

Changing a stoma pouch TMBU

Step by step procedure to change a stoma pouch.

What you will need:

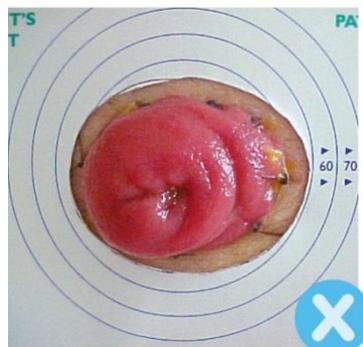
- Sterile water – room temperature (no soap)
- Gauze for washing and drying
- Stoma scissors
- Stoma pouch (1 or 2 piece bag)
- Syringe (10/20ml) if needed
- Kwill if needed
- Waste bag
- Wash your hands correctly using soap and water
- Put on apron and gloves when ready to start change.



1. Prepare the new stoma pouch. Check current template still fits and cut the hole using the scissors so that the stoma fits snugly into the hole. There should be no more than a 1mm gap all the way round the stoma. **If you create a new baseplate throw the previous one away.**



Example of a good baseplate and a bad baseplate.



2. Use a syringe and kwill if needed to empty the contents of the stoma pouch.



3. Gently remove the bag using adhesive removal wipes. Slight redness to the skin may be evident.
Place the old bag into a disposal waste bag.



4. Clean the stoma and surrounding skin thoroughly. Dry with clean dry gauze. It is important that the surrounding skin is completely dry before applying a new pouch.



5. Warm the flange of the pouch by placing it between your hands, this will make the flange more flexible and helps it to stick better, reducing the risk of leakage.



6. Remove protective covering from the flange immediately before application.



7. Apply the new stoma pouch, ensuring that it is angled downwards to allow drainage when emptying pouch. Gently press the flange to the skin from the centres to the edges. Gently place your full hand over the stoma pouch/flange area for a short time to help it stick.



8. Fasten or apply a fastening device applicable to the stoma pouch to the bottom end. The task is complete, dispose of all rubbish into a bin.



Supplies are kept in the TMBU store room.

For advice and support please contact **Stoma Care Team:**
Extension 64215
Bleep 8267
Email uhsussex.stomacaredepartment@nhs.net

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