

# CHANGING AN OSTOMY BAG



An ostomy is a surgical opening to allow stool or urine to leave the body. A stoma is an opening in the abdomen. Ostomy and stoma are interchangeable words. Ostomies can be temporary or permanent.

## Supplies Needed to Change an Ostomy Pouch



Pouching system



Gauze

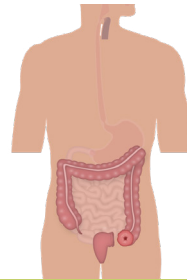


Stoma-measuring guide

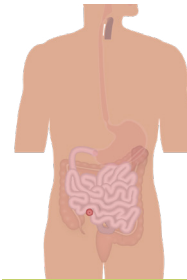


Stoma paste

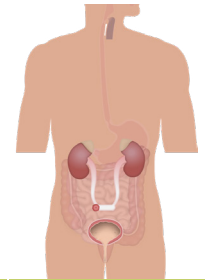
## Most Common Types of Ostomies



Colostomy



Ileostomy



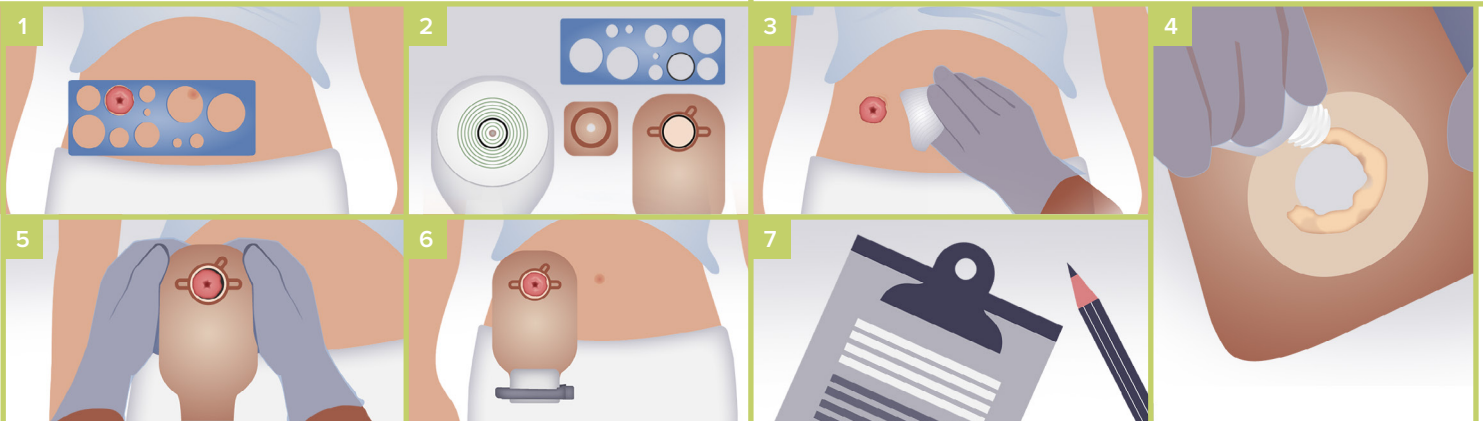
Urostomy

## Pre-procedure

1. Wash or sanitize hands upon entering room.
2. Provide privacy.
3. Explain the procedure.
4. Raise the bed to an appropriate height.
5. Assist the client to the correct position.
6. Perform hand hygiene, again.
7. Put on gloves.
8. Empty contents of ostomy pouch and dispose according to facility policy.
9. Remove the old or soiled ostomy (note: some facilities will require this to go in a biohazard red bag and others will allow it to go into regular waste).

## Steps to Change an Ostomy Pouch

- 1 Measure the stoma with the stoma measuring guide.
- 2 For a one-piece pouch, select the size that matches the stoma. For a two-piece pouch, cut a hole slightly bigger than the stoma size into the adhesive back.
- 3 Gently wipe the stoma and wash the peristomal skin with wet gauze and allow it to dry. Place a dry piece of gauze over stoma to prevent release of contents onto skin.
- 4 Apply the stoma paste if indicated.
- 5 Apply the one-piece ostomy pouch system, or apply the adhesive back of the two-piece system followed by application of the pouch to the adhesive back.
- 6 Ensure the ostomy closure clamp is applied and secure.
- 7 Document reason for ostomy change, condition of skin, and client teaching or participation in procedure.



## NOTES

