

Name of Child: _____ Date: _____

How to Empty Your Child's Ostomy Pouch

The pouch needs to be emptied when it is 1/3 full of stool or gas. This keeps the pouch from leaking, and showing under your child's clothes. It also prevents odor.

Empty the pouch:

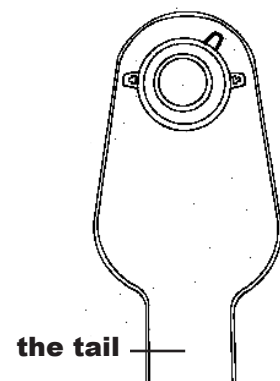
1. Have your baby or child lie down near an open diaper.
If your child can stand, have your child stand next to the toilet.
2. Put toilet paper in the toilet, so the stool won't splash.
3. Hold up the bottom of the pouch. Take off the clamp and put it down.
4. Slowly unroll the pouch over the toilet or the diaper.
5. Push out all the stool by sliding your fingers down the pouch.



**Take off the clamp
and put it down.**

Clean the pouch:

1. Wipe the tail of the pouch, inside and out, with toilet paper. This will help prevent odor.
2. If the clamp has stool on it, rinse and dry the clamp.
3. Check both sides of the pouch for tears or holes. If you find any, put on a new pouch. (See handout, **How to Change Your Child's Ostomy Pouch, #799**)

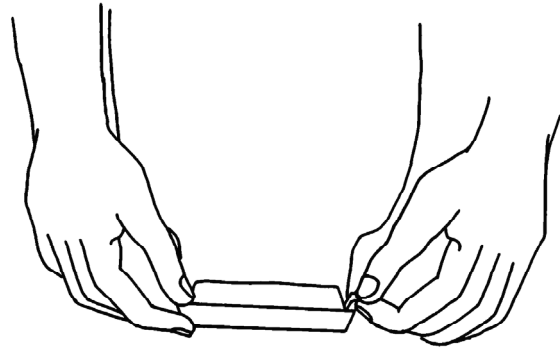


**Slowly unroll
the pouch
over the toilet
or diaper.**

4. If you want to rinse the pouch, hold up the tail and pour a little water into the pouch. Hold the tail closed, and shake the pouch gently. Empty the water into the toilet or your child's diaper.

Close the pouch:

1. Hold the clamp open with the curved side, or hinge, toward your child's body.
2. Lay the bar of the clamp flat on the tail of the pouch, about 1 inch from the bottom.
3. Fold up the tail over the bar. Make sure the whole tail is inside the bar and lies flat against the bar.
4. Hold the tail against the bar. Bring the curved side, or hinge, up to the bar. Press the two parts together until the clamp clicks closed.



Press the two parts together until the clamp clicks closed.

Gas

Even if there is no stool, gas can collect in the pouch. Never poke a hole in the pouch to let the gas out. A hole would let odor and stool leak out.

To release gas:

1. Hold the tail of the pouch up a little, and take off the clamp.
2. Hold the top of the pouch with one hand.
3. With the other hand, slide your thumb and index finger from the top to the bottom of the pouch, and push the gas out of the pouch.
4. Put the clamp on the pouch again (See "Close the pouch," above.)

Now that you've read this:

- Show your nurse or doctor how you empty your child's ostomy pouch. (Check when done.)



If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
866-933-6459
www.phoenixchildrens.com

Disclaimer

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Monday, October 6, 2008 • DRAFT to family review
#798 • Written by Fran London, MS, RN • Illustrated by Irene Takamizu



The Emily Center

How to Empty Your Child's Ostomy Pouch

Procedure/Treatment/Home Care
Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

Name of Health Care Provider: _____ Number: 798
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!