

How to change a stoma bag



Ensure you have all equipment to hand:

- Warm water
- Dry wipes or kitchen roll
- Disposal bag
- New appliance
- Scissors and template, if required
- Any accessories



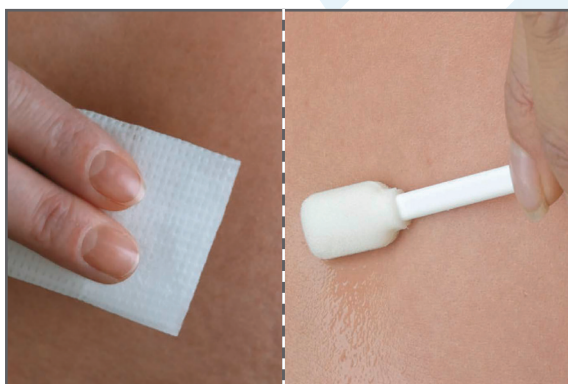
Customising the appliance

- It is important that the hole in the appliance fits snugly around the stoma to prevent the risk of leakage and irritated skin
- Most appliances are pre-cut to the ostomist's stoma size. If not, the stoma will need to be measured and a template drawn and cut



Removal

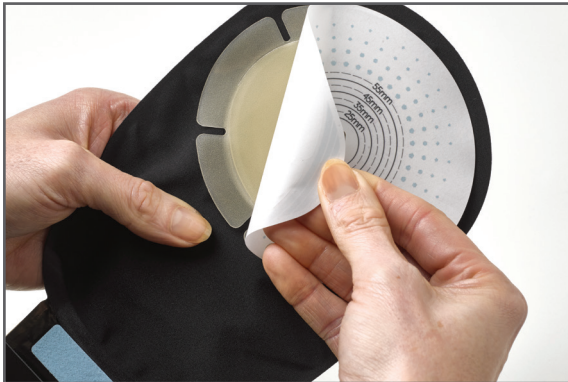
- Empty appliance if changing an ileostomy or urostomy
- Gently remove old appliance adhesive, working from the top down and supporting the skin. An adhesive remover may be used
- Place the appliance in a disposal bag



Skin care

- Gently clean skin around the stoma, using warm water and dry wipes. Please note: it is not unusual for some bleeding to occur from the stoma
- Dry skin thoroughly
- Apply barrier wipe, spray or applicator if necessary as advised by your Stoma Care Nurse

How to change a stoma bag



Application of appliance

- Remove backing film from adhesive
- Fold the pouch in half and position the appliance around the stoma, ensuring there are no creases in the adhesive
- Apply gentle pressure to warm the adhesive to body temperature and ensure good adhesion



Disposal

- Bags can be disposed of in the general household waste



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