

**GOING HOME**  
**A GUIDE TO**  
**CARING FOR YOUR**  
**STOMA**



## 1. Preparation

Before changing your appliance ensure that you have all of your equipment prepared. You may find it handy to keep a small supply in a container in the bathroom (e.g. an old plastic ice-cream tub).



You will need:-

- a) A clean appliance plus any accessories (ie. barrier cream, skin protective wipes if used etc.)
- b) Warm water. (Do not use disinfectant or a perfumed soap.)
- c) Wipes. (Kitchen roll is a good substitute. Cotton wool and tissues are not generally advised.)
- d) Disposable plastic bag.
- e) Scissors and template if required.



**A GOOD TIP IS TO PREPARE YOUR FRESH APPLIANCE BEFORE REMOVING YOUR OLD ONE**  
(e.g. Cut to size, apply clip etc.)

## 2. Changing

- a) Secure clothing out of the way (clothes pegs or large safety pins may help). It may help to place newspaper on the floor to place your soiled bag on.
- b) If your appliance is drainable, empty it down the toilet as directed.
- c) Remove appliance carefully working from the top down, supporting the skin. If wearing a drainable bag place in disposable bag. If wearing a closed bag place on newspaper until you have reapplied your fresh bag.
- d) Clean skin and stoma with warm water and wipes. It may help to use a dry wipe first to remove any residue and mucous from the base of the stoma. Use wet wipes to wash the stoma and skin (NOTE: any soap used must be washed off before drying). Dry skin thoroughly with a dry wipe. Do not worry if your stoma

bleeds slightly when washed. This is normal. If blood comes from inside your stoma you should seek the advice of your GP or Stoma Nurse.

- e) Apply skin protection as required. If using alcohol type wipes ensure that the skin has dried before proceeding. Do not use any creams, ointments or powders of your own which have not been recommended by your Stoma Nurse.
- f) Remove appliance backing paper. Put into position carefully and slowly. (It may be easier to do this standing upright.) A mirror may help you to see your stoma. Ensure that once in place the flange is smooth and stuck firmly to the skin, paying particular attention to the base. When using 2 piece products apply pouch to flange.

### 3. Disposal



- a) If your appliance is full, empty contents down the toilet.

If using a closed bag cut the bag open and empty the contents into the toilet with the aid of the 'flush'. Do not put bag down the toilet unless it is specifically designed for this purpose.

- b) Place SOILED APPLIANCES AND WIPES in disposal bag and secure.
- c) Place in dustbin. Do not flush down the toilet or burn on an open fire.
- d) Tidy up and wash hands.
- e) Re-stock container with all equipment to ensure that you are always prepared.

### HANDY HINTS AND TIPS



- 1. Try to get a routine to suit you.
- 2. Water cannot get into a stoma so you can bathe with your appliance on or off.



If you have a urostomy or ileostomy you may wish to keep your bag on as these may work erratically.

3. Your stoma may change size and shape in the first few weeks so re-measure as required.
4. Order appliances well in advance (keep a minimum of 2 weeks supply).
5. Eat regular, well balanced meals.  
Drink plenty of fluids.



6. Store appliances in a cool dry place.



7. Certain drugs may affect your bowel habit or the colour of your stools and urine.

If you are worried please contact your GP or Stoma Nurse.

**BE ORGANISED AND PLAN AHEAD!**  
**CONTACT YOUR STOMA NURSE IF YOU ARE UNSURE OF ANYTHING OR REQUIRE MORE ADVICE**

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