

# Helpful Tips and Resources for Living with an Ostomy



**TUCSON**  
MEDICAL CENTER

TMC HEALTH



**Thank you for choosing  
Tucson Medical Center  
for your ostomy care.**

We know this is a life-changing procedure, and we are here for you every step of the way.

Please take some time to read through this booklet to find tips and helpful information for living with an ostomy.

If you have questions or concerns, please do not hesitate to talk to us. We are here for you!

## WHAT TO EXPECT DURING YOUR HOSPITAL STAY?

### First days after surgery

- Day of surgery you will follow activity plan from your surgeon
- 1st day after surgery: Wound, Ostomy and Continence Nurse (WOC Nurse) will visit you for first pouching system change
- During your stay: WOC Nurse will provide ostomy education & assist you in learning ostomy pouch emptying, removal, and application
- Discharge can happen within 2-4 days after surgery

### What are the basic skills I will learn before going home?

- How to empty your pouch
- Changing your pouching system
- Care for your stoma and skin around your stoma
- Dietary and fluid guidelines

### Who will help me take care of my ostomy while in the hospital?

- WOC Nurse will provide daily hands-on ostomy education
- Floor staff can also help you to empty pouch and change your pouching system
- Most importantly, you! Your participation is critical to your recovery

## Can my family member/caregiver have ostomy teaching as well?

- Absolutely! WOC Nurse can also educate family members/caregivers while you are in hospital

## How will I get supplies once I get home?

- WOC Nurse will place order for supplies
- WOC Nurse will provide you with 1-2 weeks of ostomy supplies
- Case Manager will coordinate supply delivery

## What if I am discharged to rehab? How will I get supplies once I get home?

- The rehab facility will follow with ongoing ostomy care, supplies, and changes

## Will I need home health?

- Home health is not always necessary for ostomy patients. Your case manager will help make arrangements before you are discharged

## Support Available

- Local Ostomy Support Group: Call (520) 206-0268 or email [ostomytucsonaz@yahoo.com](mailto:ostomytucsonaz@yahoo.com).
- WOC Nurse can facilitate your enrollment in a starter program prior to discharge
- Upon discharge, a follow up appointment will be set within 1-2 weeks for further support, questions, challenges, etc.

## Resources

Visit [www.tmcaz.com/ostomy](http://www.tmcaz.com/ostomy) for helpful resources, dietary tips, supply information and more.

# OSTOMY PATIENT EDUCATION PATHWAY

## Day of surgery

- You will follow surgeon's activity orders

## Post-op Day 1

- Wound, Ostomy and Continence Nurse (WOC Nurse) will visit you for first pouching system change
- You and/or your family will be able to observe and listen to the first pouching system change
- Care will be narrated. Please hold questions until the end
- WOC Nurse will review the steps for the pouching system change, pouch emptying, and stoma care
- WOC Nurse will provide an ostomy education packet

## Post-op Day 2

- You and/or your family will assist with pouching system change
- WOC Nurse will help with verbal cues/reminders
- WOC Nurse will review the following with you:
  - How to empty pouch
  - How often to empty pouch
  - Frequency of changing pouching system
  - How to deal with leaks
  - Frequently asked questions: showers, emergency kit, gas, odor, etc.
  - Ostomy education packet
- Discuss Starter Program
- Start emptying your pouch with the assistance of floor staff

## Post-op Day 3

- You and/or your family will perform a complete pouching system change
- WOC Nurse will stand by to assist as needed
- WOC Nurse will review:
  - Pouch emptying
  - What to do for ostomy leaks, pouch change frequency, dietary information, medication absorption, when to call the doctor vs WOC Nurse, and peristomal hernia prevention
  - Answer any remaining questions you may have
  - Will complete home ostomy supply
  - Gather and pack your ostomy supplies to take home when discharged

## Post-op Day 4

- WOC Nurse will visit you for any further questions
- Case Manager will arrange for home ostomy supply authorization and delivery
- WOC Nurse will sign-off from ostomy education if you and/or your family are able to care for ostomy
- Floor nursing staff can assist you with any question and can re-consult WOC Nurse for any issues

## CHANGING/EMPTYING YOUR POUCHING SYSTEM

### Gather Supplies:

- Wet wash cloth (no soap)
- Dry wash cloth
- Ostomy pouching system (wafer and bag)
- Barrier ring (“O” ring)
- Mirror
- Scissors
- Stoma measuring guide (for first 5 weeks)

### Follow these steps:

- Remove pouching system by pulling up gently on wafer while pushing downward on the skin, may ease off with wet wash cloth
- Floor staff can also help you to empty pouch and change your pouching system
- Cleanse skin around stoma (peristomal skin) **DO NOT USE SOAP or baby wipes**
- Inspect skin for any irritation
- Cut appliance to correct size using stoma measuring guide **(Close the bottom of pouch with clip or rolling before reapplying)**
- Apply barrier ring around stoma protecting the peristomal skin and filling any creases

- ❑ Apply the pouching system from bottom to top, centered over stoma so no peristomal skin is seen
- ❑ Hold hand and mold over stoma for 30 seconds to 1 minute to ensure seal

You should empty your pouching system when 1/3 full to limit weight pulling on wafer and lifting seal

Change your pouching system every 3 to 5 days and as needed if any leakage or irritation to peristomal skin occurs

Try to remember to change your pouching system in the morning before eating to reduce any messes

**7 more chapters to include from this point.  
Ok to continue?**





## Notes

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### **How do I make an appointment for the Outpatient Ostomy Clinic?**

All appointments must be prescheduled and require a referral from a provider.

Referrals must say 'Ostomy eval and treat x 6 visit'.

Referrals can be faxed to (520) 324-2551

Schedule your appointment through Central Scheduling at (520) 324-2075.

If unable to make your appointment please call (520) 324-2550 to cancel.

### **On the day of your ostomy appointment**

Please bring your current supplies to your appointment and anticipate an ostomy appliance change during your visit.

Arrive 15 minutes early to allow for patient parking.

### **Where is the TMC Outpatient Ostomy Clinic?**

Enter the west entrance of the hospital and check in to outpatient admitting. You will be directed to the Vascular/Urodynamic Laboratory.



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[www.tmcaz.com](http://www.tmcaz.com)