

It's always important that a nurse or doctor advises you about your stoma care and that you follow the diet suggestions recommended for the type of stoma you have.

What do I need to plan?

Choose a place in your home to do the care that has a hard surface to put the equipment on, is well-lit and away from rubbish bins, toilets and pets

- Choose a place that is comfortable for you to attend the care that avoids twisting, bending, reaching and stooping
- Make sure you have enough stoma equipment and order more before you run out
- Read the instructions the nurse or doctor has given you on how to do your stoma care

How do I prepare?

- Wash your hands with soap and water for at least 20 seconds and dry
- Wipe down the hard surface you are placing your equipment on with warm water and detergent and dry it
- Collect the equipment you need from your plastic storage container that the nurse or doctor has written below (tick as required):

- Non-sterile gloves (if applicable)
- Bowl of warm water
- Open weave disposable cloth like 'Chux'
- Scissors
- Sizing guide to measure stoma
- A protective cover for bed or chair if required
- Rubbish bag

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Changing my stoma bag

Follow the steps below:

Step 1 - Wash your hands with soap and water for at least 20 seconds and dry

Step 2 - If the wafer/appliance are not pre-cut, cut the wafer to the stoma pattern.

- Check the size of the stoma using the sizing guide before cutting the appliance (if your stoma is less than 6 weeks old)
- If using a drainable bag, make sure you close the bag now before applying it

Step 3 - Put gloves on

- Gently remove the appliance while pressing down on the skin
- Empty as much waste as possible into the toilet, then throw away the pouch
- Clean the stoma and skin around it gently using warm water and Chux (pre-cut into smaller pieces for easy use)
- Dry the skin gently
- Apply lotions/protective barrier if recommended by nurse

Step 4 - Centre the new appliance over the stoma and press down firmly for 1-2 minutes (your warm body and hand will help it stick better)

Step 5 - Wash your hands with soap and water for at least 20 seconds and dry

Step 6 - Store your equipment in the plastic storage container, clean the area and throw away the rubbish

What should I report?

- Increased or new pain at the stoma site that won't go away
- Redness around, or spreading from your stoma
- Any change in colour or the amount of waste coming from your stoma
- Any change to your stoma including colour or shape

Where do I get more supplies from?

- Talk to your nurse or doctor
- Order further supplies at least a week in advance from your state-based Ostomy Association or contact your Stomal Therapy Nurse about supplies needed when they visit or call you

Storing my stoma care equipment

- A large plastic, cleanable container with a secure lid to store your stoma care equipment only
- The cleaned plastic box containing your equipment should be stored off the floor, out of direct sunlight and away from heaters and moisture
- A pair of stainless steel scissors that are kept just for your cutting your wafer to size
- Wash the scissors in warm, soapy water or with a disinfectant wipe, before and after use
- Consider cutting the chux into smaller pieces to use for wiping around your stoma
- Bags for rubbish



How can we help?

If you have any questions or would like to find out about other self care options, you can contact Bolton Clarke or your trusted health professional.

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