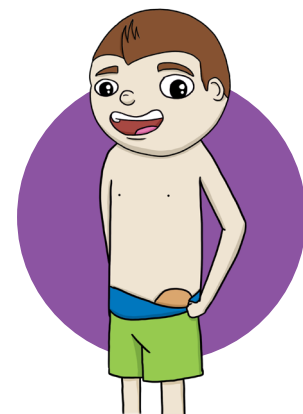
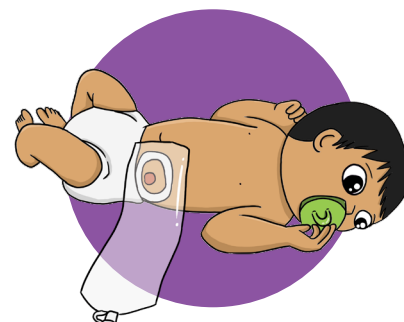




Stoma care

- Stoma is a procedure to help with a medical condition.
- Stoma removes poo and/or urine/pee.
- Stomas don't hurt, but after the procedure bub's tummy may be sore.
- The nurse will yarn with you about day to day activities and answer any questions you may have.
- Stoma is round and a pink colour like the inside of your mouth.
- If the stoma is a blue/purple or grey colour or the skin is red or broken call the stoma therapy nurse.
- The stoma should not stop bub doing normal activities including swimming.
- Empty the stoma bags when needed. It can be left on for up to 1 to 2 days.
- Bub can keep their bag on or off in the bath or shower, water will not get into the stoma. We suggest keeping it on in case of accidents.
- Bub can eat and drink as normal.



Thing to know before going home:

- What equipment to use and where to get it (ensure you have enough equipment to take home).
- Where to get help.
- The name of the stomal therapy nurse.
- How to contact the WA Ostomy Association.
- When's your next appointment.
- How to apply and dispose of bub's appliance.
- How to prevent skin problems.
- How to stop bleeding.



Supplies

- The WA Ostomy Association provides supplies.
- The stomal therapy nurse will help you to join (membership fees apply).
- Supplies can be sent to your home (fees apply).
- Order monthly supplies.

Getting help

Help at home - If you need help, call the **hospital on 6456 2222**. If you live in the:

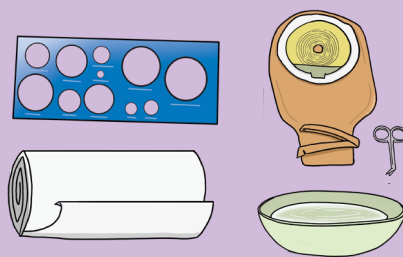
Metropolitan area - Stomal therapy nurses work from Monday to Friday 8.00am to 4.00pm, they will refer you to a visiting nurse.

Country areas - You will be referred to the community stomal therapy nurse closest to you.

Changing the bag

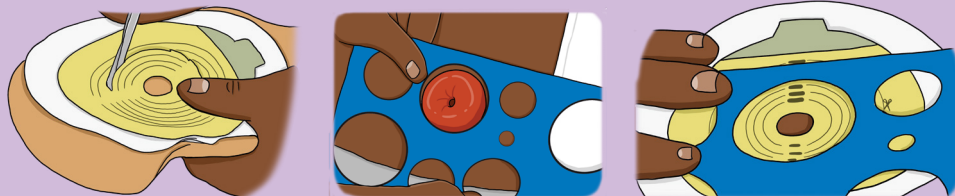
1. Gather equipment:

- scissors
- tissues or toilet paper
- a bowl of warm water
- large cloth for washing
- bag for rubbish.
- new appliance pouch and baseplate if applicable
- template

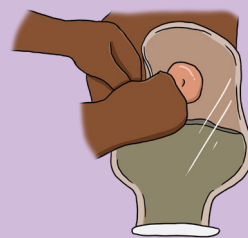


2. Cut the pouch or baseplate to size.

Use template to get the size.

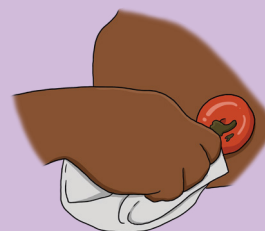


3. Remove the old bag, taking care to push skin away from baseplate.



4. Clean the skin and stoma using warm water and tissues or toilet paper.

5. Pat dry the skin around stoma.



6. Apply baseplate and run finger around baseplate near stoma to make it stick better.



7. Close outlet of pouch.

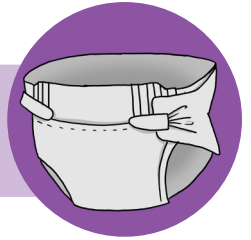


8. Bin the old bag and used equipment.

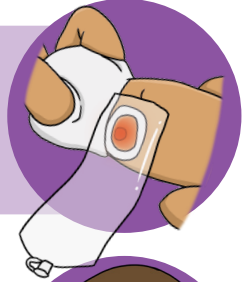


Good to know

Mess in nappy or underwear - It's normal if you see any discharge on bub's nappy or underwear.



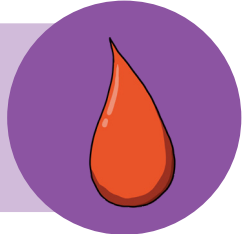
Sore skin - Skin can become sore if the bag leaks onto the skin. Make sure the bag is on right. The bag may need changing or the hole may not be the right size. Never tape the bag down.



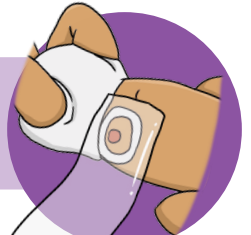
If the colour of the stoma changes or bub is in pain, go to the **Emergency Department**.



Bleeding - The stoma area may bleed a little when you clean it, don't worry its normal (ask the stomal therapy nurse about a special powder that can help). If you see a lots of bleeding from the inside, you should see GP or health clinic straight away.



It can be very scary to see the bowel slide out of the stoma, this shouldn't cause any pain or stop the stoma working.



Diarrhoea - If bub's poo's are very watery and is pooing more than normal, see your GP or health clinic straight away, they can become ill very quickly.



If you are worried or concerned about anything, **don't wait - call** the stomal therapy nurse at **PCH (08) 6456 2222**.



Government of **Western Australia**
Child and Adolescent Health Service

Child and Adolescent Health Service

15 Hospital Avenue, Nedlands, WA, 6009.

Telephone: (08) 6456 2222

Produced by: Stomal Therapy and Wound Management / Social Work
Ref: 208.1 © CAHS 2021

This document can be made available in alternative formats on request for a person with a disability.

Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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