



AT THE FOREFRONT

**UChicago**  
**Medicine**

## Ostomy Care Directions

### Supplies

Hollister One Piece Cut to Fit Pouch, order #8531  
Stoma pattern, pen & scissors  
Washcloth or paper towels  
Plastic garbage bag  
Hollister Adapt Paste

### Instructions

1. Gather supplies.
2. Trace pattern onto back of the pouch and cut out. Be careful not to cut through the front of the pouch. Place aside.
3. Remove the soiled pouch and place in the plastic garbage bag.
4. Wipe any stool from your skin. Wash the skin around the stoma with warm water. Pat dry.
5. Remove the paper backing from the tan adhesive on the pouch. Put a small bead of Adapt paste around the cut edge. Center the pouch over the stoma and press down. Remove the paper backing from outer beige tape (both sides) on the pouch adhesive and smooth the adhesive tape flat.
6. Roll the bottom of the pouch tail up three times until the plastic fasteners meet. Press firmly from the center to the outer edges along the closure strip until it is sealed.

### Important

1. As your stoma heals it may change in size and you must change the pattern as this occurs. You may consider measuring your stoma at each pouch change for the first few weeks after surgery. The skin barrier on the pouch must fit up to the stoma, protecting the skin around the stoma.
2. You may shower or bathe with the ostomy pouch on. The tape around the edges is waterproof and should be dried off after showering or bathing.
3. To treat red, irritated skin: sprinkle with Adapt powder. Brush off excess. There should only be a light dusting left on the skin. The powder will absorb moisture and allow the pouch to adhere to the irritated skin.
4. Do not use products that contain creams or oils on the skin around the stoma. They will interfere with how well the pouch adheres.