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________________.

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</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 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 stomal 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.

- **Urkleen**: Your 16 ounce Urkleen 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

<table>
<thead>
<tr>
<th>Byram Health Care</th>
<th>Edge Park Surgical</th>
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<tbody>
<tr>
<td>945 Main Street</td>
<td>2300 Edison Blvd.</td>
</tr>
<tr>
<td>Worcester, MA 01610</td>
<td>Twinsburg, OH 44087</td>
</tr>
<tr>
<td>(800) 649-9882, ext. 46501</td>
<td>(800) 321-0591</td>
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