

How I should care for my ostomy

How to change my ostomy appliance

Here is how I change my ostomy appliance:

1. Gather my equipment:
 - Flange (wafer)
 - Pouch
 - Plastic bag
 - Kleenex/toilet paper
 - Ostomy ring (and Eakin/Adapt/Brava if recommended)
 - Protective towel
 - Wet cloths
 - Pen/scissors/measuring card
 - Paste
2. Empty my pouch into the toilet.
3. Remove my pouch and flange and put it into the garbage.
4. Tuck a plastic bag into my pants under my stoma.
5. Wipe away any stool/mucus/urine from my stoma with dry Kleenex or toilet paper.
6. Wash my stoma and the skin around my stoma gently with warm water. I should dry my skin well.
7. Check my stoma and the skin around my stoma:
 - My stoma will be swollen and will get smaller in 6-8 weeks.
 - My stoma should be light pink or red.
 - My stoma will be moist and will bleed a little when washed.
 - The skin around my stoma should look the same as the rest of the skin on my abdomen.
 - If the skin around my stoma is red, sore, bleeding, or moist, I will need to change my appliance every 1-3 days until it gets better.
 - If needed, I should shave the hair on my abdomen every week.
8. Measure the size of my stoma using the measuring card. The opening should be 1/8" bigger than my stoma.
9. Trace the pattern on the back of the flange and cut out the shape.
10. Remove the paper backing from the flange. If I've been told by my ostomy nurse, I should put a ring of paste or ostomy ring (Eakin/Adapt/Brava) around the cut out opening and wait for 30-60 seconds.
11. Put the flange over my stoma and press down firmly.
12. Attach the pouch and roll and attach the Velcro ears to the Velcro pad. If I use a belt, I should clip my pouch in place.

How to empty my ostomy pouch

I should empty my pouch when it is 1/3 or 1/2 full. I should rinse my pouch at least once a day.

Here is how I empty my ostomy pouch:

1. Sit on the toilet or in a chair beside the toilet.
2. Put toilet paper in the toilet bowl to prevent splashing.
3. Remove outlet from hideaway pocket and lift up the Velcro ears and unfold.
4. Bend the small plate at the bottom of the outlet back and attach to the 2 Velcro dots.
5. Push thumbs together to open and slide hands down the pouch to push stool out.
6. Rinse the pouch by pouring warm water into the end of the pouch using a cup with a spout or a bottle, shake the pouch gently, and drain. Repeat as needed.
7. Dry the lower end of the pouch (inside and outside) with toilet paper.
8. Close the pouch by folding the bottom up 3 times and securing the Velcro tabs on the Velcro pad. Tuck into hideaway pocket.

If I have a urostomy:

- Rinse my pouch by pouring 1 cup water mixed with 1 cap-full of white vinegar into the top of the pouch. Let drain through the drainage spout.
- Close the spout and use toilet paper to dry.

My notes and questions

Where I can get financial support

Information about the Assistive Devices Program (A.D.P.)

- A.D.P. is a government sponsored program for patients in Ontario who have a permanent (for at least 6 months) colostomy, ileostomy, urostomy, ileal conduit, or continent pouch/reservoir.
- The amount of financial support available may be different for each patient. Most people will get \$975/year (\$1950/year if I have 2 stomas). The amount will be split into 2 payments a year (every 6 months). It will take 6-8 weeks for my application to be processed and for me to get my first payment.
- I can get \$1300/year if I live in a Long Term Care facility or get social assistance from Ontario Works or Ontario Disability Support Program.
- I can buy my supplies from any store in Ontario that sells ostomy products. I should save my receipts for 2 years. I will need to reapply to A.D.P. every 2 years.
- For more information, I should ask my Home Care Nurse or call the Wound Ostomy Continence Nurse at Michael Garron (**JoAnne McKeown, 416-469-6580 x 3840**). I can also call the A.D.P. office (416-327-8804).

Where I can find ostomy supplies in Toronto and Scarborough

Name	Address	Phone Number
Alba Medical	1701 Lakeshore Road West, Mississauga www.albamedical.ca	905-855-9420 1-866-722-0292
All-Care Home Health Care	3462 Kingston Road, Scarborough www.allcarehomehealth.ca	416-261-6409
Amcare Surgical	1584 Bathurst Street, Toronto	416-781-4494
Healthtime Living Specialties	1340 Danforth Avenue, Toronto www.healthtimelivingspecialties.com	416-693-7676
Ontario Ostomy Supply Ltd.	60 Shorting Road, Scarborough www.oosmedical.com	416-298-8500
Pharmasave	825 Coxwell Avenue, East York (in Michael Garron Hospital) www.pharmasave.com	416-778-1221
Shoppers Wellwise	Location #1: 2492 Danforth Avenue, Toronto Location #2: 685 McCowan Road, Scarborough Location #3: 5230 Dundas St. West, Toronto www.wellwise.ca/products/category/personal-care	#1: 416-698-2808 #2: 416-431-4621 #3: 416-236-1201
Starkman's Surgical Supply Ltd.	1243 Bathurst Street, Toronto www.starkmans.com	416-534-8411

Where I can go for support and more information

Name	Website	Phone Number
Canadian Cancer Society	www.cancer.ca	416-488-5400, 1-888-939-3333
Crohn's & Colitis Foundation of Canada	www.crohnsandcolitis.ca	416-920-5035, 1-800-387-1479
Ostomy Canada	www.ostomycanada.ca	905-212-7111, 1-888-969-9698
Ostomy Toronto	www.ostomytoronto.ca	416-596-7718, 1-866-285-5948



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