



Pouch Change Checklist

Gather, change, check: a calm routine you can keep by the mirror

1. Gather everything first

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| ☐ New pouch and wafer (pre-cut or cut-to-fit) | ☐ Measuring guide and curved scissors, if cut-to-fit |
| ☐ Adhesive remover wipes | ☐ Warm water and soft paper towels or gauze |
| ☐ Barrier ring, paste or skin wipes, if you use them | ☐ Small bag for the old pouch |
| ☐ A mirror, if it helps you see | ☐ A spare set, just in case |

2. Change step by step

- 1 Empty the pouch.** ☐
It is easier and cleaner to change an empty pouch.
- 2 Remove the wafer gently.** ☐
Peel slowly from the top down, pressing your skin away from the adhesive. A remover wipe helps.
- 3 Clean and dry the skin.** ☐
Warm water is usually enough. Skip oily soaps and lotions, then pat completely dry.
- 4 Look at your skin and stoma.** ☐
A healthy stoma is moist and pink to red. Notice any redness or irritation around it.
- 5 Measure the stoma.** ☐
Stomas often shrink in the first weeks after surgery, so re-measure regularly.
- 6 Cut the opening, if cut-to-fit.** ☐
Follow your nurse or the product instructions, often 1/16 to 1/8 inch larger than the stoma.
- 7 Apply the wafer.** ☐
Add a ring or paste if you use one. Center the wafer and press from the inner edge outward.
- 8 Hold it in place for about a minute.** ☐
The warmth of your hand helps the adhesive seal.
- 9 Attach the pouch and close the outlet.** ☐
Then bag the old pouch for the trash.

Call your ostomy nurse or doctor if

your stoma turns purple, black or unusually pale; the skin around it is raw or bleeding; leaks keep happening; or the stoma swells or looks different than usual.