

## My stoma

### Granulation tissue

**You will see:**

- Puffy pink or red tissue
- Yellow/green discharge
- Bleeding
- Wetness

**What to do at home:**

- Hypertonic salt soaks 3-4 times per day (1 tsp salt + 1 cup warm water)
- Homemade salt cream (1:1 salt + zinc oxide cream)



### Infection

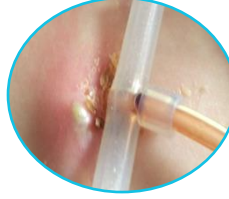
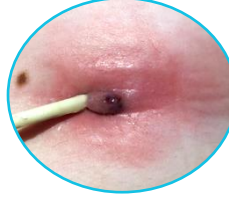
**You will see:**

- Increased discharge
- Pain
- Spreading redness
- Inflammation
- Warm to touch
- Fever

**What to do at home:**

- Start over the counter antibiotic cream

\*Speak with your primary healthcare provider



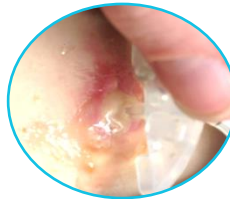
### Skin irritation from leakage

**You will see:**

- Pink/red skin
- Broken down skin
- Pain
- Moisture
- Itching

**What to do at home:**

- Protect the skin with zinc oxide cream
- Use dressings to help leaking



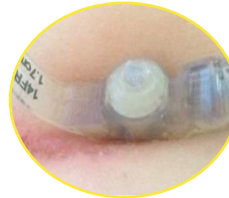
### Stoma issues from a loose tube

**You will see:**

- Tube dangling or digging into the skin
- Redness and irritation from movement or friction
- Pain

**What to do at home:**

- If appropriate, adjust the balloon volume or crossbar
- Apply a dressing to fill the space or prevent friction
- If tube fit still not appropriate, contact G Tube Resource Nurse to resize the tube



**When in doubt, contact the G Tube Resource Nurse or go the emergency department**

**G Tube Resource Nurse**  
**Monday to Friday 8:30am to 4:00pm**

Non-urgent

Phone: 416-813-7177

E-Mail: [g.tubenurse@sickkids.ca](mailto:g.tubenurse@sickkids.ca)

Urgent

Pager: 416-713-1920