



Using a Convex Stoma Pouch

This leaflet provides essential information about using a convex stoma pouch. This is a specialised pouch used for managing stoma leakage when recommended by a Colorectal Nurse Specialist.

What is a convex pouch?

The baseplate or flange on a convex pouch is curved outwards. This exerts pressure around the stoma encouraging it to protrude further. It also flattens skin creases to create a better seal and reduces the risk of leakage.

When is a convex pouch recommended?

Convexity is used for persistent leakage associated with a flush or retracted stoma or where the stoma is situated in skin folds.

If a stoma belt is recommended with a convex pouch it should not be pulled too tight as this can increase the pressure on the skin and cause damage. If leakage happens only at night the belt can be worn to maintain the stoma spout.

Possible complications:

You should expect to see some mild temporary redness around the stoma when removing the pouch due to the pressure of the baseplate.

The following conditions must be reviewed by your Specialist Nurse:

- Bruising or skin discolouration
- Broken skin or ulceration
- Pain or discomfort
- Continued leaks under the baseplate
- Formation of small nodules on edge of the stoma which may bleed easily
- Stoma bleeding
- Prolapsed stoma

The stoma nurse will ask you to feedback on whether the convex pouch is comfortable and beneficial; your prescription can then be changed. If you require a further review please contact the team. <https://hgs.uhb.nhs.uk/meet-the-colorectal-team/>

Useful Contacts

Heartlands and Solihull Hospitals:

Colorectal Nurse Specialists

0121 424 2730

Monday to Friday 8am to 4pm

Good Hope Hospital:

Colorectal Nurse Specialists

0121 424 7429 Monday to Friday 8am to 4pm

Information for Patients

Further sources of information

Consider relevance to convexity

Ileostomy and Internal Pouch Support Group Free phone 0800 0184724 www.iasupport.org

Colostomy UK Helpline 0800 328 4257

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email patientexperience@uhb.nhs.uk.