



Urostomy Care at home

Application of a 1-piece
urostomy pouch

Application of a 1-piece urostomy pouch

You will need:

- a) Disposal bag
- b) Dry wipes for washing/drying
- c) Warm water for washing
- d) New pouch
- e) Scissors for cutting the skin barrier (if required)
- f) Any accessories you may use

It is important to be prepared and have all the equipment you require at hand before starting your urostomy care. You may wish to carry out the procedure in the morning before eating or drinking.



If needed use the stoma measuring guide to determine the size of your stoma.



Dry with clean, dry non-woven wipes. It is important that the skin surrounding your stoma is completely dry before putting on a new pouch.



Use your fingers and press all around to make sure the pouch is securely fastened.



Gently remove the used pouch. Remember to empty the pouch before you start. As an added precaution to avoid spillage, you can place a disposable plastic bag in your waistband.



If the stoma is uneven or oval, adjust the hole in the pouch skin barrier with small, sharp scissors or use the tip of your finger to even the hole to the correct stoma diameter. Remember it is important that the hole fits your stoma snugly without applying any pressure.



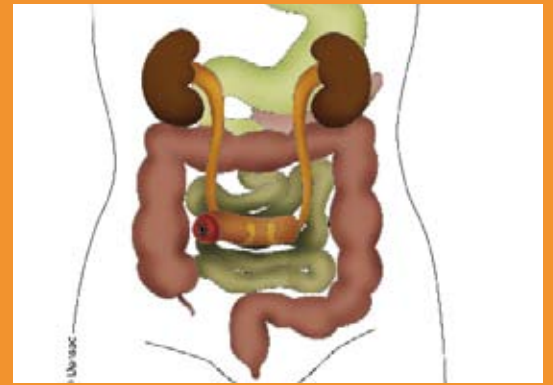
Remove the protective covering of the skin barrier immediately before application.



Check that the tap on your pouch is in the closed position.

Urostomy

When your bladder is removed, you will need a new way to store and pass urine. When your surgeon decides to make an Ileal conduit, he or she will use a piece of your small bowel to form a new tube through which urine can pass. The ureters are attached to one end, and the other end is brought out through an opening in the abdominal wall. This new opening is called a urostomy, and is for the elimination of urine from the body. The stoma is red and moist; there are no nerve endings in the stoma and therefore no sensation. A special urostomy pouch will receive urine on an on-going basis.



2 Tighten the skin on your abdomen by pressing it with one hand, while you carefully remove the used pouch.



3 Discard the soiled pouch.



6 Dampen a few non-woven wipes in lukewarm water.



7 Clean your stoma and the surrounding skin thoroughly.



10 Centre the skin barrier opening over the stoma and press into place.



11 Press from centre to edge and continue around the stoma until you are certain the skin barrier fits snugly and securely.



14 Task completed.

Hints and tips:



Urine absorption

Use non-woven/dry wipes to absorb any urine discharged when changing the pouch.



To avoid soiling

When preparing the skin barrier/pouch, position the stoma over the sink or use non-woven/dry wipes to absorb any urine discharged during this phase.



Measure your stoma's diameter often

Your stoma will be oedematous (swollen) immediately after surgery and during the next few weeks. As the swelling gradually recedes it is important that you frequently measure the diameter of your stoma. There is a stoma-measuring guide in the top of each box. Make a habit of checking the size of your stoma every time you open a new box of stoma pouches.



Correct sizing

Correct sizing prevents redness in the immediate area around your stoma. After correcting the hole, put the pouch aside until you are ready to put it on. When stoma shrinkage is complete this step may be omitted. The new skin barrier/pouch can then be cut out before the soiled pouch is removed.



Visual Security

Draining the pouch is easy – even with one hand – and the golden drop provides visual security.



Added protection for sensitive skin

If you need extra skin care around your stoma and under the adhesive skin barrier to keep your skin pliable, use a skin cream. Apply a thin layer around your stoma, allowing your skin to absorb it for a few minutes before positioning the adhesive skin barrier. Use non-woven wipes to absorb any urine discharged while the skin absorbs the cream.