

# Stoma emptying guide

This guide provides simple, step-by-step instructions to help you safely empty your stoma bag. It is designed to support your confidence and independence in managing your stoma as part of your daily routine.



1. Empty ostomy bag once its 1/3 full.



2. Open the pouch Velcro outlet.



3. Unroll the flap.  
• Slide the contents into the toilet bowl or plastic bag.



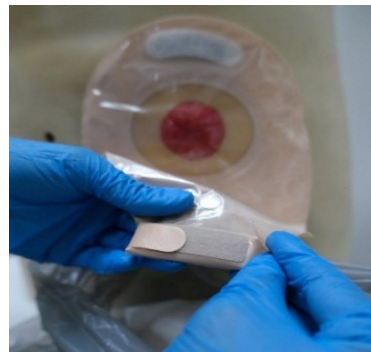
4. Hold the bottom of the pouch up.  
• Instill some tap water into the pouch.



5. Do a quick rinse.  
• Discard the contents into the toilet bowl or plastic bag.



6. Wipe the opening with toilet paper to keep the area clean.



7. Roll the flap.  
• Fasten the Velcro closure.