

Caring for a Temporary or Permanent Stoma - Toolkit

Here, we share several tips provided by other Belongers, for taking care of a temporary or permanent stoma

Skin Care

- ❖ It is important to protect the skin around the stoma to avoid damaging it. Ensure the bag or pouch has the correct size opening and there is no leakage.
- ❖ Remove/shave hair around the stoma to ensure the pouch can stick to the skin.
- ❖ Do not use skin care products that contain alcohol or oil.
- ❖ Always wash the area with warm water and dry it well before you attach the pouch.
- ❖ Change your pouch on a regular schedule before it leaks.

Great tips

- ❖ Eat smaller amounts of food about 4 to 5 times a day.
- ❖ Avoid gas causing foods such as eggs, cabbage, broccoli, onions, fish, beans, milk, cheese, carbonated drinks, and alcohol.
- ❖ Certain medications such as Chlorophyll tablets may help alleviate odors- **always check the use of new products with your doctor or ostomy nurse before using them for the first time.**
- ❖ You may want to empty the pouch before exercising or having sex.
- ❖ Eat only cooked (not raw) fruits and vegetables for six to eight weeks after surgery. This allows your body time to adjust to the changes in digestion.
- ❖ When traveling, pack extra ostomy products in your carry-on bag. If flying, pre-cut the skin barriers to avoid carrying scissors on the plane.

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