



the pouching process



# pouch selection

After surgery your Stoma Care Nurse will be able to advise you on the pouch that is best for your stoma type and what accessories may help you.

For colostomates, it is best to use a Closed Pouch as the stoma output is usually quite firm. If the output is more liquid though, then a Drainable Pouch is best.

The features of the **Closed Pelican Pouches** (supplied by Eakin) are explained below:

----- An advanced filter system to help control odour prevention. Filter covers are also provided.

----- The skin protector is the part of the pouch which attaches to your body. The Pelican Pouch skin protector is comfortable, very kind to the skin and provides a secure fit.

----- Pelican Pouches are available in many pre-cut sizes to ensure a snug fit. However, if your stoma is not perfectly round in shape, the cut-to-fit size will suit you better as you can cut the skin protector to suit your own stoma.

----- A silky soft fabric which allows you to wear your pouch quietly and with comfort.

----- Anatomically designed to suit your body shape.

----- All Pelican Pouches have a split fabric backing so that you can see your stoma through the clear film, allowing you to position your pouch with ease and accuracy. The split backing also enables easy positioning of the filter cover and at other times, the silky soft fabric discreetly hides your stoma.



For ileostomates, it is best to use a Drainable Pouch as the stoma output is generally liquid faeces.

As well as the features listed on page 1, the additional features of the **Drainable Pelican Pouches** are explained below:



The Clipless Closure system provides maximum security and confidence. With its large opening for fast emptying and the opening tab for ease of use, the pouches are mess-free and convenient to use.



1. Simply flex the bottom of the outlet.



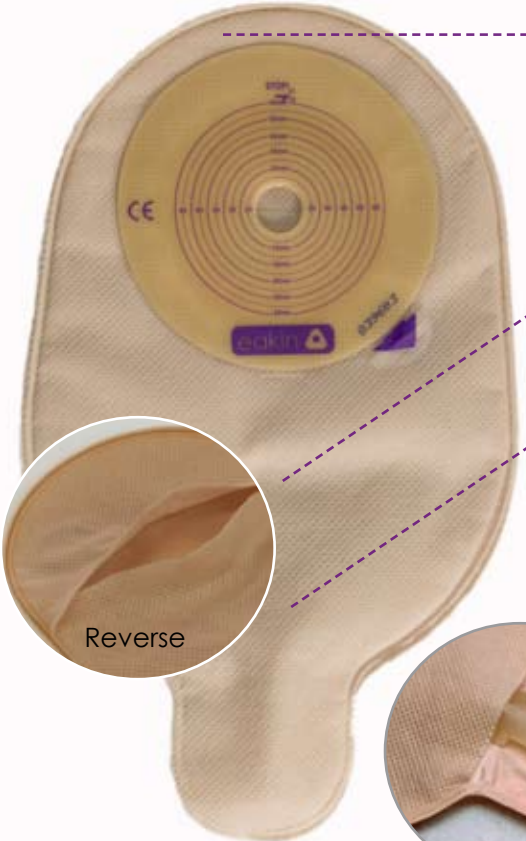
2. Pull the opening tab - this guarantees a large opening for emptying and wiping clean.



3. After emptying just refold and fasten.

For urostomates, it is best to use a pouch with a bung or tap so that the urine can be drained quickly and easily.

As well as the features listed on page 1, the additional features of the **Urostomy Pelican Pouches** are explained

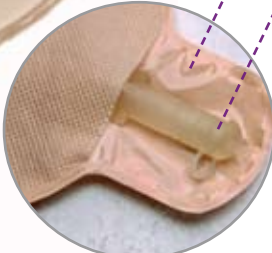



Due to the nature of urostomy output, a filter is not required. However, the Urostomy Pouches are made with an odour barrier film and therefore external odour is contained in the pouch.

To help prevent infection, the Pouches have a non-return valve, which prevents the reflux of urine back into your stoma.

Pelican Urostomy Pouches are specifically designed to ensure minimal pooling of urine at the base of the pouch to aid complete emptying.

Comfort backing behind the urostomy tap protects your skin and allows you to wear your pouch with comfort.



The tap closure is extremely soft and flexible, ensuring maximum comfort whilst wearing. It is completely secure whilst remaining very easy to open and close. You also have the ability to control flow on emptying by simply squeezing the outlet, which is also wide enough to allow any mucus to pass through. Medical film under the tap allows you to keep the area around the outlet clean.

Sometimes short, flush to the skin or retracted stomas can cause problems with leakage under the flange/ skin protector and so skin irritations develop. A tighter seal than normal is needed around the stoma. The answer to this may be a **Convex** Pouch. The full range of Pelican Pouches are also available in a convex version which are designed to help the stoma protrude a little more and thus direct the flow of stool or urine into the pouch. However, they should only be used after prior assessment with a Stoma Care Nurse.

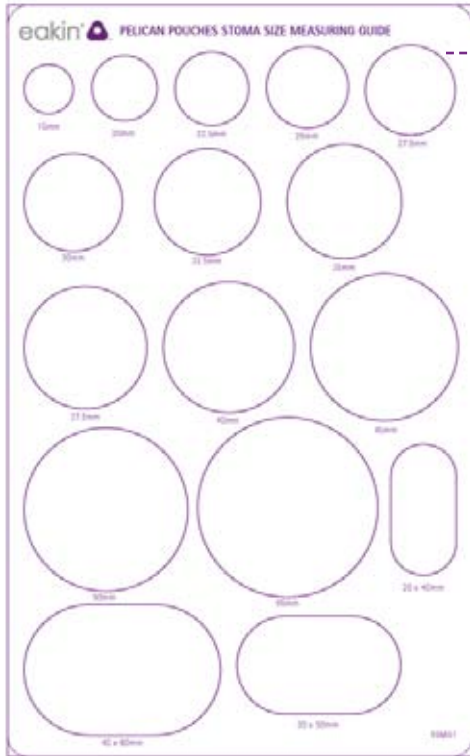
As well as the features listed on page 1 such as a comfortable skin protector, split fabric backing and a wide range of sizes that are common throughout the Pelican Pouch range, **Convex Pelican Pouches** have the following additional benefits:



- Every problematic stoma is different, therefore you need a solution that will conform to your body contours and to the nature of your abdomen. Convex Pelican Pouches **conform** to your stoma type and your individual body shape.
- They offer unique flexible convexity where it is needed.
- For maximum convexity, Pelican Convex Pouches can be used with Cohesive® Seals. This will add depth to the convexity while preventing any leaks through skin folds or scars.
- They have a comfortable, flexible flange that will provide maximum comfort and eliminate ulcer causing pressure points found in rigid convex pouches.
- Convex Pelican Pouches come complete with ostomy belt loops for added security and peace of mind (ostomy belts are also available from Eakin).

# choosing the correct size

After surgery, your stoma may be swollen. This swelling will go down and within 6-8 weeks your stoma will most likely have shrunk to its standard size. Given these changes in the weeks following surgery, it is important to measure your stoma to ensure that the size of your pouching system is still appropriate. You may want to remeasure your stoma occasionally to ensure you are still wearing the correct size.



-----If your stoma is round, then a pre-cut pouch will work best for you. You can easily size your stoma using a stoma measuring guide, like the one shown here. Select the hole which is the same size or slightly larger than your stoma. Do not select a hole which feels tight as this will constrict the flow of your output.

If your stoma is not round in shape then you should use a cut-to-fit pouch. Your pouches may be cut to your shape by your prescription service or prescription delivery company. However, if you need to cut your own pouch then follow the instructions below:



Use the stoma tracing guide contained within the Pelican Pouch cut-to-fit box to trace the shape of your stoma.



Cut the stoma shape out of the tracing guide.



Copy the shape on to the skin protector on your pouch.



Cut the skin protector to suit the shape. The pouch is now ready to be applied.



# fitting the pouch

## Standard pouch fitting:



1. Ensure the area around the stoma is clean and dry.



2. Prepare the pouch (ie. cut the skin barrier to fit if necessary).



3. Remove the release paper from the adhesive.



4. Fold back the top of the pouch and locate by placing the lower part of the skin protector below the stoma.



5. Smooth the pouch down with your fingers (this also helps warm up the skin protector which improves adhesion).

## Common problems:



If you have sore skin around your stoma, or want to prevent this from happening, then you could use Eakin Cohesive®. Fill any dips or crevices with Cohesive® Paste and then place a Cohesive® Seal snugly around the stoma to provide complete protection.



If you have an ileostomy and are having problems with pouch emptying due to liquid stool then placing a sachet of Perform into your pouch should help. Perform thickens the output making it easier to empty and control, reducing noise and odour and risk of leakage.

For further details on these products refer to our website [www.eakin.eu](http://www.eakin.eu) and follow the links to your own country page.



# removing the pouch

## Standard pouch removal:



1. If you are using a Drainable or Urostomy Pouch, empty the contents into the toilet before you begin removal.



3. A good tip is to start at the top and work down to the bottom so that you can see what you are doing and to catch any drainage.



2. Take your time when you begin removal. Do not rip it off as this will hurt and may damage the skin. Loosen and lift the edge of the pouch with one hand and push down on the skin near the skin barrier with the other hand.



4. Ensure the area is clean and dry before you fit your next pouch.

## Common problems:



You may find that removing a pouch can be quite painful. If so, the use of an adhesive remover is recommended. Release, manufactured by Eakin, has a fresh spearmint scent and contains Vitamin E to moisturise the skin.



Spray Release around the edge of the pouch. Wait for a few seconds and then the adhesive will peel away without any stinging.



If there is any adhesive residue remaining on the skin, use a Release Wipe to remove. After a few seconds you can fit the next pouch.

# other pouching accessories

To find further details of all pouching accessories that are explained already in this booklet, please refer to the product brochures that are available on the Eakin website [www.eakin.eu](http://www.eakin.eu) by following the link to your specific country page.

Another problem that ostomates may face after surgery is developing a hernia. Studies show that up to 30% of ostomates are likely to develop a hernia after stoma surgery\*. This is regardless of the type of surgery (elective or emergency), the siting of the stoma or the type of stoma. Some hernia's can be reversed by surgery but the relapse rate is greater than 50%.

Using an **Eakin Stoma Support Belt** could prove beneficial to virtually all ostomates as they are recommended for **treatment** as well as **prevention** of a parastomal hernia, especially in the first few months following surgery. Designed by Stoma Care Nurses, they provide full abdominal support during periods of physical activity such as walking, gardening, lifting, housework, etc.

Some features of the Support Belts are:

- Provides equal, even pressure to the entire area
- Moulds to the body & flexes easily to ensure the normal function of the stoma
- Discreet, slim line fit & neutral tone
- Velcro fastener for adjustable fitting
- Lightweight breathable fabric for comfort even in hot humid conditions
- Can be machine washed but washing is not necessary every time it is worn.

Your Stoma Care Nurse can advise how long the belt should be worn for. Please note, it should not be worn whilst sleeping or lying down.



*\*Your Guide to Stoma Support, Hernia Prevention and Management (Thompson, RN, PhD)*





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