

照顧我的迴腸造口

應該如何更換我的造口袋？

裝備

更換造口袋須要以下事物：

- 一盆溫水
 - 一條毛巾或類似的東西
 - 如果需要的話，一個剪開一個洞的袋子
 - 新造口袋
 - 一個裝垃圾的塑膠袋
 - 其他您也許需要的東西，例如皮膚保護抹紙或清除黏性的抹紙（這些是特別類型的抹紙）。
1. 最好是在大清早，早餐之前更換造口袋，因為那時段它的活動較少
 2. 取下髒袋，方法是將它從皮膚上揭下
 3. 如果您願意，您可以在取下造口袋時淋浴
 4. 用毛巾和溫水清洗皮膚，把皮膚全擦乾
 5. 按照教導的方法把新袋安上去。



Caring for my ileostomy

How should I change my pouch?

Equipment

To change your pouch you will need the following things:

- A bowl of warm water
 - A washcloth or something similar
 - A pouch with a hole cut out, if needed
 - New pouch
 - A plastic bag for the rubbish
 - Anything else you may need such as barrier wipes or adhesive remover wipes (These are special types of wipes).
1. It may be best to change the pouch first thing in the morning, before breakfast, as it is less active then
 2. Take off the dirty pouch, by peeling it way from the skin
 3. If you wish, you may shower when you take the pouch off
 4. Clean the skin with a wash cloth and warm water. Dry the skin well
 5. Apply the clean pouch to the skin, as you have been taught.



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建議

- 您的底座貼環（兩片）可以留在原處 3 至 4 天，只要不漏就可以
- 您的袋子可以每天更換
- 外出時，一定要帶一個備用袋。另外帶一個塑膠袋裝垃圾，還有別的您可能需要的東西。

如何丟棄我的髒袋？

- 把袋子排空，髒物倒進廁所
- 把髒袋放進塑膠袋然後紮好
- 您可以使用冷凍袋和尿片袋，這些東西很便宜
- 把髒袋用報紙包好丟進垃圾桶裡
- 不要用火燒掉這垃圾。

應該什麼時候檢查我的造口？

您的造口治療護士應該在您出院後 2 至 6 周之內檢查您的造口，如果有問題的話就要提早檢查。

我如何訂購補給品？

- 時常保持兩個星期的存量
- 每次補給品送到之後會得到一張（Ostomy Association）「造口協會」給您的新定貨單。您可以按需要或按月訂購補給品。



Caring for my ileostomy

Hints

- Your base plate (two piece) can remain in place for up to 3 to 4 days, providing it does not leak
- Your pouch can be changed daily
- When you go out, always take a spare pouch with you. Also take a plastic bag for the rubbish and anything else you may need.

How should I dispose of the dirty pouch?

- Empty the contents of the pouch into the toilet
- Put the dirty pouch into a plastic bag and tie it off
- You can use freezer bags and nappy bags. They are cheap
- Wrap the pouch in a newspaper and place it in the rubbish bin
- Do not burn this rubbish.

When should my stoma be checked?

Your Stomal Therapy Nurse should check your stoma within 2 to 6 weeks after discharge from hospital or earlier if problems occur.

How can I order supplies?

- Always keep two weeks of supplies
- You will receive a new order form from the Ostomy Association with each delivery. You may order your supplies monthly or as required.

