



**RankenJordan.**  
PEDIATRIC BRIDGE HOSPITAL

## Ostomy Basics

### What is an ostomy?

- An ostomy is an opening created by a surgeon. This opening goes through your child's skin on their abdomen and goes through to the intestines, or bowel.
- This opening creates a stoma – the part of the bowel that is visible on the abdomen.
- An ostomy allows for body waste, or poop, to exit the body. This waste is collected in a pouch that is attached to the abdomen.
- There are 2 types of ostomies:
  - Ileostomy: ostomy located in the small intestine
  - Colostomy: ostomy located in the large intestine, or colon
  - The type of ostomy determines where the stoma site is on the abdomen.

### Why does my child have an ostomy?

- Your child's ostomy is placed when part of the intestines does not work correctly or is damaged.
- The ostomy allows waste made by the body to exit when the usual way is not an option.

### What do I need to know about my child's stoma?

- The ostomy stoma is part of the bowel that is outside of the skin and visible on the abdomen.
- The stoma should appear pink or red and moist.
- The stoma should not be painful for your child because there are no nerve endings here.

- You may see the stoma move. This is called peristalsis. This is the intestine's way of moving poop through the body.
- There may be drops of blood on the washcloth when cleaning the stoma. This is okay. If there is a lot of blood, contact your child's doctor.
- The stoma may change in size with weight gain and loss. It is important to measure the size of the stoma weekly and with each ostomy bag change.
- Be sure to protect your child's stoma from sharp objects so it does not get cut.

### **What stoma changes should I be concerned about?**

- If your child's stoma is grayish pink or bluish this may mean the stoma is not getting enough blood flow. Go to the nearest emergency department.
- The stoma should remain flat with (or close to) the abdominal surface.
  - If the stoma goes into the abdomen, stool may enter the abdominal cavity.
  - If the intestines stick out of the stoma, part of the intestines can lose blood flow and be damaged.
  - Call your child's doctor right away for either of these problems.
- If your child's stoma begins to bleed more than a few drops, contact your child's doctor.
- If your child is reporting a burning feeling on the skin, there may be skin breakdown.
- Talk to your child's doctor if they are experiencing stomach discomfort or if his or her belly gets large and firm.
- Call your child's doctor if you notice a big change in the amount, type, or consistency of stool that is coming out of the stoma.

### **What is an ostomy pouch?**

- The pouch, or appliance, is a collection device for the stool that comes out through the ostomy.
- The pouch has an opening at the bottom so you can easily empty it when about 1/3 full. It is important to make sure the opening at the bottom of the pouch is completely closed when you are not emptying it. If there are any open areas on the pouch, poop will leak out of the bag.

- There are 2 types of pouch systems
- 1-piece: the pouch is connected to the wafer that sticks to the abdomen around the stoma.
- 2-piece: the pouch is a separate piece from the wafer that sticks to the abdomen around the stoma. The pouch snaps onto the wafer.

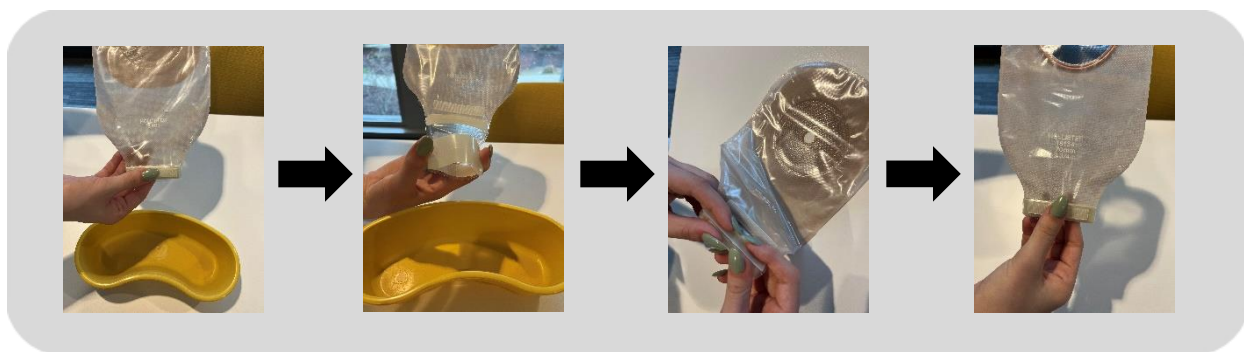


- Your child is using a \_\_\_\_\_ piece pouch system.

### **How do I empty my child's ostomy pouch?**

- Empty the ostomy pouch when it is 1/3 full of either poop or air. If you do not empty it, it will bubble up and peel the sticky wafer away from the skin. Then poop will leak out of the ostomy pouch and onto the abdomen.
1. Wash hands.
  2. Gather supplies:
    - a. Small container for waste
    - b. Wet wipe or washcloth
    - c. Odor reducer (if preferred)
  3. Position your child so you have easy access to the ostomy pouch.
  4. Place the end of the ostomy pouch in the small container.
  5. Open the end of the ostomy pouch and empty poop into the small container. Flush this down the toilet.
  6. Clean the ostomy pouch opening with a wet wipe or washcloth.

7. Reseal the end of the ostomy pouch – either by Velcro closure or bag clip provided with the pouch.



### **How do I change my child's ostomy pouch?**

- Change your child's ostomy bag every \_\_\_\_\_ days.
  - You will also need to change the ostomy bag if it starts peeling off your child's skin.
1. Wash hands.
  2. Put on gloves.
  3. Gather supplies:
    - a. Washcloths
      - i. Soapy
      - ii. Wet
      - iii. Dry
      - iv. Soapy
    - b. Adhesive remover
    - c. Ostomy bag
    - d. Stoma paste
    - e. Skin barrier prep
    - f. Scissors
    - g. Measuring template
    - h. Hy-Tape (optional)
  4. Clean area around stoma with soapy washcloth.
  5. Rinse skin with a wet washcloth.
  6. Dry skin with dry washcloth.
  7. Measure stoma using template and cut ostomy bag wafer to the correct size.
    - a. Rub along the cut edges of the wafer to remove any sharp edges that could cut stoma.
  8. Sprinkle stoma powder on the skin around the stoma.
  9. Apply skin barrier prep over the powder and allow it to dry. The skin prep will seal the powder to absorb any liquid on the skin and allow the bag to stick better.

10. Use stoma paste to fill in any creases in the skin. This will even out the surface of your child's stomach, so the ostomy bag sticks better.
11. Remove the adhesive back from the ostomy bag or wafer (if 2-piece bag).
12. Place wafer on your child's skin and rub the wafer with your warm hand to help it stick to the skin.
13. Make sure the ostomy bag is closed.
14. Use Hy-Tape (orange tape) if needed to help keep the edges of the wafer down.

### **When to call the doctor:**

- Nausea or vomiting
- Bad or unusual odor lasting more than a week
- The stoma is a different color than usual
  - Pale or gray
  - Dark red or purple
  - Blue or black
- The stoma size changes – larger or smaller
- The stoma is sticking out a lot more than usual
- The stoma has gone back into the abdomen
- Bleeding from the stoma or in the pouch
- Watery output from the stoma lasting more than 5 hours
- Skin breakdown around the stoma
- Wound or cut on the stoma

### **What information should I know about my child's ostomy?**

\_\_\_\_/\_\_\_\_/\_\_\_\_\_ Date ostomy placed

Type of ostomy: \_\_\_\_\_

Ostomy pouch system used: \_\_\_\_\_

Other supplies needed: \_\_\_\_\_