

# Changing the ostomy system

Stoma Care



## When do I change the ostomy system?

The ostomy system should be changed at regular intervals.

This is always the case when:

- the bag is half-full
- the charcoal filter is used up
- the system is leaking
- the wafer detaches from the skin
- you experience skin discomfort under the wafer.

In one-piece systems, the complete system (wafer and bag) is changed as needed.

In two-piece systems, the bag is changed as needed, while the wafer can remain on the skin for up to several days. This is changed every two to four days on average.

## What do I need to change the ostomy system?

All the necessary materials should be placed within reach:

- non-woven compresses
- disposable razor, if needed
- slightly curved scissors (ostomy/ nail scissors)
- template
- skin protection paste, if needed
- relevant care materials  
(one- or two-piece, convex or flat)
- waste bag



## Where do I change the ostomy system?

The system should be changed in a suitable room, which ideally has washing facilities, storage space, a toilet, and possibly a seat and a mirror at abdomen height.

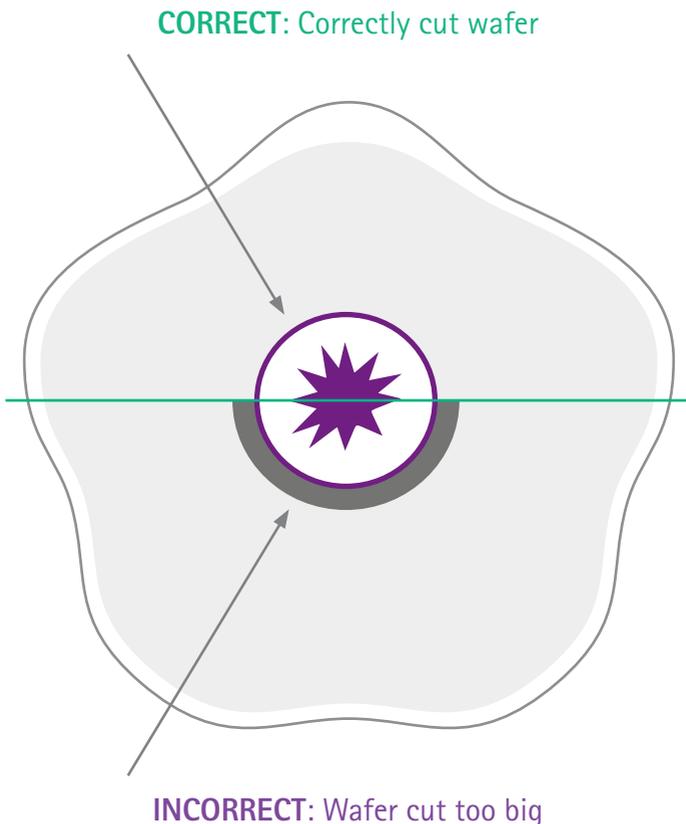
Before removing the used system, it is important to prepare all the necessary management and care accessories, such as non-woven compresses or cleaning wipes, template, scissors, new system, and disposal bag. Take a sufficient amount of time to change the ostomy system. The system change should become a regular part of your personal daily routine.

## What do I need to pay attention to when changing the system?

To protect the skin around the stoma it is important to adjust the wafer to your stoma size. The shape of each ostomy system is different. For this reason, before the first system change you should prepare a template (for example, from transparent plastic film), which you will use to cut out the wafer.

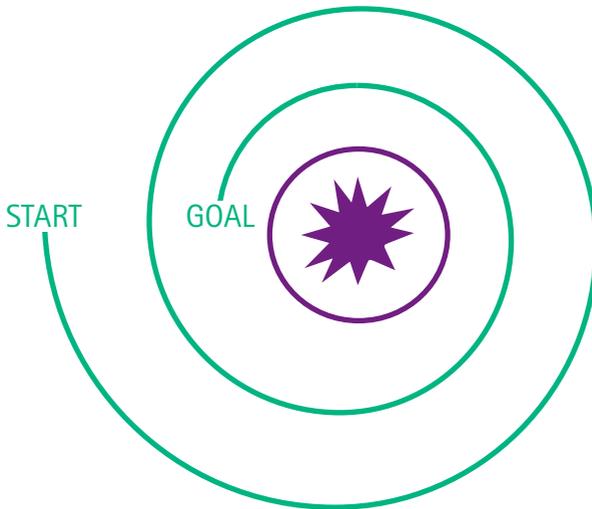
Use slightly curved scissors to cut out the wafer. To avoid skin irritation, adjust the opening so that there is no unprotected skin between the stoma and the wafer that may come in contact with the waste output.

Especially in the first weeks and months after the surgery, the stoma changes shape and size. This is why it is important to regularly check the stoma diameter from the start and adjust your template and your system accordingly.



## How do I change the system?

Change the system preferably while standing in front of the wash basin. If the stoma site cannot be seen from above due to protrusion of the abdomen, a mirror at abdomen height can be helpful. Always remove the wafer carefully from top to bottom. While doing this, keep the skin above the system away with your hand. After initial detachment (approx. 1 cm), you can use a water-soaked non-woven compress between the skin and the wafer for easier wafer removal. Please dispose of the used system in an appropriate disposal bag with household waste.

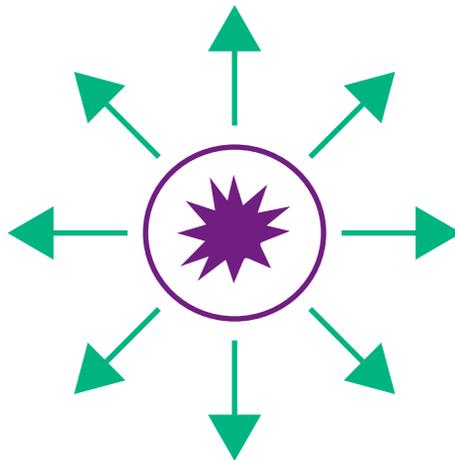


Clean the skin and the stoma site using moist non-woven compresses from the outside inwards in a spiral motion, so that the waste output and intestinal bacteria are not spread over the abdomen.

Then pat the cleaned area with dry non-woven compresses and leave to dry for a while.

To preserve the skin's natural acid-protective layer, cleaning with water and an alkali-free wash lotion or soap is ideal.

If there is hair around the stoma, you should remove it regularly to prevent skin irritation. In addition, strong hair growth can negatively affect system adhesion. Use a disposable razor to remove the hair.



Cover the stoma with a moist non-woven compress and carefully guide the disposable razor away from the stoma in a star shape.

After removing the protective film from the wafer, you can apply the new ostomy system.

- In one-piece systems, the wafer is folded back at the lower edge of the cut-out opening and placed over the stoma from below.
- The part of the wafer that is bent backwards is then attached to the skin.
- In two-piece systems, centre the cut-out opening over the stoma and shape the wafer to the body from the inside out. Then attach the bag to the wafer.

For better system adhesion to the skin, you can place the palm of your hand onto the system. The heat of the skin ensures secure and rapid adhesion.

You should not do any physical activity during this process. If needed, you can now additionally secure the system with a belt.



## CAUTION!

The substances and materials listed in the tables should be avoided in ostomy care!



### Substance/Material

### Harmful effects possible

- Petrol/gasoline
- Ether
- Alcohol
- Disinfectants (containing alcohol)
- Perfumed soaps

Destroys the skin's acid-protective layer, limiting its natural protective function, for example against micro-organisms

- Fat-containing ointments
- Creams
- Oil/bath oil
- Shower gel

Prevents secure adhesion of the wafer material to the skin

- Hair removal creams

Allergic reactions; lubricating substances impair the adhesion of the wafer material

# Ostomy System Change Visual Guide



1 Preparing the system change

Place all the materials for the system change within reach.



2 Removing the used system

If needed, attach a disposal bag (e.g. using clothes pegs) below the ostomy bag onto the towel or trouser waistband to be able to put the used ostomy bag and the used cleaning materials directly into the disposal bag. Hold the skin above the stoma back slightly with one hand while you carefully pull the wafer off from top to bottom with the other hand.



### Washing and drying the skin

Clean the stoma and the surrounding skin. Please note the following:

Colostomy and ileostomy systems are cleaned with circular movements from the outside inwards.

Urostomy systems, on the other hand, are cleaned with circular movements from the inside outwards.

Then, pat the skin dry thoroughly with dry non-woven compresses.



### Preparing the stoma template (1)

Now check whether the existing template still matches the current stoma shape. If needed, create a new stoma template.



Preparing the stoma template (2)

Cut out the template according to your marking.



Preparing the new system

Place the cut out template on the wafer of the new ostomy bag (or, in the case of a two-piece system, on the wafer of the new system) and draw the diameter on the peel-off film.



Cutting out the new system

Cut out the wafer of the new bag (or the new two-piece system wafer) according to your marking.



Removing the peel-off film

Remove the peel-off film from the skin barrier of the bag (or the wafer). Then apply the necessary additional skin protection materials to the wafer (paste, skin protection rings, etc.). If you use powder, apply it directly to the skin.



Placing the new system

Bend the wafer of the bag slightly backwards, place the hole cut-out at the lower edge of the stoma, and then carefully pull the wafer upwards. In a two-piece system, centre the cut-out opening over the stoma and shape the wafer to the body from the inside outwards.



Attaching the bag

Smooth out the wafer of the bag outwards. In a two-piece system, attach the bag to the wafer. For better system adhesion to the skin, you can place the palm of your hand onto the system.

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## Disposal

Dispose of the used accessories in an appropriate disposal bag with household waste.

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## Done!

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