

Ostomy Video Library

HealthClips™ Video Library: allinahealth.healthclips.com



- Open your smart phone's camera.
- Hold the phone over the QR code.
- Click on the yellow link.
- Click on the video.

Use the QR code to left to access the entire video library.

What is a Colostomy?



Watch this [video](#) to learn what a colostomy is and how the waste from what you eat will now come out of your body through the stoma.

Your Care at Home: Colostomy Care



Watch this [video](#) to learn how a colostomy works, and how to empty, dispose of, and replace a colostomy pouch.

What is an Ileostomy?



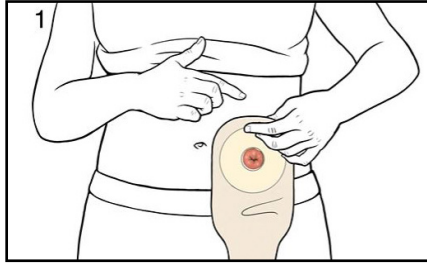
Watch this [video](#) to learn what an ileostomy is and how the waste from what you eat will now come out of your body through the stoma.

Your Care at Home: Ileostomy Care



Watch this [video](#) to learn how to care for an ileostomy, from cleaning to pouch choice to replacing an ileostomy pouch.

□ **Step-by-Step: Stoma Care:
Your Stoma and Skin**



Watch this [video](#) to learn how to care for your stoma and skin around it.

□ **Living With Your Ostomy**



Watch this [video](#) to learn how to care for your stoma and skin, and how to live a normal and active lifestyle with an ostomy.