

What if...

you get odour?

What is odour?

Stools have an odour that can vary depending on what we eat or drink. This does not change when you have a stoma. Your stoma pouch is made from special laminated and odour proof plastic. When it is in place and properly applied, there shouldn't be any odour.

What can cause odour?

- *Pouch management*
- *Pouch leakage*
- *Leakage from pouch filter*
- *Dietary intake.*

Hints and tips

- *Spray the room with an odour neutralising deodorant spray before and after each pouch change*
- *If you use a drainable pouch, follow the same routine as above when emptying it*
- *Pouch leakage either from around the pouch seal or from underneath the adhesive will cause odour. If this happens, change your pouch as soon as possible*
- *Stoma shrinkage and skin creases can occur and this may require a reassessment of your pouch and its fitting*
- *Eating bio or live yoghurt can help to neutralise odour*
- *Drinking buttermilk may help to reduce odour.*