Emptying the pouch

1. Hold the end of the pouch upright.
2. Remove the clamp and fold up the bottom edge of the pouch about 2 to 3 inches around the outside of the pouch.
3. Empty the contents of the pouch into a container.
4. Once the contents are emptied, hold the pouch upright and clean around the edges of the pouch.
5. Unfold the edges and replace the clamp.

Supplies and equipment

- Adhesive remover
- Skin protector
- Wafer
- Tape
- Pencil or pen
- Stomahesive paste

- Scissors
- New pouch
- Wash cloth
- Towel
- Measuring guide (should be a small plastic sheet)
- Plastic bag (to place the ostomy bag into)