

E.T. Nurse: _____

Phone: _____

Two-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"/> connector _____ |
| <input type="checkbox"/> flange _____ | <input type="checkbox"/> night drainage container _____ |
| <input type="checkbox"/> pre-cut | <input type="checkbox"/> flat |
| <input type="checkbox"/> cut to fit | <input type="checkbox"/> convex |
| <input type="checkbox"/> pouch _____ | <input type="checkbox"/> eakin _____ |
| <input type="checkbox"/> protective wipe _____ | <input type="checkbox"/> convex insert _____ |
| <input type="checkbox"/> paste _____ | <input type="checkbox"/> barrier _____ |
| <input type="checkbox"/> powder _____ | <input type="checkbox"/> other _____ |
| <input type="checkbox"/> adhesive remover _____ | |
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Prepare the flange with the checked boxes

- Trace and cut out pattern on back of flange.
 - Use a pre-cut flange.
 - Put convex insert into flange.
 - If you are applying as a one-piece, seal pouch onto flange now. Make sure bottom of pouch is closed.
 - Remove paper backing from back of skin barrier.
 - Squeeze a small ring of paste around the hole you have cut. If you need to reposition paste, wet your finger lightly before touching paste.
 - Mould a piece of strip paste or eakin around opening in flange.
 - Apply barrier ring around opening in flange.
 - Remove paper backing from tape.
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Preparing skin

1. Empty pouch you are wearing.
2. Loosen tape around edge of flange. Remove 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 around the skin.**

If needed:

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

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

Applying flange

1. Stretch abdomen flat.
2. Centre opening of skin barrier around stoma. Press firmly.
3. Remove paper backing from tape if not done earlier. Smooth out wrinkles. Seal well.
4. If needed, squeeze paste and/or powder to cover exposed skin around stoma on top of skin barrier.
5. If needed, tape flange edges as taught.

Attaching new pouch

1. Make sure bottom of pouch is closed.
 2. Gently but firmly attach pouch onto flange.
 - If using a floating flange, put fingers under flange and squeeze pouch tightly onto rim of flange.
 - If using a stationary flange, you can push out your stomach while pushing the pouch onto the flange. Apply liquid soap to rim of flange to make it easier to seal the pouch to the flange.
 3. Check your seal.
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Interchanging pouches

1. Hold the top of flange firmly against abdomen with one finger. Pull gently on the tab at the top of the pouch to release pouch from flange.
2. With a tissue, wipe the stoma and the ring of the flange clean.
3. If needed:
 - squeeze a fresh ring of paste around stoma
 - squeeze powder around stoma base.
4. Apply a clean or new pouch with deodorant onto flange. Be sure the bottom is closed. Check your seal.
5. Empty used pouch and rinse with ½ vinegar, ½ water. Wash and hang to dry. Separate front and back of pouch for better drying.

When you need to apply a new pouch

1. Empty pouch.
2. Hold the top of flange firmly against abdomen with one finger. Pull gently on tab to release pouch from flange.
3. With a tissue wipe the stoma and the ring of the flange clean.
4. If needed:
 - squeeze a fresh ring of paste around stoma
 - squeeze powder around stoma base
5. Apply a clean or new pouch onto flange. Check to make sure it is sealed well.

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 (not hot).
- ✓ Before attaching the pouch onto the flange, determine the best angle for wearing and emptying. Check to make sure bottom of pouch is closed.
- ✓ As your strength returns you can change the pouch standing up.
- ✓ It is normal for the stoma to bleed a little when being wiped 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 with screw cap.

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

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

To Connect

1. Attach adaptor to bottom of pouch.
2. Attach adaptor to the tubing drainage container.
3. Position the tubing container so that it is secure and the urine flows into it easily.
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.
 - Close spout on bottom of pouch, if using a bendable closure.
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 it 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.