

National University Hospital

5 Lower Kent Ridge Road, Singapore 119074

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UEN 198500843R



Patient and Family Information

Stoma Care Handbook

One Piece System

Wafer Sealed with Open Ended Bag



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What is Stoma?

Stoma is the Greek word for “mouth” or “opening”. It is surgically created from the bowel (intestine) through the skin onto the abdomen to help in the removal of body wastes such as faeces or urine.

Types of Stoma

1. Colostomy

This stoma is usually created on the lower left of the abdomen and a portion of the large intestine is brought out through an opening. The discharges will vary depending on the location of the large intestine. If discharges are from the descending colon, they tend to be semi-formed and are emptied approximately 1 – 3 times daily.

2. Ileostomy

This stoma is usually created on the lower right of the abdomen and a section of the small intestine is brought out through the opening. The discharges are usually watery or semi-formed, and contain large amount of salts and enzymes, which are corrosive to the skin.

3. Urostomy

This stoma is normally sited on the lower right of the abdomen. It is created to divert urine through an opening on the abdomen.

Sexual Relationship

You can resume usual sexual activities after you regain your health. However, it is advisable to discuss with your spouse the physical changes that have occurred after the surgery. If you have any concerns or difficulties, please consult your surgeon or stomal therapy nurse.

Tips On Stoma Care

- Ensure that your stoma is moist, red and shiny.
- Clean your stoma gently as it can bleed easily.
- Do not apply oil, cream or powder around the stoma area, unless recommended by your doctor or nurse.
- Shave the hair around your stoma area regularly to prevent folliculitis (inflammation of the hair follicles).
- Cut the base plate 3mm larger than the size of your stoma.
- Ensure that your stoma appliances fit well and do not leak.
- Change your stoma wafer every 3 days or when leakage occurs, whichever is earlier.
- Empty your stoma bag when it is 1/3 full and before going to bed.
- Do not pour water into the stoma bag for washing while attached on body.
- Bathe either with or without stoma appliances attached to the body.
- Place a cushion (small pillow or folded thick towel) to protect your stoma when wearing a seat belt.

Living With Stoma

Clothing

Dress comfortably. Avoid putting on a tight belt or waistband directly over the stoma.

Work

You can resume work once you regain your health. It is unlikely that the ostomy surgery will require you to change your occupations. However, do refrain from physical strenuous work, such as lifting heaving items (2kg and above), as they may cause a hernia (bulging near the stoma).

Sport

You can continue your regular exercises to maintain your health and fitness level. However, certain sports that may injure your stoma or cause stress to the abdominal muscle should be avoided. Some examples are football, weightlifting and canoeing.

Travel

It is important to hand-carry your stoma appliances in case your checked-in baggage are lost or stolen. Do bring sufficient stoma supplies while travelling.

Changing The Stoma Bag (Step-By-Step Guide)



Step 1: Gather all equipment required.



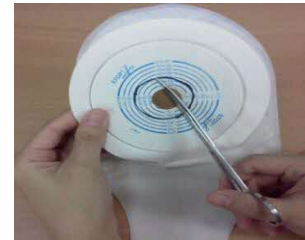
Step 2: Remove the wafer by peeling from the top to the bottom, with one hand pressing against the skin. Dispose the bag once removed and keep the clip (tail closure).



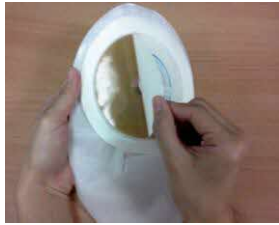
Step 3: Clean the stoma and surrounding skin with paper towel dampened with tap water.



Step 4: Place the template onto the protective backing of the wafer, and trace the pattern according to the size of the stoma.



Step 5: Cut wafer opening 3mm larger than the stoma.



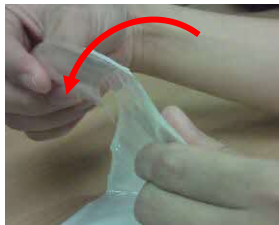
Step 6: Remove the inner protective backing from the wafer.



Step 7: Remove the outer protective backing from the wafer.



Step 8: Apply the pouch at 45° angle to the body.



Step 9: Hold the open end of the bag and fold it forward.



Step 10: Clip the folded end.

Draining The Stoma Bag (Step-By-Step Guide)

**Remember to drain your bag when it is 1/3 full.*



Step 1: Position yourself comfortably. You may either sit or stand.



Step 2: Hold the end of the bag upwards and remove the clip carefully.



Step 3: Invert the open end of the bag.



Step 4: Drain your stool into a plastic bag or a toilet bowl.

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Patient and Family Information

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Two Piece System

Cutting base plate and open-ended stoma bag



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Sexual Relationship

You can resume usual sexual activities after you regain your health. However, it is advisable to discuss with your spouse the physical changes that have occurred after the surgery. If you have any concerns or difficulties, please consult your surgeon or stomal therapy nurse.

Tips On Stoma Care

- Ensure that your stoma is moist, red and shiny.
- Clean your stoma gently as it can bleed easily.
- Do not apply oil, cream or powder around the stoma area, unless recommended by your doctor or nurse.
- Shave the hair around your stoma area regularly to prevent folliculitis (inflammation of the hair follicles).
- Cut the base plate 3mm larger than the size of your stoma.
- Ensure that your stoma appliances fit well and do not leak.
- Change your base plate once every 5-7 days or when leakage occurs, whichever is earlier.
- Change the stoma bag daily.
- Empty your stoma bag when it is 1/3 full and before going to bed.
- Do not pour water into the stoma bag for washing while attached on body.
- Bathe either with or without stoma appliances attached to the body.
- Place a cushion (small pillow or folded thick towel) to protect your stoma when wearing a seat belt.

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3. Urostomy

This stoma is normally sited on the lower right of the abdomen. It is created to divert urine through an opening on the abdomen.

Changing The Base Plate and Stoma Bag

(Step-By-Step Guide)



Step 1: Gather all equipment required.



Step 2: Remove the base plate by peeling from the top to the bottom, with one hand pressing against the skin.



Step 3: Dispose the soiled bag. If you wish to re-use the bag, wash it with soap and water and let it dry before using the bag again.



Step 4: Clean the stoma and surrounding skin with paper towel dampened with tap water.



Step 5: Measure the stoma with sample template to check if the stoma has shrunk.

Living With Stoma

Clothing

Dress comfortably. Avoid putting on a tight belt or waistband directly over the stoma.

Work

You can resume work once you regain your health. It is unlikely that the ostomy surgery will require you to change your occupation. However, do refrain from physical strenuous work, such as lifting heaving items (2kg and above), as they may cause a hernia (bulging near the stoma).

Sport

You can continue your regular exercises to maintain your health and fitness level. However, certain sports that may injure your stoma or cause stress to the abdominal muscle should be avoided. Some examples are football, weightlifting and canoeing.

Travel

It is important to hand-carry your stoma appliances in case your checked-in baggage are lost or stolen. Do bring sufficient stoma supplies while travelling.

Draining The Stoma Bag (Step-By-Step Guide)

****Remember to drain your bag when it is 1/3 full.***



Step 1: Position yourself comfortably. You may either sit or stand.



Step 2: Lift both hook ears off the Velcro plate.



Step 3: Unfold the outlet and face the opening of stoma bag down to drain out the stool into plastic bag or toilet bowl.



Step 4: Clean the outlet with damp paper towel. Then, fold back the outlet after dab dry.



Step 6: Place template onto the protective backing of the base plate.



Step 7: Using the template as a guide, trace the pattern according to the size of the stoma (i.e. if the stoma has shrunk, draw a smaller pattern accordingly).



Step 8: Cut the base plate according to the drawn pattern.



Step 9: Smoothen the cut edges with your finger.



Step 10: Check the size of the cutting. Ensure that the cut hole is approximately 3mm larger around the entire stoma.



Step 11: Remove the protective backing from the base plate. Do not throw the backing away as it will be your template for the next change.



Step 12a: Apply stoma paste evenly around the cut hole. Or



Step 12b: Apply stoma ring around the stoma.



Step 13: Place the base plate gently onto the skin and ensure that it sticks well.



Step 14: Dust the stoma powder around the stoma.



Step 15: Ensure that the bag is fitted securely onto the base plate at 45° (lying position) or 90° (standing position) to the body.



Step 16: Close the lock ring, you will hear a "click" sound when it is locked.



Step 17: Close the opening by flipping the foam upwards 2 times.



Step 18: Seal the outlet by folding the hook ears onto the Velcro plate and press firmly.

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Two Piece System

Moldable wafer and clipless closure bag



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3. Urostomy

This stoma is normally sited on the lower right of the abdomen. It is created to divert urine through an opening on the abdomen.

Changing The Wafer and Stoma Bag (Step-By-Step Guide)



Step 1: Gather all equipment required.



Step 2: Remove the wafer by peeling from the top to the bottom, with one hand pressing against the skin.



Step 3: Dispose the soiled bag. If you wish to re-use the bag, wash it with soap and water and let it dry before using the bag again.



Step 4: Clean the stoma and surrounding skin with paper towel dampened with tap water.



Step 5: Mould wafer opening 3mm larger than the stoma.

Sexual Relationship

You can resume usual sexual activities after you regain your health. However, it is advisable to discuss with your spouse the physical changes that have occurred after the surgery. If you have any concerns or difficulties, please consult your surgeon or stoma therapy nurse.

Tips On Stoma Care

- Ensure that your stoma is moist, red and shiny.
- Clean your stoma gently as it can bleed easily.
- Do not apply oil, cream or powder around the stoma area, unless recommended by your doctor or nurse.
- Shave the hair around your stoma area regularly to prevent folliculitis (inflammation of the hair follicles).
- Mold the wafer 3mm larger than the size of your stoma.
- Ensure that your stoma appliances fit well and do not leak.
- Change your wafer once every 5-7 days or when leakage occurs, whichever is earlier.
- Change the stoma bag daily.
- Empty your stoma bag when it is 1/3 full and before going to bed.
- Do not pour water into the stoma bag for washing while attached on body.
- Bathe either with or without stoma appliances attached to the body.
- Place a cushion (small pillow or folded thick towel) to protect your stoma when wearing a seat belt.

Living With Stoma

Clothing

Dress comfortably. Avoid putting on a tight belt or waistband directly over the stoma.

Work

You can resume work once you regain your health. It is unlikely that the ostomy surgery will require you to change your occupations. However, do refrain from physical strenuous work, such as lifting heaving items (2kg and above), as they may cause a hernia (bulging near the stoma).

Sport

You can continue your regular exercises to maintain your health and fitness level. However, certain sports that may injure your stoma or cause stress to the abdominal muscle should be avoided. Some examples are football, weightlifting and canoeing.

Travel

It is important to hand-carry your stoma appliances in case your checked-in baggage are lost or stolen. Do bring sufficient stoma supplies while travelling.



Step 6: Apply moisturiser to the rim of wafer.



Step 7: Remove the inner protective backing from the wafer.



Step 8a: Apply stoma paste evenly at the back of wafer. Or



Step 8b: Apply stoma ring around the stoma.



Step 9: Apply the wafer over the stoma gently and ensure it adheres well.



Step 10: Remove the outer protective backing from the wafer.



Step 12: Dust stoma powder around the stoma.



Step 13: Clip the bag to the wafer at 45° (lying position) or 90° (standing position) to the body.



Step 14: Fold up the outlet. Press the Interlocking closure together.



Step 15: Turn the "lock it pocket" out side in. Hide the tail inside the pocket

Draining The Stoma Bag (Step-By-Step Guide)

**Remember to drain your bag when it is 1/3 full.*



Step 1: Reverse the "lock it pocket" to reveal the tail.



Step 2: Unlock the inter-locking closure by lifting at the corner and unravelling all the folds.



Step 3: To make draining easier, open the tail end by pushing in both ends of the outlet end strips with your thumb and forefinger.



Step 4: Position the opening of stoma bag facing downwards, and then drain the stools into plastic bag or toilet bowl.



Step 5: Clean the outlet with damp paper towel. Then, fold back the outlet after dab dry.