



## Our Hospice of South Central Indiana Nursing- Clinical Guidelines

<b>Ostomy Pouch change – Removal and Application of appliance</b>						
<b>Supplies:</b>	Gloves	Disposable procedure pad	Barrier film	Toilet paper	Wash cloths	Barrier rings
Stoma/antifungal powder	Adhesive remover	Ostomy pouch	Scissors	Measuring guide	Basin	Ostomy paste
<ol style="list-style-type: none"> <li>1. Review or obtain provider’s order. (Scheduled change typically every 3 days or change PRN when pouch is not intact, leaking, or odor with unknown source).</li> <li>2. Gather and prepare necessary equipment and supplies.</li> <li>3. Wash hands thoroughly prior to and after contact with the patient.</li> <li>4. Confirm the patient’s identity.</li> <li>5. Provide privacy.</li> <li>6. Explain procedure to patient and/or caregiver.</li> <li>7. Raise the bed to waist level before providing care.</li> <li>8. Put on gloves and, as needed, other protective equipment.</li> <li>9. Empty pouch (if open ended).</li> <li>10. Remove gloves, wash hands and apply new gloves.</li> <li>11. Loosen tape border first, then loosen wafer (skin barrier) by pressing against the skin while gently peeling back tape/barrier.</li> <li>12. Remove clip (if clip closure) and save. Clean prior to reusing.</li> <li>13. Cleanse the peristomal skin gently with warm water.</li> <li>14. Use adhesive remover only if needed. Be sure to thoroughly cleanse the oily residue from the peristomal skin with low residue soap. Rinse soap off thoroughly with water, pat dry.</li> <li>15. If there is residue on stoma, gently pat to remove it. The stoma itself does not need to be cleansed as it is self-lubricating and becomes irritated easily.</li> <li>16. <u>For broken, weepy skin:</u> Use a light dusting of stoma powder or anti-fungal powder for yeast-type rash. Dust off excess. Powder will remain where it is needed. Follow by patting with skin barrier wipe or light barrier spray to seal, as needed. Allow to dry.</li> <li>17. Measure the stoma using measuring guide               <ol style="list-style-type: none"> <li>a. Slip the opening over the stoma and place the guide against the skin.</li> <li>b. If the openings fits over the stoma, and shows about a 1/8” inch of skin, it is the proper size.</li> <li>c. Draw the pattern on the backing of the cut-to-fit barrier. Barrier should mimic the shape of the stoma</li> <li>d. To avoid incision lines, offset the center of the barrier. Mark measurements accordingly.</li> </ol> </li> <li>18. Cut barrier as measured. Check fit by placing barrier over stoma with backing still on, adjust size accordingly.</li> <li>19. Apply pouch by removing the paper backing off of the barrier. If using a two-piece system, apply the barrier, attach pouch, and ensure bottom of pouch is closed.</li> </ol>						



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- 20. Discard used supplies in appropriate receptacles.
- 21. Remove and discard your gloves and other personal protective equipment worn.
- 22. Perform hand hygiene.
- 23. Document the procedure and patient’s response in the medical record.

**References:**

Lippincott Solutions: <https://procedures.lww.com/lnp/view.do?pld=7377713&hits=carefully,ostomy,care&a=false&ad=false&q=ostomy%20care>

Maria, A., & Lieske, B. (2021). Colostomy care. StatPearls. Retrieved February 2, 2024 from <https://www.ncbi.nlm.nih.gov/books/NBK56053/>

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**Historical Reviews & Revisions:**

Review	Reviewer’s Name(s)	Changes Made?
5/12/2025	Dr. Anderson, Amy Lowe, Clinical Director, Shannon Johnson, Mngr Clinical Compliance	New, approved