

Colostomy/Ileostomy Skills Checklist

Directions: Please use this guide along with your skills kit supplies to practice. Then share this checklist with your nurse/surgeon. They will add in any comments or special instructions.

Patient/Care Provider Evaluation

1 I can do this on my own
2 I need a little help
3 I need a lot of help
4 I had no chance to practice

Professional Evaluation

1 Can do independently
2 Needs some help
3 Needs a lot of help and additional review
4 No chance to review, home care to follow up

1 SKILL—Empty the Pouch

	Patient/Provider	Professional	Comments/Instructions
1 Empty pouch when it is 1/3 to 1/2 full.			
2 Assemble supplies before emptying: toilet paper, pouch, and deodorant, if needed.			
3 Assume a correct position.			
4 Raise and open the pouch.			
5 Lower the opening into the toilet (or diaper if infant) and empty.			
6 Wipe the opening before resealing.			
7 Add pouch deodorant (if used).			
8 Reclamp or reseal the pouch.			

2 SKILL—Remove the Old Pouching System

	Patient/Provider	Professional	Comments/Instructions
1 Assemble supplies for pouch change: new pouch, towel, measurement guide, pen, scissors, garbage bag (skin barrier ring,, powder, deodorant, and adhesive remover, if needed).			
2 Remove the outer adhesive by starting at one corner/edge.			
3 Place one hand on skin and push down while your other hand lifts up the barrier. Use a warm wet cloth or adhesive releaser if needed.			
4 Place the old pouch in a garbage bag.			
5 If you are using a clamp, do not throw it away.			

3 SKILL—Clean and Inspect the Skin

	Patient/Provider	Professional	Comments/Instructions
1 Check the skin for color, bleeding, and irritation.			
2 Clean the skin around the stoma with warm water.			
3 Pat the skin dry.			

4 SKILL—Measure and Cut the Opening

	Patient/Provider	Professional	Comments/Instructions
1 Cover the stoma opening with a piece of tissue or gauze while measuring.			
2 Measure the stoma accurately with the measurement guide.			
3 Trace the correct size on the back of the pouch barrier.			
4 Place your finger into the precut opening and push the pouch away from the barrier if a one-piece system..			
5 Cut the traced opening.			
6 Center the new opening over the stoma making sure it is close to the stoma edge. Adjust as needed.			

5 SKILL—Apply the New Pouching System

	Patient/Provider	Professional	Comments/Instructions
1 Remove the paper backing from the pouch barrier.			
2 Date and keep the paper from the backing to use as your next template.			
3 If needed, apply skin barrier powder.			
4 Remove any gauze/tissue placed over the stoma.			
5 Center and apply the pouch skin barrier around the stoma. Starting closest to the stoma, press on the barrier for 30-60 seconds.			
6 For a two-piece system, apply the pouch to the barrier flange.			
7 Correctly close the bottom opening of the pouch: <i>For a Clamp Closure:</i> Wrap the tail around one time only. Lightly tug on the clamp once to make sure it is secure. <i>For an Integrated Closure:</i> Roll the bottom edge up and press securely across the entire closure, then use side closures.			

Special Instructions