

Pediatric Ostomy frequently asked questions for parents and caregivers

What do I do if the pouch will not stay on?

It is important to determine the reason why the pouch will not stay on the child.

Ask yourself the following questions:

- Is the child's skin dry?
- Did you warm the barrier before and after applying it to the skin?
(Tip: Warming the barrier between your hands for one to two minutes causes the barrier to warm up to the child's skin temperature. This results in better wear time.)
- Has the child outgrown the pouching system?
Keep in mind, pouch options will change as the child gains weight.
- How frequently are you emptying and burping the pouch?

Consult with your WOC Nurse or pediatric nurse on how often you should empty the child's pouch. Your emptying routine will depend on the child's output. (Unless the doctor or dietician prescribes a special diet, children with ostomies should be able to eat the same foods as other children of the same age.)

What do I do if the pouch fills with gas?

Coloplast pouches have filters to vent gas. You can also add Coloplast Filtrodor® filters if necessary. Parents can also "burp" the pouch on 2-piece systems by unlocking the barrier and allowing the air to escape. This deflates the pouch and provides a tight seal.

What do I do if there is odor from the pouch?

Odor may be present when the pouch is being emptied, however if the pouch is free of stool and properly closed, there should be no odor from the outlet. *Note: All Coloplast pouches are odor-resistant.*

What do I do if the child pulls the pouch off?

If you have a toddler, one-piece outfits usually prevent your child from having access to the pouch. Keep in mind, your child may pull off the pouch because it is causing discomfort. Make sure to check the skin around your child's stoma for irritation.

What do I do if the skin under the barrier is irritated?

If there is redness, skin breakdown, rash or any irritation of the skin, contact your WOC Nurse or pediatric nurse.

What do I do if the child wants to play sports?

In most cases, children with ostomies can play sports. Always check with the child's WOC nurse or pediatric nurse. If the sport is rough (like football or basketball), the stoma needs to be protected from injury.

What do I do if friends and family ask questions about the child's ostomy?

Family and friends can provide wonderful support before and after the child's surgery. However, you have the right to selectively choose who you want to tell about the surgery. Allow the child to do the same as he/she gets older. If the child is in school, notify the school nurse about the child's special needs, and ask them to store extra pouches for use if needed.

What do I do if I run out of ostomy supplies on family vacations?

Make sure to keep the child's ostomy product supplier's number readily available. The supplier can usually help provide products or find a supplier in the area. You can also call the child's WOC Nurse or pediatric nurse; he/she can also help find a supplier in the area. *Note: Always take the child's ostomy supplies, medications and an extra change of clothes in a "carry-on" bag in case you become separated from your luggage.* The Coloplast Care program provides support and information for ostomy care. Call [1-877-858-2656](tel:1-877-858-2656). Visit the website at www.coloplast.us.

What do I do if other children have questions?

Children will likely mirror actions of adults toward a child with an ostomy. If adults are 'okay' with the child having an ostomy, more than likely, other children will accept and respect the child with an ostomy.

What educational tools are available?

Make sure to ask the child's WOC Nurse or pediatric nurse about **Life After Your Child's Ostomy**, a comprehensive educational guide provided by Coloplast as well as a coloring book, **Tipster**, to educate young children on ostomy surgery.

Additional information

WOC Nurse: _____

Physician: _____

Ostomy Supplier: _____ Phone #: _____

Address: _____

Special instructions

This information is for educational purposes only. It is not intended to substitute for professional medical advice and should not be interpreted to contain treatment recommendations. You should rely on the healthcare professional who knows your individual history for personal medical advice and diagnosis.

Call your health care provider if you have any medical concerns about managing the child's ostomy. You may also contact your Coloplast Consumer Care Advisor for product usage and availability questions at 1-877-858-2656.

IF YOU THINK YOU HAVE A MEDICAL EMERGENCY, CALL 911.