 or sore, contact your Stomal Therapy Nurse – 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 properly

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