

SKILL: Empty the Pouching System



Watch and Review

- ▶ Emptying the pouching system is the first skill that you will need to do after the operation. You will use this skill most often.
- ▶ Watch the video and then follow each of the steps.



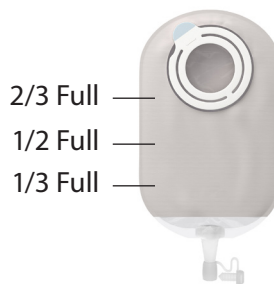
WATCH VIDEO

*Urostomy Home Skills
Program: Emptying a Pouch*



SKILL: CHECK THE POUCH LEVEL

Empty or change the pouch when it is $\frac{1}{3}$ to $\frac{1}{2}$ full. A pouch that is too full may start to pull away from the skin. Your child will not feel it when urine comes out of his or her stoma. You will need to check for fullness by looking at the pouch and/or placing your hand over your child's pouch and feeling for fullness.



SKILL: ASSUME THE PROPER POSITION

For infants or toddlers wearing diapers:

- ▶ It is easy to empty the pouch directly into the diaper when changing a soiled diaper. Remove the soiled diaper and empty the pouch. Close the pouch tap when drained. Be sure to not have stool get on the tap edge.



For children who are old enough to empty into the toilet:

There are several positions that can be used, depending on the child's level of comfort and skill.

- ▶ Sit far back on the seat with legs spread wide
- ▶ Sit or stand alongside the toilet



SKILL: EMPTY THE URINE

Sit far back on the seat or stand over the toilet.

1. Raise the pouch opening
2. Open the tap at the end of the pouch
3. Before lowering, pinch together the nozzle
4. Lower the nozzle toward the toilet
5. Release pinched fingers and let the urine drain
6. When empty, tap the nozzle to remove any last drops
7. Close the pouch



Note: For children in wheelchairs, your pediatric or ostomy nurse can provide other suggestions for emptying the pouch.

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SKILL: Change the Pouching System

Watch and Review

- ▶ The entire system (skin barrier and pouch) will need to be changed every 3-5 days. Moisture and sweat, a full and heavy pouch, and uneven skin around the stoma can decrease the length of time the system will stick to the skin. If any output leaks under the skin barrier or if there is burning or itching under the barrier, change the pouch.⁴⁻⁶
- ▶ Your child will always be producing urine, so the pouch and barrier can be replaced anytime.
- ▶ Watch the video and then follow each of the steps.



WATCH VIDEO

*Urostomy Home Skills
Program: Changing a Pouch*



SKILL: GATHER YOUR SUPPLIES

- ▶ New pouch (one or two-piece system)
- ▶ Washcloth/wipes/paper towel to clean the skin
- ▶ Stoma measuring guide to measure and size the opening
- ▶ Pen to trace the size of the stoma
- ▶ Scissors to cut the opening
- ▶ A small plastic bag for the soiled pouch
- ▶ Accessories such as adhesive releaser, skin barrier rings, and skin barrier powder (as instructed by your ostomy nurse)



SKILL: REMOVE THE OLD POUCH

1. Begin by peeling away one corner of the barrier.
2. Gently remove the barrier, working first around the outer edge. Work around the rest of the barrier, pushing down on the skin at each point while at the same time pulling the barrier away from the skin.
 - If using an adhesive release spray: pull a small area of the barrier away from your child's skin, spray, and then push the skin down as you gently remove the adhesive. A piece of wet paper towel, or a washcloth with warm water, may also help to remove the pouch barrier from the skin.
3. If you have a two-piece system, you can remove the pouch only and leave the barrier in place if the barrier is still sticking. If it has been about 3-5 days, you will remove the barrier with the pouch attached.
4. Place the old pouch in a plastic bag and then in the trash.



SKILL: CLEAN AND INSPECT

1. Inspect the color of the stoma. The stoma should be red and moist.
2. Inspect the skin for redness or irritation. The skin should look like the rest of the skin on your child's abdomen.
3. Clean the skin around the stoma with warm water. Oils may keep the skin barrier from sticking. Do not use:
 - Soap/cleaners with oil or perfume.
 - Baby wipes that have oil, moisturizing cream or alcohol.
4. Gently pat the skin dry.
5. If the skin around the stoma is irritated or weepy, you can apply a small dusting of skin barrier powder. The powder will absorb the moisture. Remember that the new barrier will not stick well if the skin is moist. You may need to dab or spray the powder with a skin sealant/skin prep.



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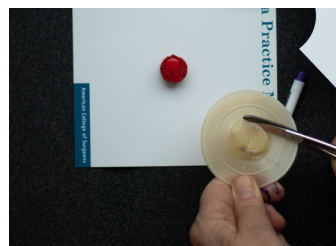
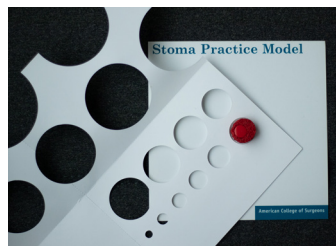
SKILL: MEASURE AND CUT THE OPENING

It is important to measure the stoma and make sure the opening of the barrier fits where the skin meets the edge of the stoma. This is called the **skin stoma junction**. For the first three months after your child's operation, the stoma will continue to shrink in size as the swelling goes down. In the beginning, the stoma will have to be measured with each pouch change to make sure the opening is cut to the right size. After that, the pouches can be cut-to-fit from your template, or ordered pre-cut.

1. Cover the stoma opening. Place a piece of tissue or paper towel over the stoma to catch any leakage.
2. Measure the stoma. Use the measuring guide and find the size that fits close to the edge of the skin stoma junction. If your child's stoma isn't round, your ostomy nurse or doctor can make you a custom template.
3. Place the measuring guide on the back of the pouch barrier and trace the correct size.
4. Use scissors to cut an opening in the skin barrier, closely following the traced shape. If you are using a one-piece system, place your finger into the small pre-cut opening and push away the pouch before you start to cut. Be careful not to cut through the front of the pouch. If you cut the pouch, do not tape it closed. It will leak and give off an odor.
5. Center the new opening over the stoma to make sure it fits along the stoma edge. Re-cut and adjust the opening as needed.

To practice:

- ▶ Gather your supplies in the skills kit.
- ▶ Use the stoma practice model, measuring guide, and pouch to:
 - Measure and cut an opening.
 - Apply a new pouch to the model.



SKILL: APPLY THE NEW POUCH

For the first week or so, your child may have ureteral stents (thin colored tubes) protruding from the stoma. The stents will have to be threaded through the opening of the pouch barrier. This takes a bit of practice. They will be removed at your follow-up visit.



1. Close the tap if using a drainable pouch.
2. Remove the paper from the back of the skin barrier.
3. Center the cut opening in the barrier over the stoma.
4. Check the skin to make sure it is dry and no urine is on the skin.
5. Place the barrier on the skin around the stoma. Press down on all sides for 30 to 60 seconds, starting at the area closest to your child's stoma. Make sure it is firmly applied.
6. If you use a two-piece pouch system, apply the new barrier first, then apply the pouch to the barrier.
7. If you use a belt to secure your child's pouch, clip it in place.
8. Date and keep the paper backing to use as your template for the next pouch change.



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Stoma Care Supplies

Keep your child's stoma care simple. Only use skin barrier paste or rings, powder or liquid skin barrier if recommended by your ostomy nurse or doctor. Always check the label to make sure that the product is approved for use with infants.

SKIN BARRIER PASTE AND RINGS

Skin barrier rings are used to create a better seal between the skin and the barrier.

To apply the barrier ring, the inner diameter is stretched to the stoma size/shape. It is then placed on the back of the pouch at the cut edge or around the stoma.



To apply barrier paste, place the paste directly on the skin in the deep folds. If needed, you can smooth using a moist finger. Paste can also be applied directly to the back of the adhesive ostomy barrier.

SKIN BARRIER POWDER

Skin barrier powder is used to help treat moist red areas on the skin around the stoma.

To apply, gently clean the irritated skin with water and pat dry. Lightly dust the irritated skin with the powder and brush off the excess. You can use liquid skin barrier to seal the area before applying the pouching system.

Be sure to cover the infants' face if using powder so that they do not breathe it in.

LIQUID SKIN BARRIER

A liquid skin barrier provides a protective plastic-like coating on the skin.

To apply, wipe the skin with the liquid skin barrier (or if you are using a spray, apply to the skin). Be sure the skin barrier dries completely before applying the pouching system.

ADHESIVE REMOVER

Adhesive removers are used to remove the skin barrier, tape, and sticky residue.

To apply, spray or use the adhesive remover wipe around the outer edge of the barrier. Wait a few seconds and then gently push the skin down and pull the barrier up, releasing the skin from the barrier.



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Additional Ostomy Resources

Resources

American College of Surgeons Ostomy Home Skills Program and E-Learning Course

facs.org/ostomy | 1-800-621-4111

Wound, Ostomy and Continence Nurses Society (WOCN®)

wocn.org | 1-888-224-9626

United Ostomy Associations of America (UOAA)

ostomy.org | 1-800-826-0826

American Urological Association (AUA)

auanet.org

American Pediatric Surgical Association (APSA)

apsaped surg.org

American Pediatric Surgical Nurses Association (APSNA)

apsna.org

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