

Duodopa:

STOMA & SKIN CARE

Centre universitaire
de santé McGill



McGill University
Health Centre

Office d'éducation des patients
Patient Education Office

This booklet is about how to care for your stoma. The information inside will help you keep your stoma healthy and clean.

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In collaboration with the Movement Disorder Clinic at MUHC



IMPORTANT

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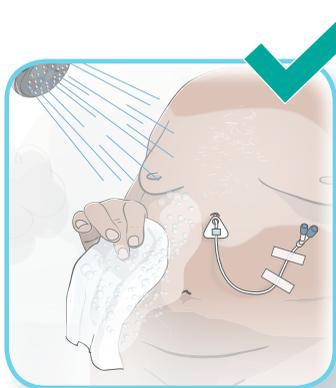
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Duodopa and the pump will help control your Parkinson's disease symptoms. How your body reacts to Duodopa is different from one person to another. It is important to know how your body responds to Duodopa. This will help you plan your stoma care and your activities.

Skin Care

Daily Skin Care

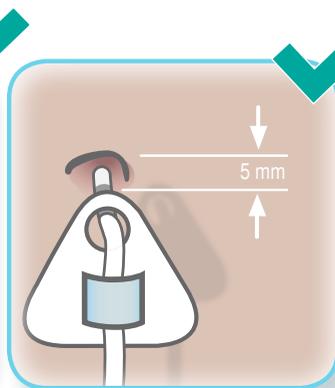
Your stoma (the opening in the skin where the tube enters your body) needs to be cared for every day to keep it healthy and clean. Follow your doctor or nurse's instructions to care for your stoma. When your stoma is healed (usually in 2 weeks), do this:



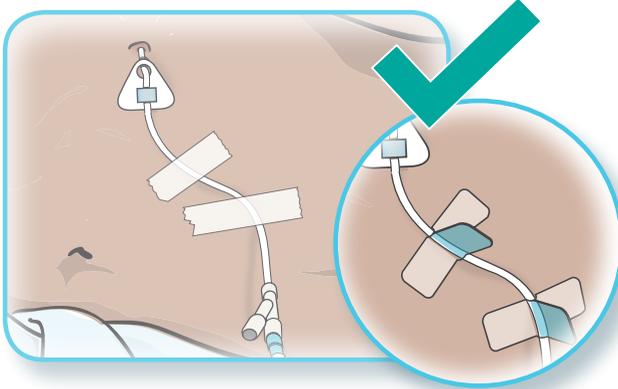
Clean the stoma area with a mild, non-perfumed soap.



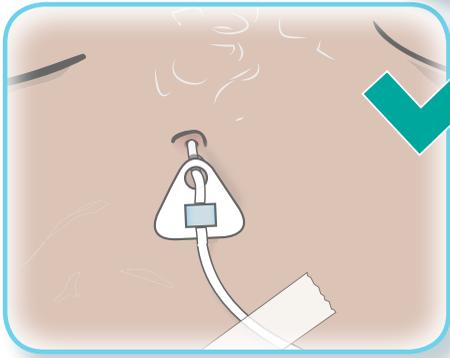
Gently pat the area dry with a clean towel. Leave it uncovered to dry.



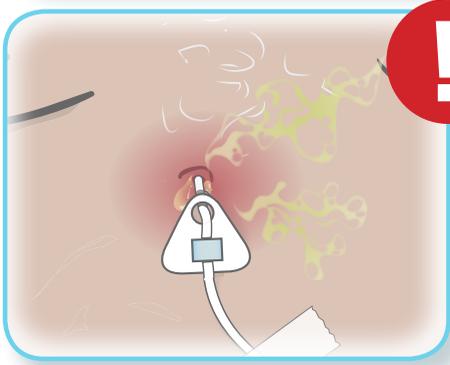
The bumper should stay about 5 mm away from your skin.



You can use medical tape or Flex-Trak® to help hold the tube. Ask your doctor or nurse how to keep the tube in place. Any tape is safe to use. 3M multipore® is a good one.



Check the stoma site every day. The skin around your stoma should look like the rest of your skin.



If you notice redness, swelling, leaking, and/or odor, or feel pain, contact your clinic nurse or doctor.

! **The pump is not waterproof.** Disconnect the pump before taking a shower or going for a swim. Follow your doctor's instructions.

Common Skin Problems

Skin irritation or rash:



The skin around your stoma may get sore. Signs of skin soreness or rash include:

- Moist skin
- Looks “burnt” (red)
- Tiny bumps or pimples around the stoma
- Itchy skin around the stoma
- Painful, sensitive to touch

Why this happens:

- The tube is leaking
- The skin is not cleaned well
- The skin is wet
- Rubbing from the tape holding the tube in place

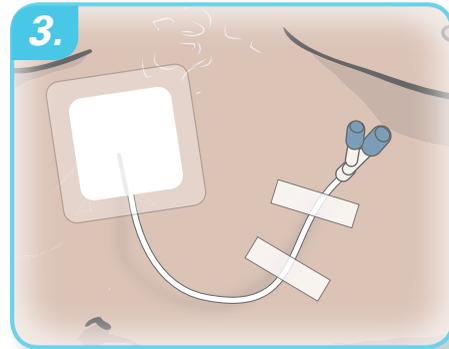
What to do:

Wash the irritated skin every day and dry it well.





2. You can use special wipes or creams that protect your skin. Ask your care team to recommend the right one for you.



3. Special bandages (absorbent dressings) may be helpful. Ask your doctor or nurse for information.

Hypergranulation:

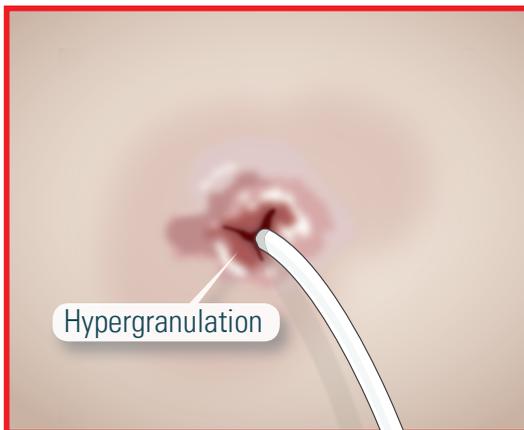
After you get a wound, new tissue and blood vessels form. This is called granulation. Granulation is a normal part of healing.

After your stoma surgery, granulation tissue forms in the skin area around your tube.

Hypergranulation tissue is extra granulation tissue that sticks out above the skin, around the tube. It may happen long after the stoma area around the tube has healed.

Hypergranulation tissue may:

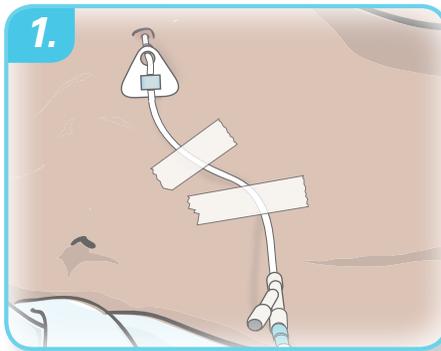
- Look shiny, bumpy, wet and pink or dark red.
- Bleed because the skin is thin and breaks easily.
- Be sensitive or painful to touch.



Why this happens:

- The tube is not fixed in place. It is rubbing the stoma as it moves in and out.
- The bumper (white triangle) is too far from the skin (more than 5mm).
- The area around the stoma is wet.
- There are bacteria (germs) in or around the wound.

What to do:



1. Make sure the tube is in place and not moving too much.



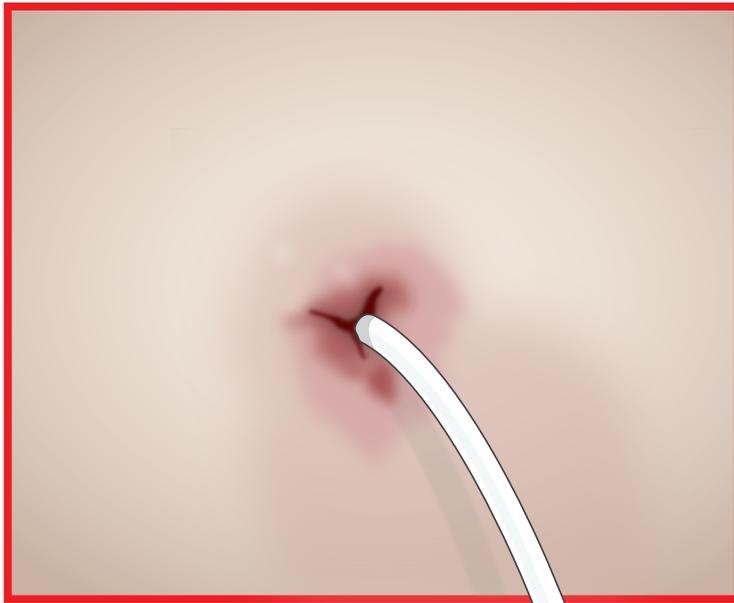
2. Wash and dry the area carefully every day.



3. Treat the area with medicine your doctor prescribes. Put the medicine over the area. It will take a few treatments before the hypergranulation goes away. This is normal.

Pressure Injury:

A pressure injury is damage that happens to the skin or to the tissue under the skin. The tube pushing on your skin may cause a pressure injury. You may notice that your skin is a little red under the tubing. If it gets worse, you may get cuts in the skin.



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Why this happens:

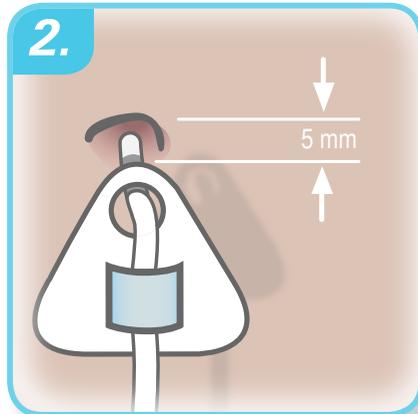
- The bumper (White triangle) is too close to the skin (less than 5 mm)
- The tube is pushing down too hard against the skin
- The tube is always rubbing against the skin
- The skin under the tube is wet
- The tube is in the same position for a long time

What to do:

Attach the tube away from skin folds. Move the tube at least 2 times during the day.



Make sure the bumper is 5mm away from the skin



Wash and dry the area carefully every day. Use a dressing if your doctor or nurse suggests.

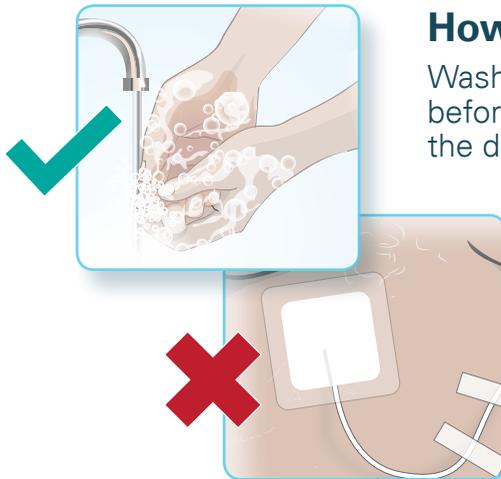
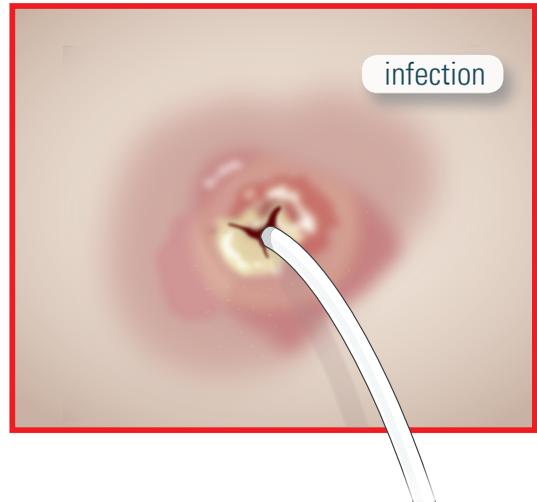


Infection:

- Spreading redness
- Pain
- Pus draining around tube
- Swelling
- Increased temperature of the skin
- Fever

Why this happens:

- Bacteria
- Other problems near the tube site



How to prevent it:

Wash your hands with soap and water before touching the stoma or tube. Follow the daily skin care routine (see page 3)

Do not use dressings to cover your stoma unless it is leaking. If it is leaking, speak to your health care professional.

What to do:

If any of the above problems occur, please contact your nurse at the Movement Disorders Program at McGill University Health Center:

Jennifer Doran BN, CNN(C)
T :514-934-8071
F :514-934-8265

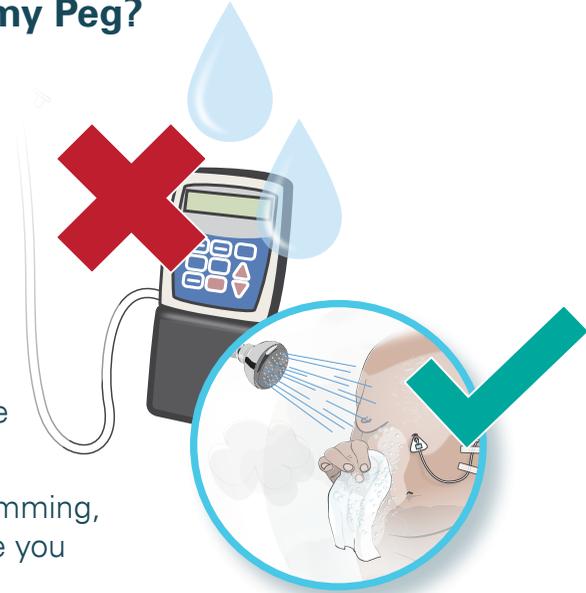
Lucie Lachance BSc(N), MSc
T :514-934-1934 ext 42944
F :514-934-8265

Frequently Asked Questions

Can I swim or shower with my Peg?

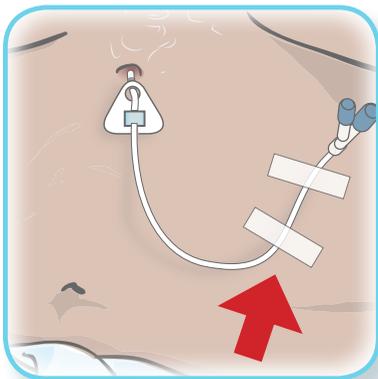
Once your stoma is healed, you can swim and shower like you used to. **Remember that the Duodopa pump is not waterproof.** Disconnect the pump before taking a shower or going for a swim. Follow your doctor's instructions to disconnect the pump. Ask your doctor if you should take an extra dose of Duodopa before disconnecting the pump. Some people do this to prevent an "off" period."

When you are done showering or swimming, dry the area around your stoma before you reconnect the pump.



Can I use the hot tub with my stoma?

Yes, follow the same instructions as for swimming.



Is it safe to play sports?

Yes, you can play sports. Make sure there are no loose tubes hanging from your stoma. You can use tape to attach the tube to your stomach. You can also tuck the tube inside a fitted t-shirt or top.



What if my tube gets disconnected?

If your tube falls out do not panic. Put clean, dry towel over the opening. **Go to your doctor or to the emergency department to have another tube put in. Do this as soon as possible.**

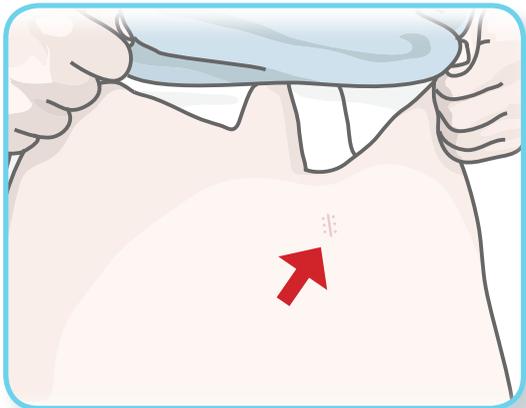
You may have to take your medicine by mouth until your tube is inserted again. Follow your doctor's instructions if you miss your Duodopa dose.



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What will happen if I don't need to take Duodopa anymore?

If you and your doctor decide to stop Duodopa therapy, the tube will be removed. It will heal and close over. You may have a small scar where the stoma was.



References:

Bryant, R. & Nix, D. (2012). Acute and Chronic Wounds: Current Management Concepts, 4th Edition, Mosby

Epstein et al (2016). Long-Term PEG-J Tube Safety in Patients with Advanced Parkinson's Disease. Clinical and Translational Gastroenterology (2016) 7, e159;doi:10.1038/ctg.2016.19;published online 31 March 2016.

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