Beth Israel Deaconess Medical Center
A teaching hospital of Harvard Medical School

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information

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**

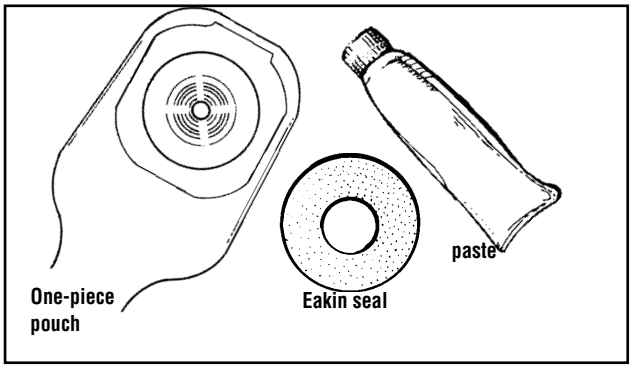
• Please return as indicated below:

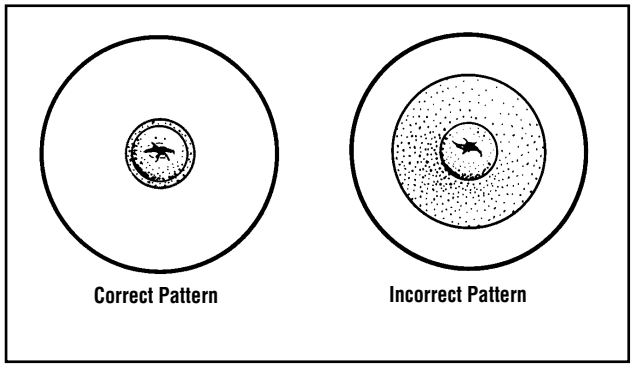
Date _____ Time _____

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.**

# 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.

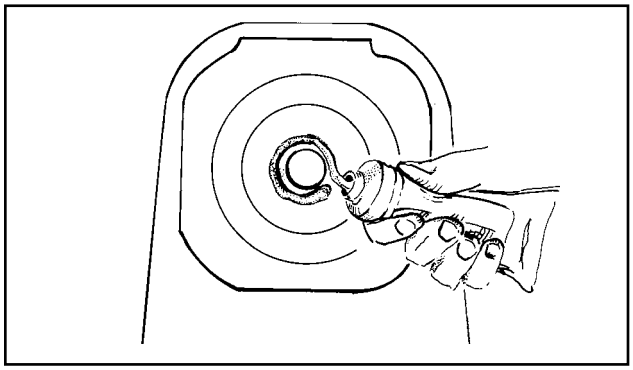
## 3 Check your pattern

***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.

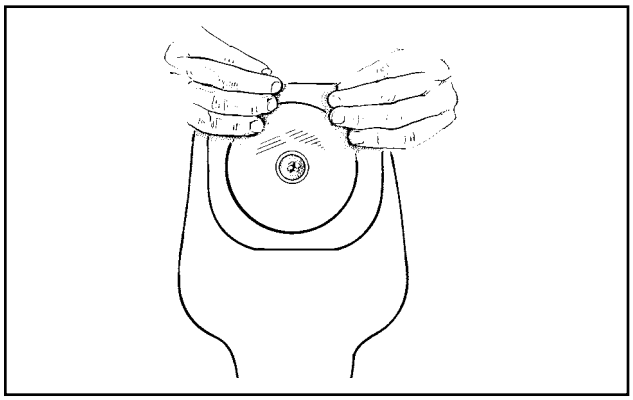
## 4 Make a new pattern

- 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.



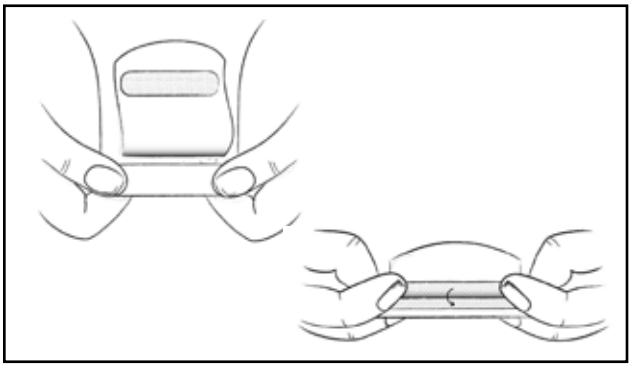
## 5 Prepare your pouch

- 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

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*MC0152 Rev. 7/08*