

Urostomy



How do I change my stoma bag?

Collect all the necessary equipment (new bag, scissors, disposal bag, dry wipe/kitchen roll & warm water) and then:

- cut the new bag to the required size or shape (if necessary); it's better to change your bag in the morning.
- empty the used bag down the toilet and reseal it.
- remove the soiled bag by peeling it off from the top.
- place the soiled bag in disposal bag.
- clean the skin and stoma using warm water and wipes. If you wish to use soap, a mild unperfumed soap is recommended, and the skin should be rinsed thoroughly.
- dry the skin thoroughly by patting dry wipes or kitchen roll, check dryness with your hand.
- peel off the backing paper from the new bag and position it around your stoma, then press the bag firmly in place.
- wrap the used wipes and the soiled bag in newspaper and put them in a plastic bag; and
- knot or seal the top and place it with your household rubbish.