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_____________.

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<th>Sunday</th>
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<th>Tuesday</th>
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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.

- **Urinkleen**: Your 16 ounce Urinkleen 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       Edge Park Surgical
945 Main Street         2300 Edison Blvd.
Worcester, MA 01610     Twinsburg, OH 44087
(800) 649-9882, ext. 46501 (800) 321-0591

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