

Routine Care of Your Ostomy

Pouching System Tips

- Prepare your new pouching system before you remove your old pouching system
- Empty your pouch when it is 1/3 to 1/2 full of discharge or gas. Do not let the pouch overflow
- Empty your pouch before activities and before bedtime
- If you notice that you have a lot of gas in your pouch (colostomy or ileostomy) you may want to consider a pouch with a filter
- The best time for a routine pouching system change is in the morning before you have had anything to eat or drink
- After you apply your skin barrier, press it gently against your skin for about a minute for best adhesion. Gentle pressure and warmth help with the initial contact
- If you wear a two-piece pouching system, try placing the skin barrier on your body in a diamond shape for a smoother fit

Skin Care Tips

- Remember, less is better when caring for the skin around your stoma
- For most people, water is sufficient for cleaning the skin. Remember to wash your hands after changing or emptying your pouch
- If soap is needed, use a mild soap without lotions or creams that may leave a residue or film on your skin. This can interfere with the adhesive
- Skin protective wipes are not recommended under extended wear skin barriers as this may decrease your wear time
- Make sure the peristomal skin is clean and dry before applying your skin barrier
- Things NOT recommended for routine skin care around your stoma: soap with lotions, creams, lotions, powders, baby wipes, isopropyl alcohol, steroidal medications or ointments
- Skin irritation is not “normal.” If you discover you have red, broken or irritated skin, seek the assistance of a qualified healthcare professional like a WOC/ET nurse

Day-to-Day Tips

- Change your skin barrier on a routine basis. You will get more comfortable with this after you learn what works best for you
- Wear time is based on personal preferences and stoma characteristics, but three or four days is considered normal
- If your wear time becomes erratic or unpredictable, consult your WOC/ET nurse
- Skin barrier wear time may decrease during warmer seasons when you are perspiring more or during times of increased activity
- When traveling, plan ahead. Some suggestions include: take extra supplies, pack your ostomy products in your carry-on bag when flying, pre-cut your cut-to-fit skin barriers so you don't need to carry scissors on the plane, and obtain a travel ID which explains your need for specific supplies when traveling
- You can shower or bathe with your pouching system on or off
- If you use a two-piece pouching system, you may find it convenient to switch to a different pouch for the shower so that the pouch you wear stays dry
- When emptying your pouch, rinsing it out is not necessary. A lubricating deodorant may make emptying easier. Do not put oils or cooking sprays in your ostomy pouch
- Store your extra supplies in a cool, dry place
- Routine follow-up with your WOC/ET nurse is recommended

Routine Care of Your Ostomy

| COMMON TERMS | |
|--|---|
| Filter | Releases gas out of the pouch and absorbs the odor. Seen with drainable and closed pouches as a featured option |
| Pouch | Bag which collects output from the stoma. The type of pouch is drainable, closed, and urostomy, based on the type of ostomy you have |
| Pouching System | Includes the skin barrier and the pouch. Options are a one-piece pouching system or a two-piece pouching system. An integrated tape border around the skin barrier provides additional security |
| Skin Barrier | The portion of your pouching system that fits immediately around your stoma. It protects your skin and holds your pouching system in place. Sometimes called a wafer or flange |
| Wear Time | The length of time a pouching system can be worn before it fails. Wear times can vary but should be fairly consistent for each person |
| WOC (Wound, Ostomy, Continence) Nurse | A nurse with additional education who specializes in ostomy care. Sometimes called an ET (enterostomal therapy) nurse. |

If you have additional questions or if you need assistance with your product, or to locate a supplier or an ostomy specialist, please call Hollister at **1.888.740.8999**. For helping new people with ostomies adjust to life with an ostomy, contact one of our Secure Start Coordinators at **1.888.808.7456** in the US or **1.866.789.7574** in Canada.

For more product information, please visit www.hollister.com.

Other recommendations from my healthcare professional:

For product questions, sampling needs, or detailed clinical questions concerning our products in the US, call **1.888.808.7456**. In Canada call **1.800.263.7400**.

Routine follow-up with your healthcare professional is recommended.

Prior to using any ostomy products/accessories be sure to read all product inserts and labels.

The Hollister logo, Secure Start and "Healthy skin. Positive outcomes." are trademarks of Hollister Incorporated.
© 2017 Hollister Incorporated. 923077-1117 US-00188

Hollister Incorporated
2000 Hollister Drive
Libertyville, Illinois 60048
1.800.323.4060

www.hollister.com

Hollister Limited
95 Mary Street
Aurora, Ontario L4G 1G3
1.800.263.7400