

Chapter 30: Bowel Elimination

Changing an Ostomy Pouch			
		Name:	
		Date:	
<i>Remember to promote:</i>			
Dignity • Independence • Individualized Care • Preferences • Privacy • Safety			
Pre-Procedure	S	U	Comments
1. Identify the client, according to employer policies.			
2. Explain the procedure to the client.			
3. Perform hand hygiene.			
4. Collect the following supplies:			
<input type="checkbox"/> Clean pouch with skin barrier			
<input type="checkbox"/> Skin barrier, as ordered (if not part of pouch)			
<input type="checkbox"/> Pouch clamp, clip, or wire closure			
<input type="checkbox"/> Clean ostomy belt (if used)			
<input type="checkbox"/> Four to eight gauze squares			
<input type="checkbox"/> Adhesive remover			
<input type="checkbox"/> Cotton balls			
<input type="checkbox"/> Bedpan with cover			
<input type="checkbox"/> Waterproof pad			
<input type="checkbox"/> Bath blanket			
<input type="checkbox"/> Toilet tissue			
<input type="checkbox"/> Wash basin			
<input type="checkbox"/> Bath thermometer			
<input type="checkbox"/> Graduated measuring container (for measuring liquid stool, if needed)			
<input type="checkbox"/> Soap or cleansing agent, according to the care plan			
<input type="checkbox"/> Pouch deodorant			
<input type="checkbox"/> Paper towels			
<input type="checkbox"/> Gloves			
<input type="checkbox"/> Disposable bag			
5. Arrange paper towels on a work area. Place items on top of paper towels.			
6. Provide for privacy.			
7. Raise bed to a comfortable working height.*			

Procedure	S	U	Comments
8. Lower the bed rail near you if it is up.			
9. Cover the client with a sheet. Fan-fold the linen to the foot of the bed.			
10. Place the waterproof pad under the client's buttocks.			
11. Put on gloves.			
12. Disconnect the pouch from the belt if one is worn. Remove the belt. Observe any redness in the area, and record and report to your supervisor.			
13. Remove the pouch gently. Gently push the skin down and away from the skin barrier. Place the pouch in the bedpan.			
14. Wipe around the stoma with toilet tissue or a gauze square. This removes mucus and feces. Place soiled tissue in the bedpan.			
15. Moisten a gauze square with adhesive remover. Clean around the stoma to remove any remaining skin barrier. Clean from the stoma outward.			
16. Cover the bedpan, and take it to the bathroom. (If bed rails are used, raise them before leaving the bedside.)			
17. Measure the feces, if directed by the care plan.			
18. Note the colour, amount, consistency, and odour of feces. If the feces is abnormal, report and show it to the appropriate person. Then, empty the pouch and bedpan into the toilet. Put the pouch in the disposable bag.			
19. Remove gloves. Perform hand hygiene. Put on clean gloves.			
20. Fill the wash basin with warm water. (Measure the temperature of water with a bath thermometer. Check the care plan for correct temperature.) Place the basin on top of the paper towels on the work surface. Lower the bed rail near you if it is up.			
21. Using soap or other cleansing agents			

clean the skin around the stoma with water. Rinse and pat dry.			
22. Observe the stoma and skin around the stoma. Report any irritation or skin breakdown.			
23. Apply the skin barrier if it is a separate device.			
24. Put a clean ostomy belt on the client (if a belt is worn).			
25. Add deodorants to the new pouch. Some pouches have deodorant packages already inside. Check the care plan.			
26. Remove adhesive backing on the pouch.			
27. Centre the pouch over the stoma. The drain points downward and is secured with a clip. The bag is emptied from the bottom.			
28. Press around the skin barrier so that the pouch seals to the skin. Apply gentle pressure from the stoma outward.			
29. Maintain pressure for 1 to 2 minutes.			
30. Connect the belt to the pouch (if a belt is worn).			
31. Remove the waterproof pad.			
32. Remove gloves.			
33. Perform hand hygiene.			
34. Cover the client.			
Post-Procedure	S	U	Comments
35. Provide for safety and comfort.			
36. Place the call bell within reach.*			
37. Return the bed to its lowest position. Follow the care plan for bed rail use.*			
38. Remove privacy measures.			
39. Clean the bedpan, wash basin, and other equipment. Put on gloves for this step.			
40. Return equipment to its proper place.			
41. Discard the disposable bag, according to employer policy. Follow employer policy for soiled linen.			
42. Remove gloves. Perform hand hygiene.			

Report and Record your actions and observations, according to employer policy.			
<i>*Steps marked with an asterisk may not apply in community settings.</i>			