CARE OF THE STOMA

What is the Stoma? The stoma is simply an opening in the body where the feeding tube comes through.

Follow these steps at least once each day.

1. Wash your hands

2. Gather the materials you will need to clean the tube site
   - Soap
   - Wash cloth
   - Cotton-tipped swabs
   - Warm water

3. Clean the skin with a clean cloth and soap and water. Start at the tube and work outward in circles.

4. Clean under the skin disk or external hub with a cotton swab and soap and water.

5. Rinse with warm water and allow to dry completely.

6. If your health care provider told you to use a dressing, they will show you how to apply it. It is important to change it every day or right away if it becomes wet or soiled.

7. Do not use ointments around the tube site unless directed by your health care professional.

8. Rotate the tube 360 degrees daily unless you have a jejunostomy tube (J-Tube).

Call your health care professional if there are signs of infection or skin problems:

- Redness or rash
- Swelling
- Pain or soreness
- Unusual drainage
- Foul smell