# How to Change Stoma Bag

ABOGYAM CARE – PATIENT EDUCATION

## 1 Step 1: Prepare your supplies तेवारी

Prepare




1. Wash your hands. Keep everything within reach.
2. Supplies: new, bag, sclezere, soft flexze or garme, mame water, disposal bag.
3. Cut the opening of the new beasplete to your stoma size (use the measuring guide).
4. Peel oll the basking paper.

## 2 Step 2: Remove the old bag पुराना बेग हटाऐं

Remove



1. Emply the old bag into the tollet.



2. Press the skin down with one hand, peel the bessplate off slowly, trip to bottorn.



3. Wrap the road bag and put it in the dustitin.

**Caution: never pull or rip it off — it can hurt the skin.**

## 3 Step 3: Protect & check the skin दकें और जांबें

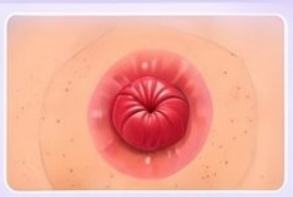
Protect & Inspect



1. Hold a folded itesus over the stame to scak up any output.



2. Wipe gently.



3. Check the skin around it for redness, resh or bllders.

**A Healthy stome** is red or pink and meiet.

## 4 Step 4: Clean & dry the skin साफ करें और सुखारें

Clean & Dry



1. Clean with warm water and a soft cloth or genns.



2. Pat the skin day — do not ruit. Let it air-dry for a minute.

**Note:** croid creams, oils and dily wipes — they step the baseplate from sticking.

## 5 Step 5: Fit your bag बेग लगाएं

### 5A Two-piece bag (ले-वीव बेग)

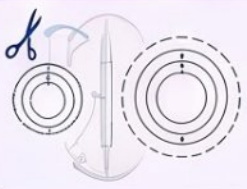


Raseplate (aut itr iit)

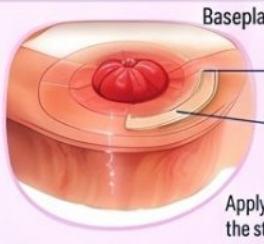


1. Fit the baseplate around the stoma — press on from bottom to top: stoman ent wimbles.
2. Apply a liqle layer of barrier cream (Precommended) to reaat the stoma and let it fit for 60-30 seconds.
3. Hold with your golln for a few minutes — wewoin halps it aids.
4. Click the bag onto the ring, bottom first. Close the doma and and give a greids lag.

**How to cut the baseplate** (ase the measuring guide)



Cut the opening 1-3 mm larger than fest 3 mm (topically 1/5 km / 3 4 mm)




Apply a lfile layer of steme between the stema and the soiving le suivanl (stories §hefiased by your naore).

### 5B One-piece bag (एक-वीव बेग)



1. Posl off the backing and close the swiler log.
2. Fit the opening around the stoma bottom to top, creaarn the odlotion onto the dtip.
3. Vold with your pain for a few minutes




One-piece bag

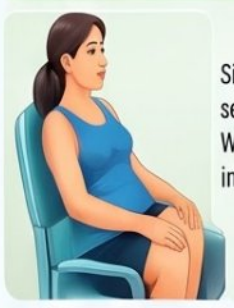
## Your Position Options

### Option A: Standing



Stand in land of a ninier and rely your hely. Works real for most people.

### Option B: Sitting



Sit on a clear or the waint seat and leat back a llhs. War output your straight into the tollet.

### Option C: Lying down



Lie back with pljwnm onder your head, Heiglit 0 It's tihe hes fellls, and kell week, or a family member is kelping.

## Good to know

- **Pick a quiet time** — often early morning, before eating or drinking, when the stama is least active.
- Empty a drainable bag when it is about one-third full.
- A bug usually stays on for a few days (aften 2–4). Your stome nurse will tell you what suits you.
- Stome size can change in the first weeks after suagery — re-measure each time while it is shinking.
- Change the bag at ance if the skin tolees, leeks or leals uncomfortable.

## You've got this!

With practice, changing your stome bag will become easier and fester.

