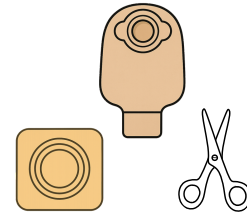




CHANGING AN OSTOMY POUCHING SYSTEM

1. Gather Supplies

- New pouch (and wafer, if 2-piece system)
- Adhesive remover wipes
- Warm water and soft cloth or skin-safe wipes
- Barrier film wipes or spray (optional if skin is damaged)
- Measuring guide for stoma (typically located in each box of pouches)
- Stoma powder or paste/ring (optional only if needed due to damaged skin)
- Scissors (for cut-to-fit wafers)
- Disposal bag
- Hand sanitizer or soap



2. Remove Old Pouch



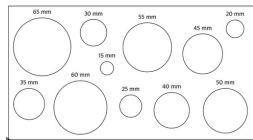
- Empty contents first
- Gently peel off wafer using remover wipe or warm water
- Use “push-pull” technique to protect skin
- Dispose used pouch securely

3. Clean and Inspect Skin

- Wash stoma & surrounding skin with warm water only
- Pat dry completely
- Check for redness, irritation, or breakdown
- Apply stoma powder to moist areas if needed
- Seal powder with barrier wipe if used



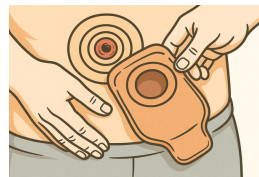
4. Prepare New Wafer



- Measure stoma with guide
- Cut opening no more than 1/16” larger than stoma
- Warm wafer with hands for better adhesion
- Apply ring or paste for uneven skin areas (optional)

5. Apply New Pouch

- Peel backing from wafer
- Center over stoma and press for 30–60 seconds
- Attach pouch if 2-piece system
- Close outlet securely



6. Final Touches

- Add deodorizing drops (optional)
- Wash hands thoroughly
- Inspect seal for comfort and security
- Consider wearing an abdominal support belt

