

## Your Step-by-Step Skills Checklist

This handout will help you practice the skills listed below. Share the steps with your nurses and surgeon. They will add-in any comments or special instructions.

### SKILL - Empty the Pouch (Colostomy/Ileostomy Only)

1. Empty the pouch when it is  $\frac{1}{3}$  to  $\frac{1}{2}$  full.
2. Gather all supplies before you empty the pouch (paper towel, pouch/liner, deodorant).
3. Assume a correct position on the toilet or stand by the bathroom counter with the measuring container on the counter.
4. Lift the bottom of the pouch and open it.
5. Lower the opening into the toilet or measuring container and empty it.
6. Wipe the inside and outside of the opening/tail with dry paper towels before you close it.
7. Add pouch deodorant (if used).
8. Reclamp or reseal the pouch.

Comments/Additional Instructions:

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### SKILL - Empty the Pouch (Urostomy Only)

1. Empty the pouch when it is  $\frac{1}{3}$  to  $\frac{1}{2}$  full.
2. Gather supplies (toilet paper, urinal).
3. Lift the bottom of the pouch and open the drip cap. Turn the valve to the open position.
4. Point the valve down and drain into the toilet or urinal.
5. Wipe the end of the pouch with toilet paper.

6. Close the pouch valve and replace the drip cap.

Comments/Additional Instructions:

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### SKILL - Remove the Old Pouch (All Stoma Types)

1. Gather supplies: new pouching system, measuring guide, paper towels, or wash cloth, or gauze, garbage bag, and any accessories needed (scissors, skin filler/paste, powder, deodorant, adhesive remover, and skin barrier etc.).
2. You may use adhesive remover wipes or spray to remove the barrier. If you don't have this, gently moisten a corner of the tape with water and begin to peel this off the skin.
3. Use one hand to push down on the skin and the other to lift the barrier fully off the skin.
4. Put the old pouch system in a garbage bag.

Comments/Additional Instructions:

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### SKILL - Clean and Inspect the Skin (All Stoma Types)

1. Look at the skin for color, bleeding, and irritation.
  2. If the skin around your stoma is raw or weepy, please call your ostomy or home health nurse.
- \*\*See hospital discharge instructions for steps to treat irritated skin and contact information for ostomy nurse\*\*

3. Clean the skin around the stoma with warm water only (Do not use soaps, baby wipes, shower gels or foam cleansers).
4. Pat the skin dry with paper towel, or wash cloth, or gauze.

Comments/Additional Instructions:

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**SKILL - Measuring and Sizing the Opening (All Stoma Types)**

1. Cover the stoma with paper towel, or wash cloth, or gauze while the pouch is off.
2. Measure your stoma with the measuring guide.
3. **For Moldable systems:**  
Keep all the papers on the back of the barrier. Work from the front to shape the opening with your thumbs.
4. **For Cutting Systems:**  
**2 piece** - Trace the correct size on the back of the barrier. Cut the traced opening.  
**1 piece** - Trace the correct size on the back of the barrier. Pull the pouch away from the barrier. Cut the traced opening.
5. Check for fit by centering the opening over the stoma. Make sure the whole stoma shows through the opening, with just a small amount of skin showing.

Comments/Additional Instructions:

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**SKILL - Applying the New Pouching System (All Stoma types)**

1. Remove the backing from the barrier.
2. If using a cut to fit barrier, keep the paper from the backing to help you trace for next time.
3. Use accessories such as skin fillers/paste/powder/skin barrier as needed.
4. Center the opening around the stoma and gently press onto the skin for 60 seconds. Smooth any creases.
5. For a two-piece system, apply the pouch to the barrier flange.
6. Close the bottom opening of your pouch. **For a Colostomy or Ileostomy:** Roll the bottom edges up and tightly press to seal.  
**For a Urostomy:** Turn the valve so it is closed and make sure the drip cap is tight.

Comments/Additional Instructions:

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