

Pouching Tips

- Prepare your new pouching system before you remove your used pouch.
- Empty your pouch when 1/3 to 1/2 full of discharge or gas. Do not let the pouch overfill.
- Empty your pouch before activities and before bedtime.
- If you notice that you have a lot of gas in your pouch (colostomy or ileostomy) you may want to consider a pouch with a filter.
- The best time for a routine pouching system change is in the morning before you have had anything to eat or drink.
- After you apply your skin barrier, press it gently against your skin for about 30-60 seconds. Gentle pressure and warmth help with the initial contact.
- If you wear a two-piece pouching system, try placing the skin barrier on your body in a diamond shape for a smoother fit.



Skin Care Tips

- Remember, less is better when caring for the skin around your stoma.
- For most people, water is sufficient for cleaning the skin. Remember to wash your hands after changing or emptying your pouch.
- If soap is needed, use a mild soap without lotions or creams that may leave a residue or film on your skin. This can interfere with the adhesive.
- Skin prepping wipes used under extended wear skin barriers may decrease your wear time.
- If you use an adhesive remover wipe, wash your skin with soap and water. Rinse and dry thoroughly before applying your next skin barrier.
- Things NOT recommended for routine skin care around your stoma: soap with lotions, creams, lotions, powders, baby wipes, isopropyl alcohol, steroidal medications or ointments.
- No skin irritation is “normal.” If you discover you have red, broken or irritated skin, seek the assistance of a qualified healthcare professional like a WOC nurse.



Day-to-Day Tips

- Change your pouch on a routine basis, before it leaks. You will get more comfortable with this after you learn what works best for you.
- Twice a week changes are considered usual. Seven days is generally recommended as the maximum length of time you should wear a single skin barrier.
- If your wear time becomes erratic or unpredictable, consult your ostomy nurse specialist.
- Pouch wear time may decrease during warmer seasons when you are perspiring more or during times of increased activity. This is normal, so anticipate and plan appropriately.
- When traveling, plan ahead. Some suggestions include: take extra supplies, pack your ostomy products in your carry-on bag when flying, pre-cut your cut-to-fit skin barriers so you don't need to carry a scissors on the plane, and obtain a travel ID which explains your need for specific supplies when traveling.



- You can shower or bathe with your pouch on.
- If you use a two-piece pouching system keep your pouch on during the shower. Some find it convenient to switch to a different pouch for the shower so that the pouch you wear stays dry.
- When emptying your pouch it is not necessary to rinse it out. A lubricating deodorant may make emptying easier. Do not put oils or cooking sprays in your ostomy pouch.
- Store your extra supplies in a cool, dry place.
- Routine follow-up is recommended with your WOC nurse.

Common Terms

- **Filter:** Lets gas out of the pouch and absorbs the odor. Seen with drainable and closed pouches as a featured option.
- **Pouch:** Bag which collects output from stoma. The types of pouches are drainable, closed and urostomy based on type of ostomy you have.
- **Pouching System:** Includes the skin barrier and the pouch. Options are a one-piece pouching system or a two-piece pouching system. An integrated tape border around the skin barrier provides additional security.
- **Skin Barrier:** The portion of your pouching system that fits immediately around your stoma. It protects your skin and holds your pouching system in place. Sometimes called a wafer or flange.
- **Wear Time:** The length of time a pouching system can be worn before it fails. Wear times can vary but should be fairly consistent for each person.
- **WOC (Wound, Ostomy, Continence) Nurse:** A nurse with additional education who specializes in ostomy care. Sometimes called an ET nurse.

If you have additional questions or if you need assistance with your product or to locate a supplier or an ostomy specialist, please call Hollister at **1.888.740.8999**.

For helping new people with ostomies adjust to life with an ostomy, contact one of our **Secure Start** Coordinators at **1.888.808.7456**.

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