

# THIS SELF-CARE PATHWAY IS DESIGNED TO HELP YOU CARE FOR THE SKIN AROUND YOUR STOMA



**1** Please look for signs of faecal/ urinary leakage (dependent upon your stoma type) on your skin during pouch removal and check the removed flange to see if there is evidence of any leakage



**2** Please re-measure your stoma template to ensure a correct fit, to prevent exposed skin around the stoma edge



**3** Please ensure that your skin is clean and dry before reapplying a crease-free stoma flange to your skin

**If you are finding that you are unable to leave your pouch on for your normal length of time due to your skin condition, or your skin appearance is more severe than shown below and/or if you have any other concerns please contact your Stoma Therapy Nurse for advice and reassurance.**



## CHANGING YOUR POUCH

- 1 Wash your hands. If you are not near running water you can use an antibacterial hand cleanser.
- 2 Supporting the skin with one hand, gently and slowly, ease the pouch off.
- 3 Use plain warm water and dry wipe to gently clean around the stoma. Make sure you don't rub.
- 4 Dry the skin thoroughly with a dry wipe. Pat gently, once again taking care not to rub.

### NORMAL/GOOD

The appearance of the skin around the stoma is the same as the rest of your skin on your abdomen.



#### ADVICE

Maintain usual stoma care change routine and continue to monitor.

### MILD

Dry, good/dry, red, dry/red, itchy.



#### ADVICE

Consider a silicone medical adhesive remover (wipe/spray) to prevent skin stripping following pouch removal. Consider a silicone barrier film wipe to protect the skin around the stoma at each pouch change.

### MODERATE

Red, itchy, sore or mixed/combination.



#### ADVICE

**WET surrounding skin:** consider use of stoma powder to the wet area.  
**DRY surrounding skin:** wipe around the area with a silicone barrier film wipe (to add protection).

### SEVERE

Red, itchy/sore/broken/weeping/bleeding or mixed combination/or another specific issue.



#### ADVICE

**Contact your Stoma Care Nurse immediately.**

**If improvement noted,**  
continue to use and monitor.

**If no improvement seen after 3 days,**  
please contact your Stoma Therapy Nurse.