

Ostomy Training Materials and Resources

Pouching systems explained

The pouching system consists of two main parts — the skin barrier and the pouch.

The **skin barrier** is the portion of the pouching system that fits immediately around the stoma. It protects the skin from contact with stool, urine, or enzymes and holds the pouching system in place.

The **pouch** is the bag that collects output (stool or urine) from the stoma. It is made of a material designed to contain the odor.

Two-Piece System

Skin barrier and the pouch are two separate pieces, connected by a plastic ring called a flange.



One-Piece System

Skin barrier and the pouch are a single unit. It is very flexible and easy to use.



Skin Barrier

The opening in the skin barrier should be the same size as the stoma. A cut-to-fit skin barrier allows you to customize the opening so that the skin is covered and protected. The skin barrier should also help the pouching system stick to the skin. It should hold the pouch on but not be too difficult to remove.

Pouch

The type of pouch you use will depend on the type of stoma. If your child has a colostomy or ileostomy, you will use a drainable pouch that opens at the bottom so you can empty it. For urine or very liquid stool, you will use a urostomy pouch that has a spout at the end which can be opened to empty the pouch.



There are also closed pouches, which do not drain at the bottom. These pouches work well when there is little discharge from the stoma (e.g., preterm infants) or with younger children for specific occasions (e.g., swimming).

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