

# Adapt Stoma Powder

## General Information

- Use to absorb moisture from skin around the stoma which may help allow the skin barrier to adhere better
- Apply powder after the skin has been washed and thoroughly dried

## Irritated skin around your stoma is usually caused by one of these problems:\*

- Leakage of discharge onto the skin
- Improperly sized skin barrier opening (too large, too small, wrong shape)
- Sensitivity to one of the products used on the skin
- Removing the skin barrier incorrectly or too frequently, which can tear the upper layer of skin



## Using Adapt Stoma Powder

1. Wash and dry your skin thoroughly.
2. Apply a small amount of **Adapt** stoma powder to the irritated skin area (Figure 1). Reapply if needed to coat the irritated area.
3. Gently brush away excess powder using your hand or a soft tissue. The powder should stick only to the raw area and not be left on dry intact skin.
4. Apply your ostomy pouching system as usual.



Adapt Stoma Powder  
Stock No 7906

## FREQUENTLY ASKED QUESTIONS

<p>Should I use a barrier film prep or gel to seal the powder before applying my pouch?</p>	<p>Skin barrier wipes such as Skin Protective Wipes are <b>optional</b>. Some may contain alcohol, which will cause a stinging sensation when applied to raw skin areas. Skin barrier wipes are not necessary to use over Adapt stoma powder, but your nurse may recommend them.</p>
<p>Is there medication in Adapt stoma powder?</p>	<p>No, it simply absorbs excess moisture, allowing your skin barrier to stay in place on your skin. The skin usually heals when protected from stoma discharge.</p>
<p>Can I use other powder such as talcum?</p>	<p>No, the use of cosmetic type powders will usually interfere with the seal of your skin barrier, causing leakage and further irritation.</p>
<p>When should I stop using Adapt stoma powder?</p>	<p>Stop using the powder when the skin is no longer moist to the touch. Adapt stoma powder is not designed to be used for the prevention of skin irritation. Stop using the powder and contact your healthcare provider if your skin has not improved or is getting worse.</p>

\*Salvadarena, G. (2016). Peristomal Skin Conditions. In J.E. Carmel, J.C. Colwell, M.T. Goldberg (Eds.), WOCN Society Core Curriculum Ostomy Management (pp.176-177). Philadelphia: Wolters Kluwer.

