‘Pancaking’ for stoma patients (advice)

Stoma Care Nursing Team
01625 661598

Macclesfield District
General Hospital

www.eastcheshire.nhs.uk
Patient Information Leaflet

What is ‘pancaking’?

Pancaking can occur in people who have a stoma. It is caused by a firmer, ‘stickier’ stool which does not drop to the bottom of the stoma appliance and sits over the stoma. This then dries and forms a layer and when the stoma works again this can lead to the pouch being lifted off the skin and leakages can occur.

What can I do to resolve this?

Sometimes it is not an easy problem to solve but various remedies can be tried:

- Make sure you are drinking plenty of fluids unless you have been advised by your doctor to restrict how much you drink.
- Before fitting the pouch and before removing the flange backing paper, rub a small amount of either baby oil, cooking oil, olive oil or Vaseline inside the opening to the appliance. This will encourage the stool to slide down to the bottom of the pouch.
- Get a square of toilet tissue and scrunch it up into a ball. Again before you apply the pouch, place the scrunched up tissue in through the opening to the pouch and shake the pouch until the tissue drops to the bottom of the pouch. The aim of this is to prevent the pouch from ‘sucking’ on the stoma.
- All pouches contain a strip of adhesive discs. Peel one of these discs from the strip and place over the filter on your pouch. This again will prevent the pouch from ‘sucking’ onto the stoma. The adhesive disc can be removed to release excess flatus (wind).

A member of the Stoma Care Nursing Team will have given this leaflet to you.

Do try all the suggestions above both individually and also a combination of the suggestions. If you are unsure please do not hesitate to contact a member of the nursing team.

What should I do if I have tried these and the problem persists?

Contact a member of the Stoma Care Nursing Team for further advice on 01625 661598.

Other items that are available are bridges. The aim again of these is to prevent the pouch from ‘sucking’ onto the stoma and pancaking occurring. You will also be given the opportunity to try different pouches.
Glossary

**Pouch**: Your bag that you place over the stoma.

**Flange**: The part of the stoma bag that fits against your skin. This has a backing paper that you peel off.

**Stool**: This is a word for what comes out through your stoma. You may call this by other words such as waste, motion, poo, output, faeces etc.

**How to contact us**
You can contact us by phone:
Monday to Friday between 7.30 and 4pm on **01625 661598** or ring the hospital switchboard on **01625 421000** and ask for The Stoma Care Nurse on bleep **3470** or **3380**.

You can also leave a message on the answerphone and we will return your call on the next working day.

**Other useful contacts**

**British Colostomy Association**
Freephone: **0800 328 4257**
[www.bcass.org](http://www.bcass.org)

**The Illeostomy and Internal Pouch Support Group**
Freephone: **0800 018 4724**
[www.urostomyassociation.org.uk](http://www.urostomyassociation.org.uk)

**National Association for Colitis and Crohn’s Disease (NACC)**
Phone: **0845 130 2233**
[www.nacc.org.uk](http://www.nacc.org.uk)
For further information on the references and sources used for this leaflet, please contact 01625 661184.

Comments, compliments or complaints
We welcome any suggestions you have about the quality of our care and our services. Contact us: Freephone: 0800 1613997
Phone: 01625 661449
Textphone: 01625 663723 Customer Care, Reception, Macclesfield District General Hospital, Victoria Road, SK10 3BL
For large print, audio, Braille version or translation, contact Communications and Engagement on 0800 195 4194.

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