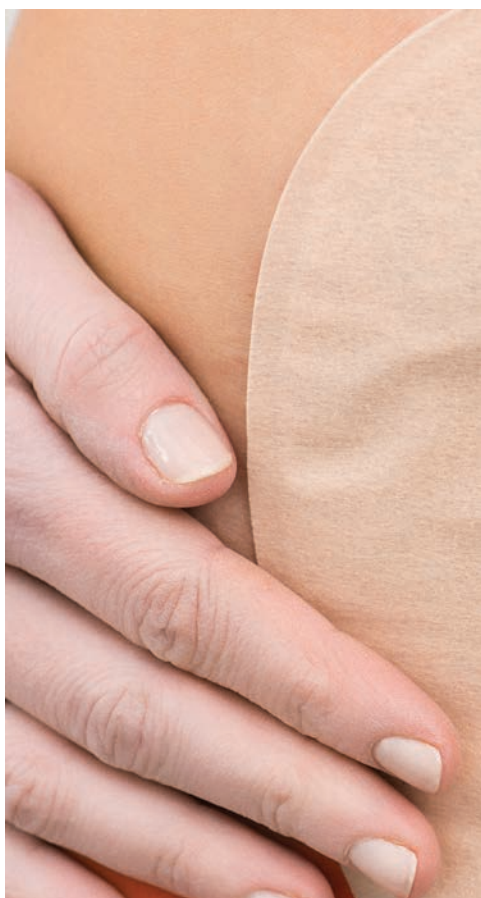


Colostomy care at home



Dansac products are designed for ease of use and to promote a healthy skin environment. Keeping the skin around your stoma healthy can help you feel more comfortable and confident in everything you do.

The area around your stoma, where your stoma pouch/appliance is placed is called the peristomal area. It is important that this area of skin is kept clean and protected from stoma output.

The stoma is red and moist; there are no nerve endings in the stoma and therefore no sensation. It is normal to see some blood on your soft cloth when you are cleaning around the stoma.

You will need:

- Disposal bag
- Toilet paper and dry wipes for washing/drying
- Warm water for washing
- New pouch and/or skin barrier
- Scissors for cutting the skin barrier (if required)
- Any accessories you may use



Dampen a few non-woven wipes in lukewarm water. Wash your stoma and surrounding skin thoroughly.



It is important that the skin surrounding your stoma is completely dry before putting on a new barrier and/or pouch.

Changing a 1-piece pouch



After you have measured your stoma, use the stoma guide or template to transfer the size and shape of your stoma onto the cutting guide of the adhesive barrier.



Adjust the starter hole with small, sharp scissors taking care to follow the outside edge of the marking.



Make sure the hole fits snugly around your stoma. It is recommended to have a 2-3mm gap around the stoma.



Use your fingers to start and remove the skin barrier.



It may be useful to use some damp cloths to moisten the edges of the barrier. To avoid any spillage you can place a disposable plastic bag in your waistband.



Gently remove the pouch: tighten the skin on your abdomen by pressing it with one hand, while you carefully remove the adhesive barrier.



To apply the new pouch, remove the protective covering from the adhesive barrier immediately before application.



Place your pouch on by positioning the adhesive barrier on the skin immediately below your stoma. Press the barrier with your fingers, from centre to edge, to ensure it is securely in place.



Reposition clothing when you are confident your pouch and or barrier is secure. Wash your hands thoroughly after changing.

Changing a 2-piece pouch



After you have measured your stoma, use the stoma guide or template to transfer the size and shape of your stoma onto the cutting guide of the adhesive barrier.



Adjust the starter hole with small, sharp scissors taking care to follow the outside edge of the marking. Make sure the hole fits snugly to your stoma. It is recommended to have a 2-3mm gap around the stoma.



Gently remove the pouch, tighten the skin on your abdomen, by pressing it with one hand, while you carefully remove the adhesive barrier.



To apply the new barrier, remove. The protective covering of the adhesive barrier immediately before application.



Position the adhesive barrier over your stoma. Press the barrier with your fingers from the centre to the edge to ensure it fits snugly and securely.



Snap the pouch onto the barrier. Use your fingers all the way around to make sure the pouch is attached to the barrier.



Double check that the pouch is securely connected to the barrier ring by pulling at the pouch.



Reposition clothing when you are confident your pouch is secure. Wash your hands thoroughly after changing.

! Tips for daily stoma care

Measure your stoma regularly

Your stoma will be oedematous (swollen) immediately after surgery and during the next few weeks. The swelling gradually reduces so it is important that you frequently measure the size of your stoma. Measuring guides are supplied in each box of pouches. It is good practice in the first 6 weeks to regularly measure your stoma.

Better adhesion

If there are skin folds or scar tissue around your stoma, you can make the adhesive barrier more pliable by warming – for example, in the waistband of your clothing.

Skin preparation

If you need to shave the stoma area: use the cylinder from an empty toilet roll to protect your stoma and shave safely around the stoma.

Disposing of used pouches

When away from home you may wish to double wrap the used stoma pouch before placing in the appropriate bin. Stoma pouches can be disposed of in your regular household waste.

Skin health

It is important the skin around the stoma area remains in good condition. If the skin around the stoma becomes uncomfortable, itchy, red or sore, this may indicate some seepage of the stoma output onto the skin. You may need to contact your stomal therapy nurse if the problem is ongoing.

Resources

For useful educational resources that can help make life with a stoma better – before and after your surgery, and as you get back into your regular routine, visit:

Australia: www.dansac.com.au/livingwithastoma

New Zealand: www.dansac.co.nz/livingwithastoma

AUD044. September 2020.

For more information, call Customer Care on
1800 880 851 (Australia) or 0800 678 669 (New Zealand).

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