

Ileostomy and Colostomy

The two-piece ostomy flange is commonly used with people who have either an ileostomy or a colostomy. There are two parts: the flange and the pouch. When changing the pouch, observe the color, size and odor of the drainage. Observe for any skin irritation. Inform your primary care physician of any changes. The flange should be changed every 5 to 7 days. The pouch should be emptied when no more than 1/3 to 1/2 full. The best time to change your flange is in the morning when your bowels are less active.

How to change a two-piece ostomy flange:

1. Gather supplies.

- Snap-on pouch
- Flange
- Sealant (example: Sureprep)
- Paper towels, tissue or wash cloths and towel (wet and dry)
- Plastic garbage bag

2. Prepare flange by cutting an opening to fit stoma, using pattern provided or stoma guide in the box (add 1/16th in. of space around the stoma).

3. Remove flange.

4. Clean skin with water and dry thoroughly.

5. Cover the stoma with a paper towel or tissue to prevent accidents.

5. Apply sealant (Sureprep).

6. Apply flange to skin around the stoma.

7. Snap pouch on; test seal.

8. Wash hands.

How to empty the pouch:

1. Empty when no more than 1/3 to 1/2 full.

2. Remove pouch from flange.

3. Snap new pouch back on flange.

4. Rinse out old pouch or soak in soapy water.

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5. Alternatively, empty pouch from the bottom.
6. Wash hands.

How to burp the pouch when it fills with gas (flatus):

1. Lift pouch slightly off flange, then snap back on.
2. Check seal.
3. Wash hands.