

Urostomy Care

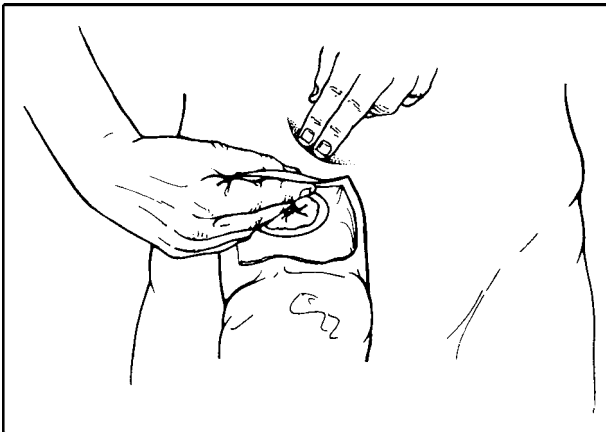
GENERAL INFORMATION

An ostomy is a created opening into the body. The new opening is called a stoma. A urostomy is formed as a passageway for urine to the outside.

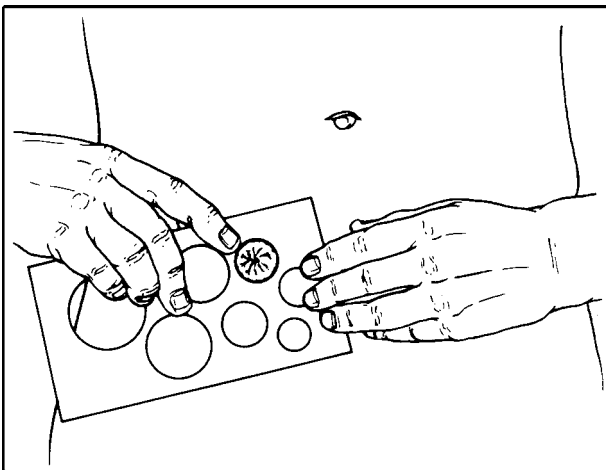
Guidelines

These guidelines will help you in caring for your urostomy.

1. Gather all supplies.
2. Roll or fold up one paper towel into the shape of a small "tootsie-roll candy." These are called "wicks," and you will need to prepare about 10 of these. Some patients use a tampon as a wick.
3. Gently remove the soiled pouching system. Use one hand to press down against the skin. Use the other hand to peel away the system.



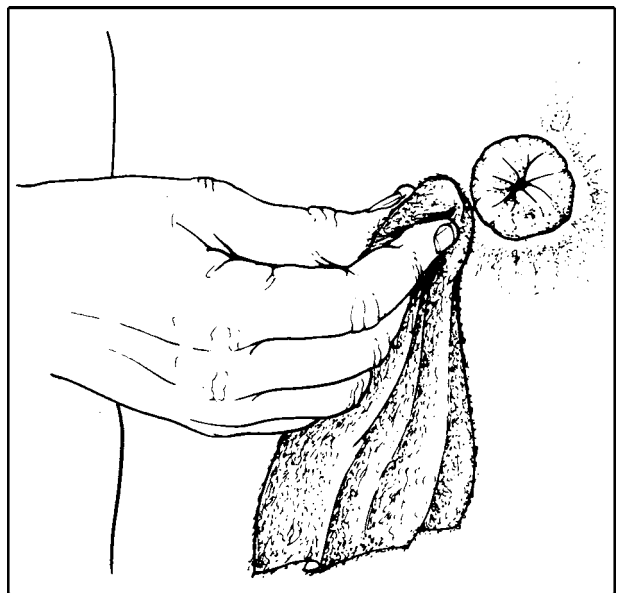
4. Measure your stoma with a measuring guide. Compare the measured stoma size with the size of the pouching system you are using. The size of the pouch opening should be no more than $\frac{1}{8}$ inch larger than the stoma.



5. Use one paper towel wick or tampon to cover the stoma as you wash and prepare your skin. Replace it when it is soaked; this is to prevent urine from dripping onto your washed, dried skin.



6. Clean the skin around the stoma with warm water and a paper towel or soft white washcloth. Do not use toilet paper, since it breaks apart when wet. There is no need to scrub the skin.



- Using soap is not necessary. Soap can leave a residue and lead to skin irritation and poor pouch bonding. If soap is used, be sure it is nonalkaline and nondrying (such as Dove, Basis, Purpose, or a castile soap).
- Rinse well with warm water. Pat the skin dry. Never rub your skin, as it may become irritated. Dry skin helps pouch bonding.
- Look for any redness or rash on the skin around the stoma. For irritated skin, follow the skin care directions given by your nurse or doctor.
- Apply your pouching system by following the instructions for your pouching system (see *Pouching System Instructions*).
- Close the drainage spout at the bottom of the pouch. Using an antireflux pouch prevents backflow of urine.
- Urostomy pouches should be emptied every 2 hours or so. Stand or sit near the toilet, release the spout, empty the contents, and reclose the spout tightly. Use a large, straight bedside drainage bag at night or while you are in bed. This will reduce stagnation of urine in the pouch, odor, and backflow of urine onto the stoma.
- If you are using a removable, reusable pouch, you should remove the pouch *only* every morning and replace it with a clean one. It is easier to change the pouch after limiting fluids for 2 to 3 hours, such as before breakfast. Pouches should be washed with liquid dish soap and warm water and hung up to dry.
- The entire system is changed at designated intervals. Each person's wearing time is different and should average 5 to 7 days. It is advisable to change the system at least every 7 days.
- For odor control,
 - Squeeze 8 to 10 drops of commercially available ostomy deodorizer directly into the pouch or onto a cotton ball and drop it into the pouch once a day.
 - Eating asparagus increases urine odor.
 - Frequent cleansing of the urinary pouch and thorough cleaning of the skin around the stoma will help reduce odor.
 - Using one part vinegar to two to three parts water to rinse and soak pouches reduces odor.
- If mucus control is necessary, a mucus dispersant is commercially available. Check with your ostomy supplier.

Pouching System Instructions

One-Piece Precut Pouching System

- Remove any protective papers or backing from the pouch adhesive.

- Carefully center the pouch opening over the stoma.
- Press the adhesive gently but firmly onto the skin.

Two-Piece Snap-On Pouching System

- Use a pencil to trace the stoma outline onto the backing of the adhesive wafer.
- Using small scissors, cut out the pattern as evenly and smoothly as you can. By placing some of your fingers inside the bag once a small hole is made, you can keep the bag open to prevent cutting a hole through it.
- Peel paper backing off the adhesive wafer.
- Place the adhesive side toward your skin. Center the opening over the stoma.
- Press the adhesive gently but firmly onto the skin.
- Center the pouch over the wafer. Align the snap seals.
- Firmly press in a circular motion until the pouch is completely snapped on.

Two-Piece System with an Adhesive Wafer and Adhesive-Backed Pouch

- Remove the backing paper from the adhesive pouch. Lay the pouch flat, with the adhesive side up.
- Leave the backing paper on the wafer. Hold the wafer with the paper side up. Center the wafer over the adhesive area of the pouch. Press into place, aligning the edges of each as best you can.
- Use a pencil to trace the stoma outline onto the backing paper of the adhesive wafer.
- Cut out the pattern as evenly and smoothly as you can. Use small scissors.
- Peel the paper backing off the adhesive wafer.
- Place the adhesive side toward your skin. Center the opening over the stoma.
- Press the adhesive gently but firmly onto the skin.

Faceplated System with Three or More Pieces (Reusable Faceplate and/or Gasket, Wafer, Pouch)

- Use a pencil to trace the stoma outline onto the backing of the adhesive wafer.
- Using small scissors, cut out the pattern as evenly and smoothly as possible.
- Peel the paper backing off the adhesive wafer.
- Place the adhesive side toward your skin. Center the opening over the stoma.
- Press the adhesive gently but firmly onto the skin.

6. Peel off one side of the paper backing of the double-sided adhesive gasket.
 7. Place the back of the reusable faceplate onto the adhesive gasket. Be very careful to fit the faceplate to the gasket to avoid wrinkles. Wrinkles may cause leakage.
 8. Peel off the remaining paper backing from the gasket. Center the faceplate over the stoma.
 9. Press the faceplate onto the wafer already on your skin.
 10. Attach the pouch to the faceplate. Depending on the brand, you may need to stretch the pouch collar over the faceplate or use an adhesive ring.
 11. Place the belt onto the faceplate (if desired). You should be able to slip two fingers between your skin and the belt. A belt supports the pouch and prevents loosening of the seal.
2. Eat a well-balanced diet.
 3. Drink 2 to 3 quarts of fluid each day.
 4. You should be able to return to your usual activities. Check with your nurse or doctor for any special instructions.
 5. Call your nurse or doctor if
 - a. Your ostomy stops working.
 - b. You have fever, cloudy or foul-smelling urine, pink or red urine, or flank pain (pain in your side). These are the symptoms of urinary tract infection.
 6. You can obtain free information from your ostomy supply company and from

United Ostomy Association (UOA)
36 Executive Park, Suite 120
Irvine, California 92714-6744.

Other Resources

American Cancer Society
1599 Clifton Road NE
Atlanta, Georgia 30329.

IMPORTANT POINTS

1. Keeping your skin healthy is most important.
 - a. Always remove a leaking pouch system as soon as possible. This prevents skin irritation.
 - b. If the skin around the stoma has a rash or sore or is red and weepy, call your nurse or doctor immediately.

OTHER INSTRUCTIONS
