

Colostomy Skills Checklist

This is a list of skills for taking care of your colostomy. You and/or your caregiver will learn a little at a time. Skills do not need to be learned in the same order. Your care and teaching may continue with a visiting nurse at home or in an outpatient ostomy clinic if need.

Skills Reviewed	Date Initial	Date Initial
Post-op day 1-2:		
1. Opens and closes pouch closure.		
2. Empties pouch when 1/2 full.		
3. Cleans the end of the pouch after emptying using a tissue or wipe.		
4. Describes the type and amount of stool expected.		
5. Describes understanding of changing pouch 2 times a week and as needed for leakage.		
First pouch change:		
Review skills numbered 1-5		
6. Removes old pouch and throws away in trash.		
7. Checks skin around stoma for irritation. Cleans with warm water and gently dries well.		
8. For skin irritation around stoma applies Stomahesive powder then barrier film spray.		
9. Measures stoma size with template.		
10. Traces stoma pattern and cuts hole in skin barrier.		
11. Removes the backing from skin barrier		
12. Places paste strip or barrier ring to skin barrier's cut edge.		
13. Applies the pouch, gently pressing into place.		
14. Use of ostomy belt if needed.		
Prior to discharge:		
Review skills numbered 1-14		
15. Describes diet and fluid needs.		
16. Describes signs of complication such as food blockage and when to contact physician.		
17. Describes how to get supplies.		
18. Describes how to make an appointment at the UCLA Ostomy Clinic.		

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