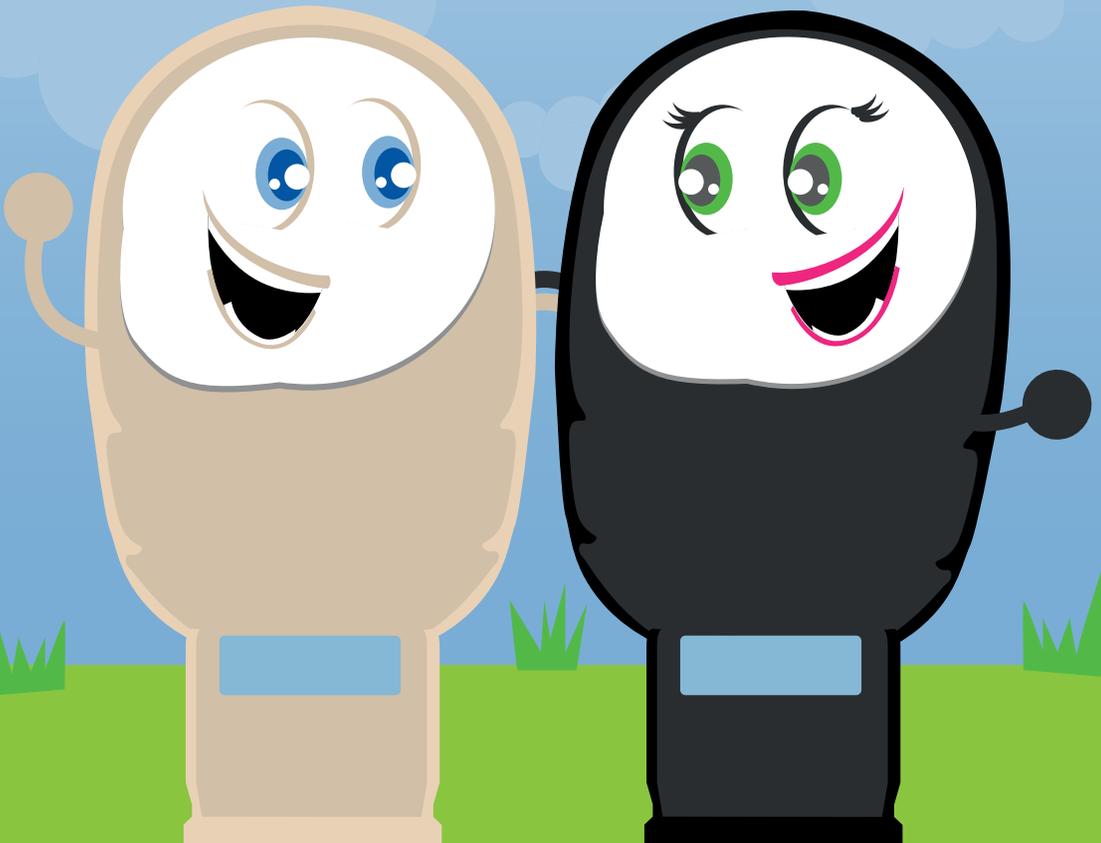




# My Ileostomy & Me



1



You were having problems with your bowels and needed an operation to make you better.

2



Part of your bowel was not working so the Dr took some away. Now part of your bowel is on the outside of your tummy and is working again.

3



**When you poo it will drop into a bag stuck to your tummy and stay there until you empty the bag.**

4



**Your poo will be runnier than before – a bit like how porridge feels.**

5



**You will need to empty the bag a few times a day into the toilet.**

# Now let's see how you empty the bag...

1



**Pick a position that is most comfortable for you and aim your stoma bag into the toilet.**



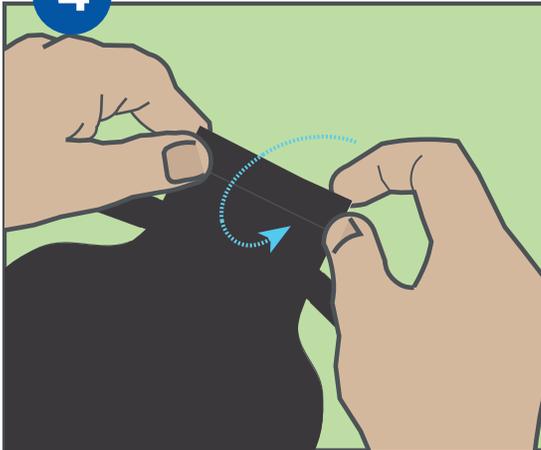
**Undo the Velcro fastening and unroll the opening of the bag. Gently squeeze the poo out of the bag into the toilet.**

3



Wipe the inside and outside of the opening with some toilet roll to make sure it is clean.

4



Roll the opening of the bag back up.

5



**Make sure  
the Velcro is  
fastened shut.**

6

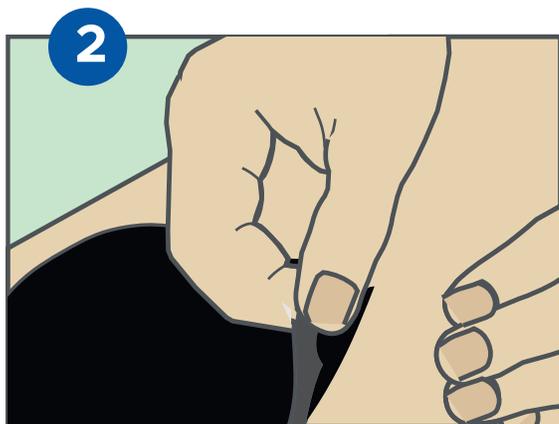


**Wash your  
hands**

# Now let's look how to change your bag...



**Make sure you have all of your equipment ready.**



**You need to peel a small section of the bag away from your skin. Start at the top and roll it slowly and gently downwards.**

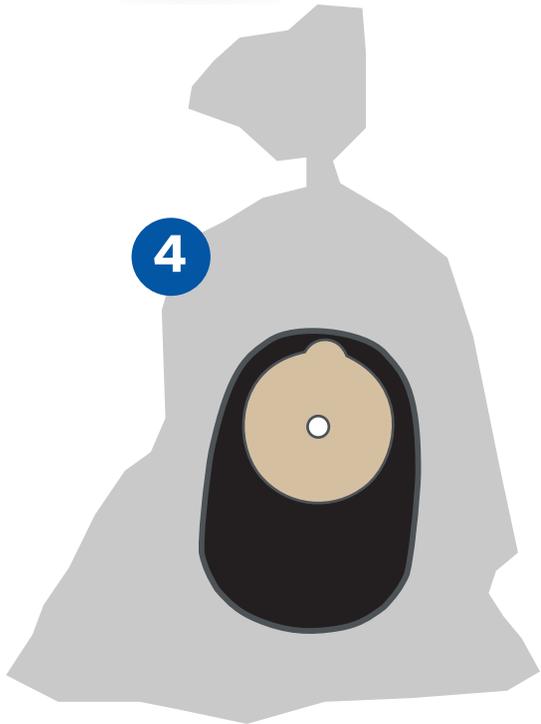
3

SALTS  
ADHESIVE  
REMOVER  
SPRAY

salts  
HEALTHCARE

**You use the adhesive remover spray for this. Spray it directly onto your skin as you peel the bag downwards.**

4



**Put the stoma bag in the rubbish bag.**

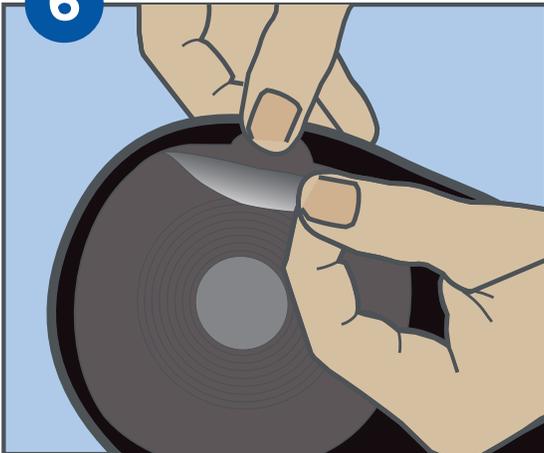
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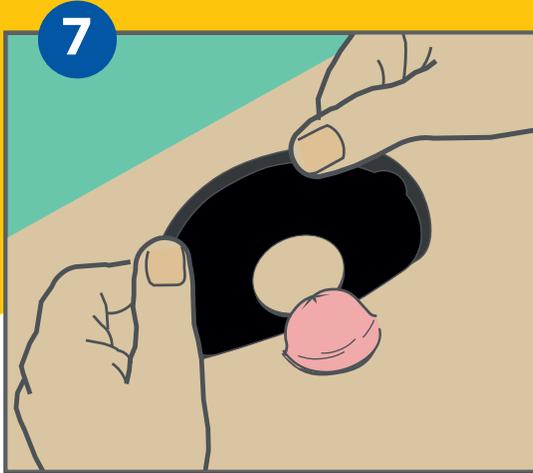
**Gently clean your stoma and skin with soft wipes and warm water.**

**Dry your skin with a soft wipe or kitchen roll.**

6



**Peel the backing off the new stoma bag.**



**Stick the bag underneath the stoma first and roll it over the stoma.**



**Press the bag onto the skin so it sticks down well. Make sure there are no creases in the sticky part of the bag.**

9



**Put any rubbish  
in the bin.**

10



**Wash your  
hands.**









Written by Harriet Seeley – Salts Medilink Community Stoma Nurse