

# Peristomal fungal infection

## Patient education

Coloplast®  
**Professional**

Yeast (candidiasis) or fungus is present, along with bacteria, in the digestive tract as well as on the skin. Fungus grows best in warm, dark, moist environments, such as the skin under your barrier. If your protective top layer of skin is damaged, it gives fungus an opportunity to develop into an infection. Symptoms may include redness, shiny patches with satellite pustules and itchiness or burning.



### Suggested supplies

- Measuring guide
- Coloplast® barrier
- Coloplast® pouch
- Brava® Powder
- Antimicrobial or antifungal powder as directed by your NSWOC or physician
- Brava® Skin Barrier Spray
- Toilet paper
- Soft washcloth or soft paper towel
- Plastic bag

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### Avoiding fungal infections

- Always remove your pouching systems gently
- Wash peristomal skin thoroughly with warm water and no soap
- Always dry your skin thoroughly before replacing your pouching system
- Do not use of creams or ointments under your pouching system
- Eliminate moisture to the skin with a properly fitted pouching system
- Change pouching system as soon as a leakage occurs

## Treatment

1. Clean your skin with warm water using a soft paper towel or washcloth.
2. Thoroughly pat dry.
3. Apply an antimicrobial or anti-fungal powder lightly to the skin and wipe off any excess.
4. Apply Brava® Skin Barrier Spray and let dry.
5. Repeat steps 3 and 4.
6. Apply pouching system. (**Warm the barrier** between your hands prior to application. Apply gentle pressure to ensure a proper seal around the stoma.)

Your NSWOC or physician may have you change your pouching system in two to three days to examine your irritated peristomal skin.

If the irritation has not improved when you change your pouching system again, contact your physician or NSWOC who may prescribe a medicated powder.

## Additional information

NSWOC: \_\_\_\_\_

Physician: \_\_\_\_\_

Ostomy supplier: \_\_\_\_\_

Phone number: \_\_\_\_\_

Address: \_\_\_\_\_

## Special instructions

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The recommendations and information in this material should not be considered a substitute for personal medical advice or diagnosis.