

Stoma Care Progress Record

Department of Surgery

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Wash your hands with soap and warm water and dry thoroughly. Use hand gel, if provided, in care facilities.
- If you have symptoms of diarrhoea and vomiting stay at home and do not visit relatives that are vulnerable in hospital or in residential care. You will spread the illness.
- Keep the environment clean and safe. Let's work together to keep it that way. Prevention is better than cure.

Stoma Care Checklist

This checklist is designed as a reminder for you to use after your operation when you start learning how to look after your stoma.

Tick below

I have looked at my stoma		
I have been shown how to drain my appliance		
I have practised draining my appliance with help		
I am able to drain my appliance independently		
I have practised changing my appliance	1	
	2	
	3	
	4	
	5	

Not everyone can manage to do the following. Don't worry if you can't, we can arrange for this to be done for you.

I can measure my stoma	Yes / No / NA
I have practised cutting my flanges out	Yes / No / NA
I can cut my own flanges out	Yes / No / NA

Equipment for changing the stoma appliance:

- Disposal bag
- Dry wipes
- Plain warm water
- New stoma appliance
- Pen
- Scissors
- Measuring guide
- Template if available
- New stoma appliance
- Bowl to empty appliance if appropriate
- Reading glasses if worn

- Set out your equipment in front of the sink before removing the appliance
- Make sure the new flange is cut to size and, if drainable, the bottom of the appliance is closed
- Wash your hands
- Put some warm water into the sink
- Next, If drainable, empty your appliance into a bowl or into the toilet
- Put a few wipes on your lap under the stoma in case it works whilst the appliance is off
- Remove your appliance starting from the top and peel it downwards, then place it in the disposal bag
- Clean around your stoma with moistened wipes, then dry thoroughly
- Put on your new appliance and press firmly all round the flange
- Clear away equipment, tie up disposal bag and discard in a Clinical waste disposal whilst in hospital. Use your dustbin when you go home
- Wash your hands

Well Done!

Useful Contacts

Colorectal Nurse Specialists

For bowel stomas only

Tel: 01902694084 (24 hour answer phone)

Office hours: Monday to Friday 8:30 am to 4:30 pm

Urology Nurse Practitioner

For urinary stomas only

Tel: 01902 694467

Office hours: Monday to Friday 9am to 5pm

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowałiby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。