Changing/management of an ostomy

1. Clean the skin around the stoma using skin prep pads. Let them dry or blot dry (do not rub around the stoma).
2. Place the measuring guide over the stoma and trace the outline of the stoma onto the measuring guide.
3. Take the measuring guide and trace the correct size onto the back of the wafer with the starter hole in the middle. Cut out the hole.
4. Once dry, apply a small amount of stoma powder around stoma (a 4x4 may help to smooth out the powder or use your finger).
5. Peel the paper from the wafer and apply stomahesive paste around the cut circle in the wafer. Smooth it out with a wet finger.
6. Remove the paper backing from tape and apply the entire appliance over the stoma. Make sure the stoma is in the center of the hole.
7. Press firmly around the wafer to create a good seal, then smooth out the tape around the wafer. Be sure there is no gap between the stoma and the wafer. If there is a gap, it should be no bigger than 1/8". Also be sure the wafer is NOT rubbing against the stoma. The stomahesive paste should buffer the wafer and stoma.

Once the wafer is secure, snap the pouch onto the wafer, making sure the entire pouch is secured to the wafer. A small gentle tug will be enough. Have the patient tighten their abdomen muscles when applying the pouch.