

## Routine Care of Your Ostomy

### Pouching System Tips

- Prepare your new pouching system before you remove your old pouching system
- Empty your pouch when it is 1/3 to 1/2 full of discharge or gas. Do not let the pouch overflow
- 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 a minute for best adhesion. 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 protective wipes are not recommended under extended wear skin barriers as this may decrease your wear time
- Make sure the peristomal skin is clean and dry before applying your skin barrier
- These are NOT recommended for routine skin care around your stoma: soap with lotions, creams, lotions, powders, baby wipes, isopropyl alcohol, steroidal medications or ointments
- Skin irritation is not “normal.” If you discover you have red, broken or irritated skin, seek the assistance of a qualified healthcare professional like a stoma care nurse

### Day-to-Day Tips

- Change your skin barrier on a routine basis. You will get more comfortable with this after you learn what works best for you
- Wear time is based on personal preferences and stoma characteristics, but the goal is to achieve a consistent reliable wear time without any leakage between pouching system changes
- If your wear time becomes erratic or unpredictable, consult your stoma care nurse
- Skin barrier wear time may decrease during warmer seasons when you are perspiring more or during times of increased activity
- 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 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 pouching system on or off
- If you use a two-piece pouching system, you may find it convenient to switch to a different pouch for the shower so that the pouch you wear stays dry
- When emptying your pouch, rinsing it out is not necessary. 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 with your stoma care nurse is recommended

## Routine Care of Your Ostomy

COMMON TERMS	
<b>Filter</b>	Releases gas out of the pouch and absorbs the odor. Available in some drainable and closed pouches as a featured option
<b>Pouch</b>	Bag which collects output from the stoma. The type of pouch is drainable, closed, and urostomy, based on the type of ostomy you have
<b>Pouching System</b>	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
<b>Skin Barrier</b>	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
<b>Wear Time</b>	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
<b>WOC (Wound, Ostomy, Continence) Nurse</b>	A nurse with additional education who specializes in ostomy care. Sometimes called stoma care nurse.

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### Other recommendations from my healthcare professional:

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Routine follow-up with your healthcare professional is recommended.

Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.

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