

E.T. Nurse: _____

Phone: _____

One-piece Urostomy pouch

Gather these supplies

- pattern of stoma
 - pen and scissors
 - toilet paper/tissue
 - warm water (mild soap if desired)
 - J-cloth (cut into pieces) or washcloth and towel
 - garbage bag
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Gather the supplies your nurse has checked

- | | |
|---|---|
| <input type="checkbox"/> manufacturer _____ | <input type="checkbox"/> powder _____ |
| <input type="checkbox"/> pouch | <input type="checkbox"/> night drainage container/bag _____ |
| <input type="checkbox"/> pre-cut <input type="checkbox"/> flat | <input type="checkbox"/> belt _____ |
| <input type="checkbox"/> cut to fit <input type="checkbox"/> convex | <input type="checkbox"/> tape _____ |
| <input type="checkbox"/> adhesive remover _____ | <input type="checkbox"/> eakin _____ |
| <input type="checkbox"/> protective wipe _____ | <input type="checkbox"/> barrier _____ |
| <input type="checkbox"/> connector _____ | <input type="checkbox"/> other _____ |
| <input type="checkbox"/> paste _____ | |
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Preparing new pouch

- Close the bottom of pouch.
 - Remove paper backing from back of skin barrier.
 - Squeeze a small ring of paste around the hole. If you need to reposition paste, wet your finger lightly before touching paste.
 - Mould a piece of strip paste or eakin around opening in pouch.
 - Apply barrier ring around opening in pouch.
 - Remove paper backing from adhesive.
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Preparing skin

1. Empty pouch you are wearing.
2. Remove pouch gently and throw out into a garbage bag.
3. Wipe urine and mucous from stoma and skin with toilet paper, tissue or wet J-cloth.
4. Wash skin around stoma. If you use soap, rinse well. Pat skin dry. Do not rub.
5. **Check condition of stoma and the skin around the stoma.**

If needed:

- Shave excess hair around stoma.
- Apply powder to red areas on skin. Dust off excess.
- Apply protective wipe and dry well.
- Apply barrier/eakin seal as taught.
- Squeeze a ring of paste around base of stoma.
- other _____

Note: Stents: If stents are intact, hold stents and guide into opening of pouch.

Applying new pouch

1. Stretch abdomen flat.
 2. Centre opening of skin barrier around stoma. To get a good seal, press gently and firmly.
 3. If not done earlier, remove paper backing from adhesive. Smooth out wrinkles. Seal well.
 4. If needed, tape pouch as taught.
 5. Make sure spout at the bottom is closed.
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Reminders

- ✓ To strengthen seal of pouch hold your hand firmly over it for about 5 minutes.
- ✓ If the pouch leaks, change it as soon as possible. Do not patch!
- ✓ You can take a bath or shower with the pouch on or off. If you keep the pouch on, dry the tape area well with a towel and/or a hair dryer. Make sure the hair dryer is on a cool setting.
- ✓ As your strength returns you can change the pouch standing up.
- ✓ It is normal for the stoma to bleed a little when being wiped and/or washed.
- ✓ As you heal and you become more comfortable with your stoma, you may need to change the pouch less often.
- ✓ Empty your pouch regularly, (when it is about 1/3 full).

Always carry a spare pouch change.
This is very important when visiting your doctor,
outpatient clinic, emergency or x-ray department.
As you heal and become more comfortable with your stoma,
you will need to change the pouch less often.

Connecting to night drainage container

There are 2 types of drainage containers:

1. Drainage bag.
2. Plastic bottle.

An adaptor is needed to attach spout of pouch to drainage collector tubing.

Note: Each company has their own specific adapter for their pouches.

To Connect

1. Attach adaptor to the tubing drainage container.
2. Attach adaptor to bottom of pouch
3. Position the tubing container so that it is secure and the urine flows into it easily. May put container into pail or dishpan in case of leak in the container.
4. If you are using a tap closure, open it now.

To Disconnect

1. If you are using a tap closure, close it now.
2. Disconnect adaptor from bottom of pouch.
3. Hold tubing upward to allow urine to drain into container.
4. Empty urine from container into toilet.
5. Wash container with warm soapy water. Rinse and allow to dry.

Once a week: Mix equal parts of vinegar and water ($\frac{1}{2}$ vinegar and $\frac{1}{2}$ water). Wash the container with this mixture, then rinse well with water and allow to dry.

Reminders

- ✓ Drink plenty of fluids in small amounts throughout the day. This is the best way to prevent urinary tract infections.
- ✓ It is normal to have mucous in your urine.
- ✓ Drinking cranberry juice will help to maintain the natural acidity of your urine.
- ✓ Call your doctor or urologist if you have:
 - a fever
 - bloody urine
 - lower back or abdominal pain

Note: If the doctor wants a urine sample to test for infection, do not get the sample from the pouch. Contact your ET or Urologist for advice.