

Your Step-by-Step Skills Checklist

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

SKILL-Empty the Pouch (Colostomy/Ileostomy Only)

	I have watched this	I have helped with this	I can do this by myself	Provider sign-off (initials)
1. Empty the pouch when it is 1/3 to 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				

SKILL- Empty the Pouch (Urostomy Only)

	I have watched this	I have helped with this	I can do this by myself	Provider sign-off (initials)
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				

SKILL- Remove the Old Pouch (All Stoma Types)

	I have watched this	I have helped with this	I can do this by myself	Provider sign-off (initials)
1. Gather supplies: new pouching system, adhesive remover and skin barrier wipes, measuring guide, paper towels or gauze, garbage bag, and any accessories needed (scissors, skin filler/paste, powder, deodorant, etc).				
2. Open the adhesive remover and use it to help lift the corner of the pouch off the skin.				
3. Use one hand to push down on the skin and the other to lift the wafer.				
4. Put the old pouch system in a garbage bag.				
Comments/Additional Instructions				

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

	I have watched this	I have helped with this	I can do this by myself	Provider sign-off (initials)
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, shower gels or foam cleansers).				
4. Pat the skin dry with paper towel or gauze.				
Comments/Additional Instructions				

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

	I have watched this	I have helped with this	I can do this by myself	Provider sign-off (initials)
1. Cover the stoma with paper towel 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 wafer. Work from the front to shape the opening with your thumbs.				
4. For Cutting Systems: Trace the correct size on the back of the pouch wafer. Pull the pouch away from the wafer. 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				

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

	I have watched this	I have helped with this	I can do this by myself	Provider sign-off (initials)
1. Remove the backing from the wafer.				
2. If using a cut to fit wafer, keep the paper from the backing to help you trace for next time.				
3. Open the skin barrier and wipe the skin around the stoma one time. Allow the skin to dry for 15 to 30 seconds.				
4. Use skin fillers/paste as needed.				
5. Center the opening around the stoma and gently press onto the skin for 60 seconds. Smooth any creases.				
6. For a two-piece system, apply the pouch to the wafer flange.				
7. 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				

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 06/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8022