One Piece Appliance

Supplies you will need:
• One-piece pouch
• Caulk: Stomahesive Paste or Eakin Seal
• Plastic Clamp if needed.
• Scissors
• Towel, Washcloth, or Viva Paper Towels
• Measuring Guide

How to apply:
1. Wash your hands. Get your supplies ready.
2. Remove the old appliance and throw it away. Save the plastic clamp if you are using one.
3. Wash the stoma and the skin around the stoma with warm water. Dry well.
4. Check the stoma and skin. The stoma should be pink to red in color and moist. The skin should not be red or have broken areas.
5. Measure the stoma with the measuring guide. Trace a proper pattern onto the back of the wafer and cut out the opening so that it is 1/8-1/16 inch larger than the size and shape of the stoma.
6. Remove the paper backings from wafer and tape and set the appliance aside.
7. Dry the skin around the stoma one last time and apply the caulk (paste or Eakin Seal) onto the skin just around the stoma, or onto the back of the wafer around the center opening.
8. Apply the appliance over the stoma. Seal well.
9. Roll up or clamp bottom of pouch.
10. Wash your hands.

How to empty the pouch:
Empty pouch when 1/3-1/2 full. If it becomes too full, the excess weight can break the seal on the skin.

• Sit on the toilet if you are able to.
• Drop the pouch between your legs and release the bottom closure.
• Empty the contents into the toilet.
• You can rinse the pouch now and then using a squirt bottle. However, try not to bathe the stoma in water since this could break the seal.
• Wipe the bottom of the pouch with bathroom tissue and reseal.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.
Important Points:

- The ostomy appliance should be changed every 4-5 days. You may need to do this sooner if there is leaking, discomfort or itching on the skin beneath the wafer.
- The best time of day to change the appliance is in the morning before breakfast or at any other time when your bowels are least active.
- Release gas by removing the bottom closure and pressing gently on the pouch.
- Gas is increased by eating foods such as broccoli, cauliflower, cabbage, beans, onions, cucumbers, beer, or carbonated sodas. If these foods do cause excess gas, you do not need to remove them from your diet. Choose to eat them when you will not be embarrassed by the noise that gas creates.
- Some foods can increase stool odor. These foods are asparagus, broccoli, cauliflower, cabbage, cheese, onions, garlic, spicy foods, some vitamins and medications. The pouch is odor proof if it is sealed properly to the skin and kept clean on the outside. Odor is only noticeable when the contents of the pouch are exposed to air during pouch emptying or changing. Pouch deodorants and room sprays can help reduce the odor. Cranberry juice, buttermilk, or yogurt may also help reduce odor.
- The stoma will shrink over the first 2 months. Measure your stoma weekly during this time until it stops shrinking and cut or mold the wafer opening so that only 1/8-1/16 inch of skin is visible. The caulk will protect the 1/8-1/16 inch of skin when the appliance is applied right. Any exposed skin will become sore.
- If you are having problems keeping the appliance sealed, or problems with the skin around the stoma, call your ostomy nurse.

If you have a **colostomy** and it does not function for 2 days (48 hours) and you are having stomach pains, call your doctor.

If you have an **ileostomy** and it does not function for several hours and you are having stomach pains and/or nausea or vomiting, call your doctor.

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