In-Service Guide:
Ostomy Care
Caring for a Stoma

Use the following procedure for preparing a barrier

1. Measure the stoma.
2. Trace the measurement onto the back of the barrier.
3. Cut an opening in the barrier.
4. Remove the protective backing by pulling the blue release tab away from the barrier.

Use the following procedure for applying a barrier

1. Center the barrier around the stoma. Secure it to the skin by applying gentle pressure.
2. Place the pouch on the barrier, starting at the bottom of the click-lock security ring. Gently press the pouch into place while moving toward the top of the barrier with both hands.
3. Secure the pouch by pinching the two ends of the click-lock security ring tab together with your fingers. You will hear a click.
Use the following procedure for emptying the pouch

1. Open the outlet by lifting both tabs off the Velcro® plate. Unfold the outlet.
2. Fold back the lower plate to avoid soiling when emptying. Attach Velcro® dots to hold the plate in place.
3. Empty the pouch by pinching the outer edges of the outlet open.
4. Clean inside the outlet and wipe the plates with a fresh tissue.

Use the following procedure for closing the pouch

1. Release the lower plate from the Velcro® dots. Using the guide, fold the lower plate over the upper plate.
2. Fold upwards. Seal the outlet by attaching the Velcro® hook tabs onto the Velcro® plate.

Use the following procedure for removing the pouch

1. Open the securing ring by pressing the front of the tab with your fingertip.
2. Remove the pouch from barrier. Pull from the top of the pouch with an up-and-over motion.
3. Use the white tab to gently pull the barrier away from the skin using the “push-pull” technique.