



Two-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:

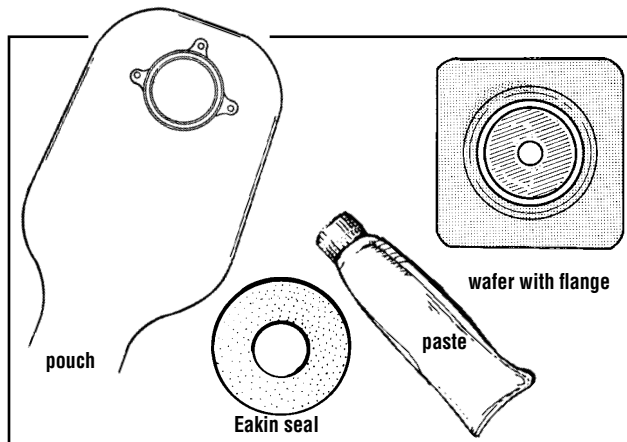
Date _____ Time _____

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 two-piece pouching system



1 List of supplies

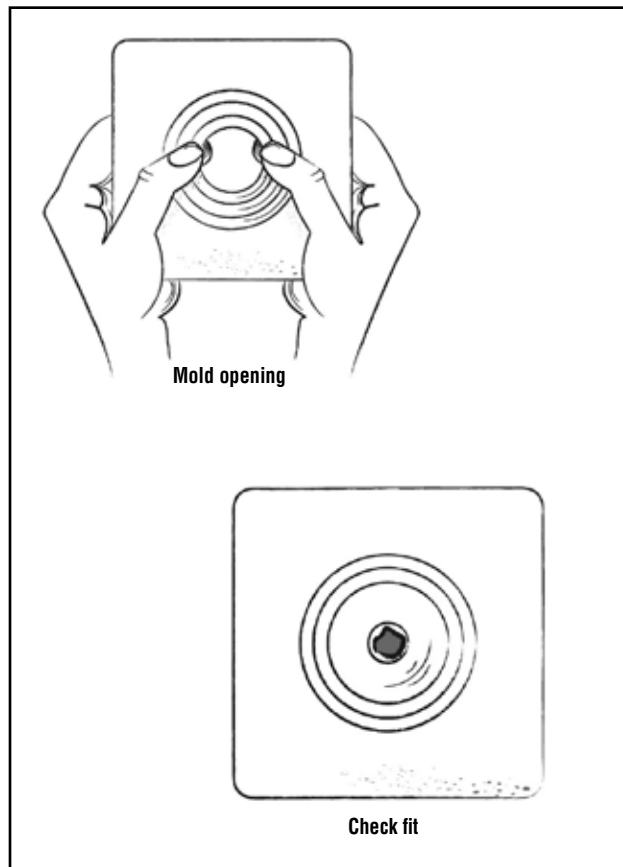
- pouch
- paste
- wafer with flange
- Eakin Seal
- wet and dry washcloths
- scissors, pen
- pattern or measuring guide
- paste strip

Optional supplies:

- stomahesive powder
- skin sealant
- deodorant drops/spray

2 Prepare your skin

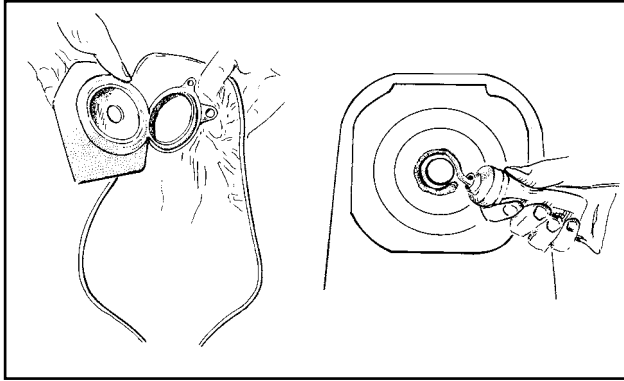
- Starting from the top, gently remove pouch.
- Wash and dry skin well.
- Look at skin carefully. If skin is pink or red, contact your WOC nurse. Apply stomahesive powder to pink or reddened skin. Dust off excess powder.
- Pat skin sealant over powdered surface.
- Dry well.



3 Check your pattern

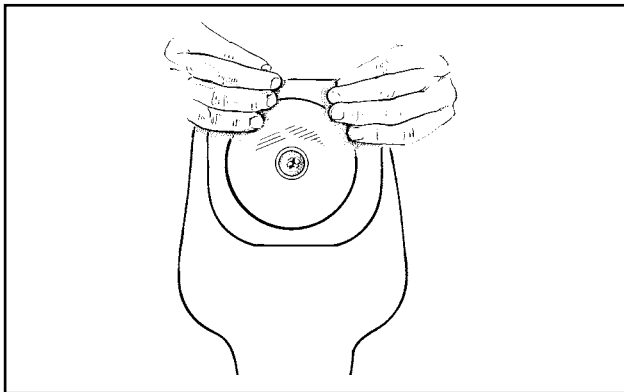
Your stoma size/shape may change over the next two months. Make sure your pattern still fits or you may have skin irritation or leakage problems.

- Mold opening to fit stoma size as you were shown.
- Opening should fit snugly not tightly around the stoma.



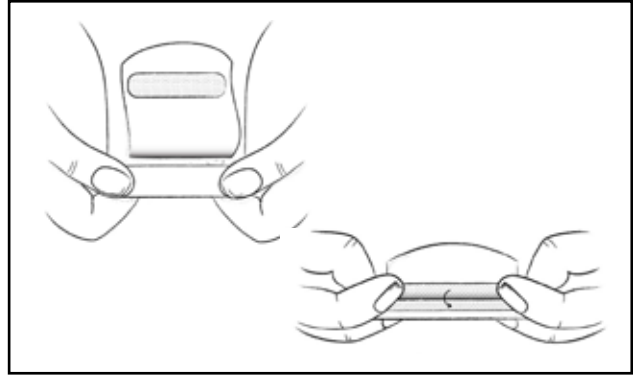
4 Prepare your pouch

- Mold opening to fit stoma.
- Snap pouch to wafer.
- Remove all paper backing on wafer.
- If using Eakin Seal, skip to Step 5.
- Apply thick ring of paste around the cut opening of wafer.
- Wait a few minutes before applying pouch.



5 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).



6 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 pouch has a _____-inch flange. Your _____ is order number _____. They come _____ to a box.
You will get a prescription for the appropriate pouch.
- wafer:** Your wafer has a _____-inch flange.
The order number is _____. They come _____ to a box.
- 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.
- 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.
- Coloplast paste strip:** The order number is 2655. They come 10 to a box.
- 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.

MC0151 Rev. 7/08