

## **Ileostomy Daily Care**

### **Emptying Your Pouch**

Ileostomy output will be liquid or pasty depending on your diet. You will need to empty your pouch about 6 –8 times per day.

Never let a pouch become more than half full. It is best to empty the pouch when it is 1/3 full. A full pouch is heavy and can loosen the seal on the wafer causing a leakage.

Stand in front of the toilet to empty your pouch. Some ostomates prefer to sit on the toilet and empty between their legs. Try both ways before deciding.

Place some toilet tissue in the toilet bowl to decrease splashing of stool.

Unroll the bottom of the pouch or remove the closure device if one is used.

Empty the pouch contents into the toilet.

Wipe the tail end of the pouch with toilet paper or a moist toilette.

Close the pouch tail.

Wash your hands. You will become so proficient at this that your hands may not seem soiled. Please note: good hand washing habits have been reported to decrease spread of infection.

It is not necessary to rinse the inside of the pouch. Some ostomates and WOC nurses have reported that excessive pouch rinsing has led to shorter wafer wear time. Rinsing can weaken the inside seal around the stoma.

Change the pouch (use a new one) when the wafer is changed. Changing the pouch daily is not needed; just empty when 1/3 to 1/2 full.

### **Releasing Gas or “Burping” the Pouch**

Gas or flatus will accumulate in the pouch. It must be released or it could cause a blow off. Avoid this messy and embarrassing event. The pouch could have a lot of gas in it but not much stool. Gas can be easily released by “burping” the pouch if you are wearing a two-piece appliance.

Hold the wafer or flange edge at the top with one hand and unsnap the pouch from the wafer with your other hand. Allow the gas to escape and snap the pouch back onto the wafer. Be sure to check that the pouch is securely snapped back onto the wafer.

If you are wearing a one-piece appliance with a drainable pouch (open at the bottom) gas can be released from the tail end.

### **Odor Control**

The most important way to reduce odor is by using an odor proof pouch and keeping the tail of the pouch clean. Odor will occur when the pouch is emptied. To assist with this type of odor control, pouch deodorants, oral deodorants, charcoal filters in pouches and room deodorizers can be used.