



## One-piece pouching system

# Taking care of your ostomy

### Getting started

The wound/ostomy care (WOC) nurses at Beth Israel Deaconess Medical Center are here to teach you about ostomy care. They can be reached Monday through Friday by calling 617-632-8185 or 617-632-7874 for appointments or questions.

Before you leave the hospital, you should have:

- this teaching sheet/ostomy care booklet
- your pattern
- ostomy supplies
- follow-up ostomy appointment
- prescriptions for ostomy supplies

Frequency of your pouch change is \_\_\_\_\_.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

### Your next WOC nurse follow-up appointment

• If you are coming back to see your surgeon, we would like you to see the WOC nurse on the same day. Please call 617-632-8185 or 617-632-7874 to schedule this appointment.

**OR**

• Please return as indicated below:

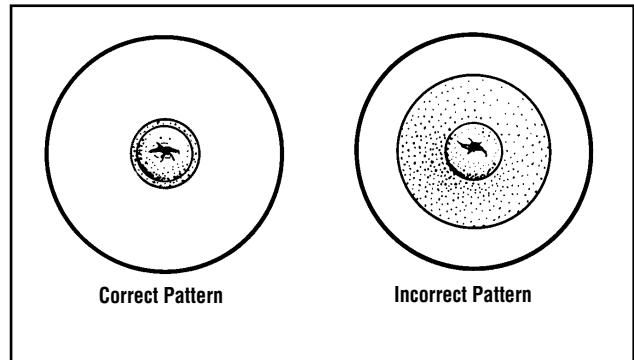
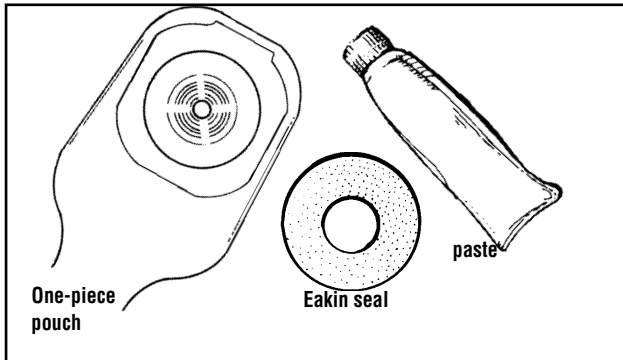
Date \_\_\_\_\_ Time \_\_\_\_\_

at Surgical Specialities, Shapiro Clinical Center, 3rd Floor

**On the day of your appointment, please bring your supplies, pattern, and a list of questions with you. Remember to contact your insurance company in advance of your visit to determine if a referral and/or approval is needed.**

information

# How to use a one-piece pouching system



## 1 List of supplies

- one-piece pouch
- paste
- Eakin Seal
- wet and dry washcloths
- scissors, pen
- pattern or measuring guide
- paste strip

### Optional supplies:

- stomahesive powder
- skin sealant
- deodorant drops/spray

## 2 Prepare your skin

- Starting from the top, gently remove pouch. (**Save clamp.**)
- Wash and dry skin well.
- Look at skin carefully. If skin is pink or red, contact your WOC nurse. Apply stomahesive powder to pink or reddened skin. Dust off excess powder.
- Pat skin sealant over powdered surface.
- Dry well.

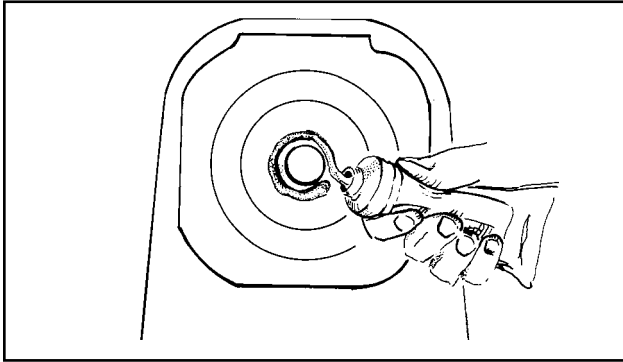
## 3 Check your pattern

*Your stoma size/shape may change over the next two months. Make sure your pattern still fits or you may have skin irritation or leakage problems.*

- Place pattern over stoma with writing side against skin.
- Pattern opening should be slightly larger than the stoma. It should fit snugly not tightly around the stoma.
- **If pattern doesn't fit**, move to Step 4.
- **If pattern is okay**, trace it onto back of pouch and cut it out; then skip to Step 5.

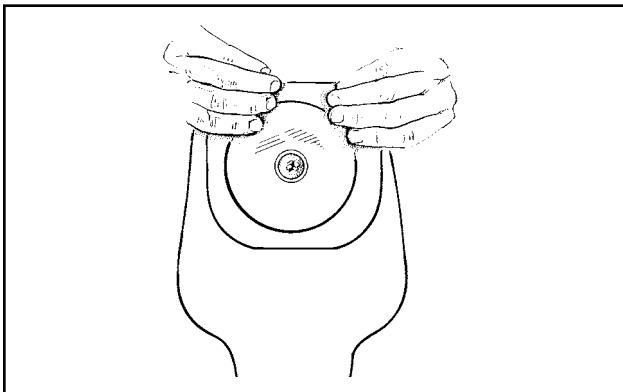
## 4 Make a new pattern

- Using old pattern, trace a slightly smaller version on back of the pouch.
- Cut out opening.
- Place pouch over stoma and check fit. If opening is too small, enlarge the opening slightly.



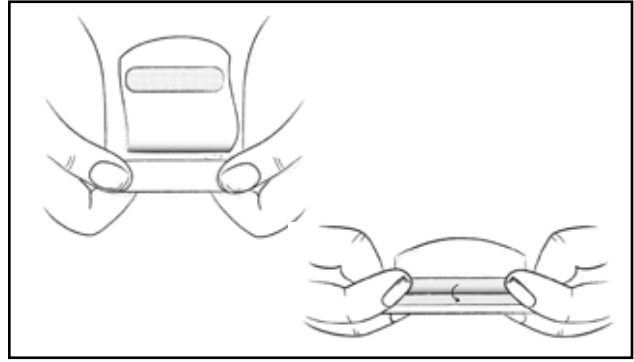
## 5 Prepare your pouch

- Use pattern of stoma size opening and trace onto back of pouch.
- Cut out pouch opening along your traced line.
- Remove all paper backing on pouch.
- If using Eakin Seal, skip to Step 6.
- Apply thick ring of paste around the inner rim of the pouch opening.
- Wait a few minutes before applying pouch.



## 6 Apply your pouch

- Be sure skin is dry.
- If using Eakin Seal, gently stretch Eakin Seal and place around edge of cut out opening on back of pouch.
- Center pouch opening over stoma.
- **Smooth down well.**
- Add deodorant drops (if desired).



## 7 Final steps

- If you have a colostomy or ileostomy, apply clamp or secure the Velcro-like closure, as above.
- If you have a urostomy, be sure spout is closed.

### Important information about your ostomy

- Empty your pouch when it is not quite half full.
- Common reasons to call your WOC nurse:
  - red skin
  - rashes
  - leakage problems
  - changes in your stoma
- For more information regarding living with an ostomy, call the Ostomy Association in the Boston area at 508-270-4656.

## List of supplies

The supplies you need are checked here.

- pouch:** Your \_\_\_\_\_ is order number \_\_\_\_\_.  
They come \_\_\_\_\_ to a box. You will get a prescription for the appropriate pouch.
- paste:** Your ConvaTec Stomahesive Paste is order number 1839-10.
- seal:** Your Eakin Cohesive Seal is order number 839002.  
They come 20 to a box.
- Coloplast paste strip:** Your order number is 2655.  
They come 10 to a box
- night drainage system:** Your ConvaTec Night Drainage System is order number 027060.
- Urikleen:** Your 16 ounce Urikleen is order number 405000.
- powder:** Your Convatec Stomahesive Powder is order number 025510.
- stoma wipes:** The order number is SNS00525.

Other supplies: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Mail order catalog suppliers

Byram Health Care  
945 Main Street  
Worcester, MA 01610  
(800) 649-9882, ext. 46501

Edge Park Surgical  
2300 Edison Blvd.  
Twinsburg, OH 44087  
(800) 321-0591

*This material was prepared by the wound and ostomy care nurses at Beth Israel Deaconess Medical Center.*

*It is produced and distributed by the Beth Israel Deaconess Learning Center.*

*©2008, Beth Israel Deaconess Medical Center. All rights reserved.*

*MC0152 Rev. 7/08*