

## Tips For Safely Changing Ostomy Bags

Did you have a colostomy, ileostomy or urostomy procedure performed? If the answer is yes, then you might need some data concerning how the ostomy bag works. Every one of the parts of caring for the ostomy bag will depend on what type of bag you've opted for, yet a few typical tips will be helpful to everybody when it comes time to change out the ostomy bags.

- If you wish to change the ostomy bags within a one-piece, or to change both the barriers and ostomy bags within a two-piece system, you need to cautiously separate the barriers from the skin. You will need to lift tenderly. Do not tear the barrier off of the skin; if it is hard and you sense that you may hurt or irritate the skin by taking off the barrier, you can utilize a bit of adhesive remover when lifting. If the bag is open-ended, you'll need to unclamp the end and empty all waste prior to separating the barrier from the body.

- Take a measurement of the stoma and cut out a hole in the barrier only a bit greater than the stoma, so the barrier will adhere and rest closely and neatly around the stoma. If the ostomy bag includes a two-piece system, then you will need to attach the bag to the barrier.

- The barrier might possess a layer that you need to peel off so you can reveal the adhesive layer to the skin. If so, then you need to peel the protective layer off and stick the barrier surrounding the stoma, pressing it to assure a snug seal. If you think it's useful for the seal to remain strong, a special paste is sometimes applied to the region prior to pressing the adhesive barrier down onto it.

- If the new ostomy products are open-ended, then the last thing to do would be to apply a clamp to the end of the bags. If the ostomy bag is closed-ended, then you have finished the change of the ostomy bag.

## About the Author

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