

## Life After Your Urostomy



The Coloplast story began back in 1954. Elise Sørensen is a nurse. Her sister Thora has just had an ostomy operation and is afraid to go out, fearing that her stoma might leak in public. Listening to her sister's problems, Elise creates the world's first adhesive ostomy bag. A bag that does not leak, giving Thora – and thousands of people like her – the chance to return to their normal life.

A simple solution with great significance.

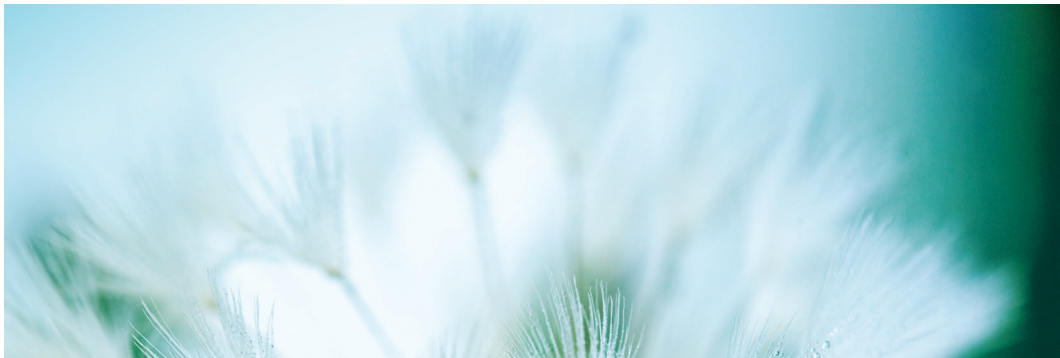
Today, our business includes ostomy care, urology and continence care and wound and skin care. But our way of doing business still follows Elise's example: we listen, we learn and we respond with products and services that make life easier for people with intimate healthcare needs.

Ostomy Care  
Urology & Continence Care  
Wound & Skin Care



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## Introduction

This booklet will answer questions you may have about your urostomy surgery. By now you have had a chance to meet with your surgeon and Enterostomal Therapist (ET) Nurse. Your ET Nurse has received special education and training in all aspects of ostomy care, and will be able to help you and your family learn about living with a urostomy.

I have been an ostomy nurse for 26 years and have had the opportunity to care for many patients with colostomies. While I was able to help them learn how to care for their urostomy, my patients also taught me about the “tricks of the trade.” This booklet will provide you with some valuable information derived from both my insights and experiences from my patients.

One of the most striking aspects I repeatedly witnessed from my patients is they did not change their lifestyle because of their urostomy. They continued to pursue their goals, be active in recreational activities, travel and have families. Many of these people took their experiences and counseled other patients facing urostomy surgery.

At Coloplast, we are dedicated to improving the quality of life for people with ostomies. This booklet is a great starting point in helping you through your surgery and maintaining your current lifestyle.

*Sharon C. Evans*

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Clinical Project Manager  
Coloplast Corp.

## Table of Contents

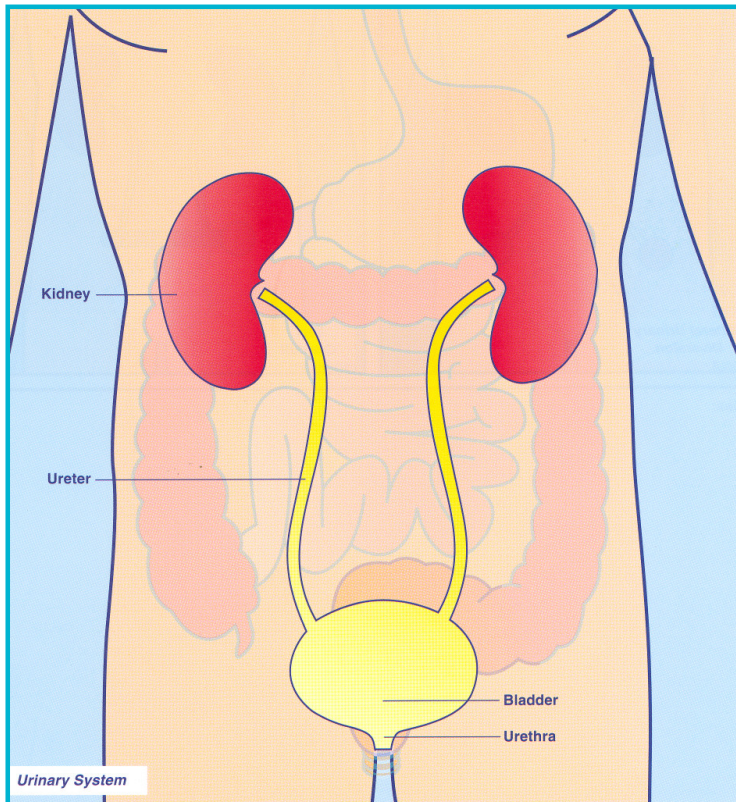
Introduction	1
Normal Digestive Function	2
What is a Urostomy?	3
• After the Operation	4
What Type of Pouch Should I Choose?	6
• Changing the Pouch	7
• Emptying the Pouch	10
Going Home	11
• Obtaining Supplies	
• Diet	
• Urinary Tract Infections	
• Bathing and Showering	
• Exercise and Sports	
• Intimacy	
• Travel	
• Supply Checklist	
Continuing Care	15
Resources	17
Coloplast Care Program	18

# Normal Urinary System Function

Looking at how urine is made and passed from the body will help you understand what is involved in your operation.

Urine is made by the kidneys and travels through two tubes (ureters) to the bladder. The urine is stored here before passing out of the body through the urethra. If a problem occurs within the bladder, this process may be changed leading to the bladder being removed from the

body and having to find a new system for urine to be passed from the body.



# What is a Urostomy?

During the most commonly performed urostomy surgery, called an ileal conduit, the surgeon takes a six to eight inch piece of the small bowel (the ileum) and makes it into a conduit (or pipeline) for urine. The remainder of small bowel is reconnected so your bowel will function as it did before surgery. This process is similar to splicing a hose. The ureters (tubes that carry urine from each kidney to the bladder) are removed from the bladder and joined to the piece of ileum (small bowel).

One end of the ileum is sewn closed and the other end is brought through an opening on the abdomen (belly). The part of the ileum you see on your abdomen is called the STOMA. The stoma will probably stick out from the abdomen about 1-1½ inches. This is where urine will now drain from your body.

A healthy stoma is red or pink in color, and moist. The stoma has no nerve endings, so it will not hurt when touched. It is normal for the stoma to be large and swollen after surgery, however it will shrink to a smaller size within a few weeks. You may see your stoma move slightly.

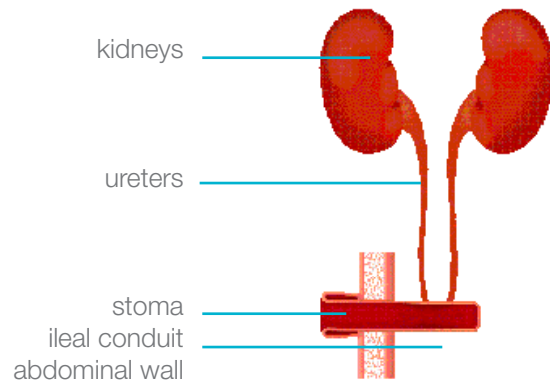
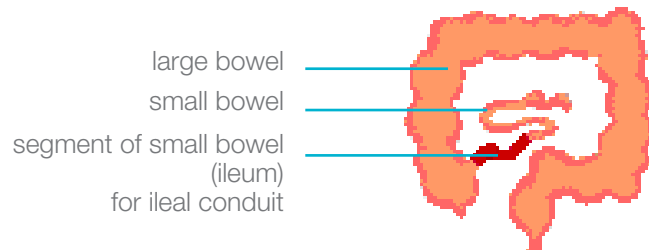
This is a normal process that had helped push stool through your bowel and now helps drain urine outward and into the pouch on your abdomen.

Just like your gums bleed when brushing your teeth, your stoma may also bleed slightly. However, if the urine is cloudy, foul smelling, bloody, or you experience constant bleeding, contact your doctor immediately.

Urine flow will no longer be controlled since the stoma does not contain muscles. Urine will generally drain constantly since the conduit (or pipeline) does not replace the bladder or store urine. A pouch must be worn at all times to collect urine.

# What is a Urostomy? (con't.)

## Formation of an ileal conduit



# After the Operation

When waking up from surgery you will be wearing your first pouch. The pouch will be clear so the doctors and nurses can check your new stoma.

You will have an intravenous line (IV) dripping fluid into your veins. You may also have a tube that goes through your nose and into your stomach, keeping your stomach empty. Two small tubes (stents) coming out of your stoma will help keep the ureters open to drain urine. These stents may be removed before going home, or during your first doctor's visit (after leaving the hospital).

In the beginning, your urine may be a little red or pink, however it should return to its normal (clear, yellow) color. It is perfectly normal to find mucus in the urine. This is due to the mucus membrane in the small bowel, used to make the ileal conduit.

During the first few days you will only be given fluids to drink. Food will slowly be added to your diet as your bowel function returns to normal.

Urostomy surgery is a major operation, so it is normal to feel weak for a while. You may experience pain from the surgery, and medication can be prescribed by the doctor to help you feel more comfortable.



A healthy stoma

# After the Operation (con't.)

## Pouching Systems

- Urostomy Pouch - Soft backing; Includes multiple shapes and sizes.
- Assura® Extra, Extended Wear Adhesive
- Urostomy Night Bag- Includes a fixed connector fitting directly to the urostomy pouch.
- Uro Minicap - Designed as an alternative for discreet situations. Includes a soft front and super-absorbent material.



# What Type of Pouch Should I Choose?

After urostomy surgery you will need to use a pouch, with a spout at the bottom, to drain the urine. Pouches are available in a variety of styles and your ET Nurse will help choose the one that best suits your needs. Pouches are odor-proof, made of clear or beige plastic with cloth backing, and are held to the skin by an adhesive (sticky) wafer. The pouches are lightweight and cannot be seen under clothing.

and odor-proof – providing a comfortable and discreet pouching system.

Your ET Nurse can assist you in choosing the right system, as well as answer questions about taking care of your stoma. You can be sure your questions and concerns have been raised before.

The two main types of pouches are:

- one-piece system
- two-piece system

A one-piece system refers to a system where the pouch and wafer (adhesive baseplate) come as a single unit. A two-piece system has a separate pouch and wafer (with both pieces attaching together). With a two-piece system, you have the option of changing the pouch without changing the wafer. You are also able to remove the pouch to empty and clean it.

Both systems are gentle on your skin, lightweight, leak-proof,

# Changing the Pouching System

The length of time a pouch is worn depends on your body, activity level, and type of pouch used. If you ever feel burning or itching under the pouch or wafer, you should change the pouch and check your skin.

During the first four to six weeks after surgery, you will need to remeasure your stoma once a week (since the stoma will decrease in size after the operation). Moving forward, measure your stoma at least once a month to make sure you have a secure fit – which prevents urine from irritating your skin.

Since urine drains continuously from the stoma, you should have something to absorb the urine as you prepare to apply the new pouch. Tissue, toilet paper, or gauze can be used to absorb the urine. The best time to change your pouch may be in the morning before drinking fluids.

## Learning to care for your stoma

Your ET Nurse will teach you to care for your stoma and change your pouching system. It is important to take good care of your skin around the stoma (peristomal). If the wafer does not fit securely around the stoma, or if urine leaks beneath the wafer, the skin can become red and sore. The peristomal skin may also become red and sore if the wafer is removed too roughly, changed too often, or if harsh cleansers are used on the skin.

# Changing the Pouching System (con't.)

Follow these steps when changing your pouching system:

## 1. Make sure all your supplies are within reach:

- soft paper towels
- warm water
- new pouch/wafer
- paste (if recommended)
- pouch deodorant (if recommended)

You can sit or stand while changing your pouch. If you wear a drainable pouch, remove the pouch clamp or unfasten the Velcro® closure to drain the contents into the toilet, before taking off the pouch. Then place the pouch into the garbage. Do not flush in the toilet since this could cause a blocked toilet.

2. Gently remove the old wafer, working slowly from top to bottom. Push down on the skin as you lift-off the wafer. Never rip or tear-off the wafer, since the skin could become red or sore.

## 3. Wash and rinse the stoma, and the skin around it.

Then dry thoroughly. Soaps, lotions, and creams tend to leave a film that may cause the skin to become red and sore, or the wafer may not adhere as well. Use a mild soap without glycerins, oils, or deodorants. Do not be alarmed if you see some bleeding on the stoma – this is normal. (It's similar to when your gums bleed when brushing or flossing)

## 4. Check the skin for any redness or sore spots

If you see a rash or have skin problems, call your ET Nurse.

# Changing the Pouching System (con't.)

## 5. Apply the new wafer and pouch.

Make sure it is secure around the stoma. Try to avoid wrinkles. If your stoma becomes active during the pouch change, wipe the stool with a tissue and be sure your skin is clean and dry before putting on the wafer and pouch.

Tip: Warming the adhesive is essential to activate the wafer.

## Other tips

- Plan on changing your pouch in the morning, before your ostomy becomes active.
- You may shower with your pouching system on or off.
- If you spend time in a hot tub or sauna, the heat may loosen the wafer. Always check your wafer to make sure you have a good seal.
- Warm the wafer between your hands before placing on your skin

## 6. Secure pouch closure making sure spout is closed.

# Emptying the Pouch

You should empty your pouch when it is about one-third to one-half full (or when needed or desired). A full pouch can become heavy and break loose from the skin. Also, emptying is more difficult if the pouch is too full.

Emptying the pouch can be easy by following these steps:

- Sit far back on the toilet and place the end of the pouch between your legs, or stand and lean over the toilet when emptying the pouch.
- Hold up the end of the pouch before opening the spout.
- Drain the contents.
- Clean the spout before closing it.

Usually, more urine is produced while sleeping during the night than the pouch can hold. You may choose

to attach your pouch to a bedside drainage bag, or set your alarm to empty it once during the night. If using a night drainage bag, secure the tubing from the pouch to the drainage bag by taping it to your leg, using a catheter strap or running it down the side of your pajamas.

Clean the night drainage bag each day by rinsing it with warm water. Cover the end of the tubing with a piece of plastic wrap. Once a week, clean the drainage system with white vinegar and water (one part white vinegar and three parts water). Pour the vinegar water through the tubing into the bag. Leave the rinse in the bag for a few minutes, then empty the bag.



# Going Home



When going home, you should be able to resume the life you led before the operation. Here is some helpful advice:

## Obtaining Supplies

When leaving the hospital, your ET Nurse will provide you with information on how and where to get your supplies. Your doctor will write a prescription for your ostomy product supplier, as well as a list of the supplies you will need.

Be careful not to store your pouches in direct sunlight or near heat. This may cause the wafer, that attaches the pouching system to your skin, to break down. If stored in cool temperatures, let wafer return to room temperature before using.

# Going Home (con't.)

## Diet

Eating a well-balanced diet, that can include your favorite foods, is important to your health.

Be aware that some foods cause an odor to urine including:

- asparagus
- fish
- onions
- garlic

These foods can still be eaten, however you may become aware of an unusual odor.

You should drink at least 8 glasses of fluid each day, unless you have to limit your fluids due to a medical problem. Be sure to drink extra fluids when exercising or sweating.

## Urinary Tract Infections (UTI)

UTIs can occur with a urostomy.

Signs and symptoms of a Urinary Tract Infection include:

- increased amount of mucus in the urine
- cloudy and strong smelling urine
- fever
- confusion
- loss of appetite
- back pain

- nausea and vomiting
- blood in urine

If you experience these symptoms, contact your physician.



## Going Home (con't.)

### Medication

Some medications may change the color and odor of your urine. Your physician or pharmacist can advise you about this.

### Bathing and Showering

You may choose to bathe or shower with your pouch on or off. If you shower with your pouch off, choose a soap that is oil- and residue-free. These types of soaps may interfere with the adhesion of the wafer.



## Going Home (con't.)

### Exercise and Sports

Exercise is good for everyone, and this includes people with a urostomy. Once your strength returns, you can enjoy exercise and activities as you did before the operation. Check with your doctor before exercising or playing contact sports. Special small pouches can be used when swimming and playing sports if desired.

### Intimacy

You should speak with your surgeon regarding any effects your surgery may have on sexual function. Your ostomy does not limit or prohibit sexual activity. Intimacy can play an important role as you take steps to resume the life you had before surgery.

### Travel

Travel should not be restricted due to your urostomy. Remember to pack all of your supplies for the journey, and make sure you have more than enough supplies for the duration of your trip. Keep your supplies where you can easily get to them. If you are flying, take supplies in a “carry-on” bag, in case you become separated from your checked luggage.

### Supply Checklist

- pouches
- wafers - if using a two-piece system
- tissue
- wipes, paste, powder or other accessories
- scissors (if using a cut-to-fit system)
- stoma guide
- plastic bag (to discard pouch, if necessary)

# Continuing Care

After surgery, it's important that you begin enjoying life as quickly as possible. Your doctor or ET nurse is available to help you with any problems or questions. Organizations are also in place to provide information and support for you and your family. Ask your ET nurse for information about local groups and chapters.

### To be completed by ET Nurse:

ET Nurse: \_\_\_\_\_

ET Phone: \_\_\_\_\_

Surgeon: \_\_\_\_\_

Patient Name: \_\_\_\_\_

Type of Stoma: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Stoma Size: \_\_\_\_\_

Product Code	Description

# Continuing Care

This information should be used when obtaining product from your ostomy supplier:

Ostomy Product Supplier: \_\_\_\_\_

\_\_\_\_\_

Phone #: \_\_\_\_\_

\_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Coloplast Consumer Support Department - 1-866-293-6349

### NOTES

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# Resources

The United Ostomy Association (UOA) is a nationwide organization whose aim is to give information, advice, and support to anyone who has, or is about to have a urostomy. Members of the UOA can visit you at home and in the hospital. Numerous groups operate throughout the country, where meetings are held to share news and views with other members. A quarterly magazine is also available to members. Use the contact information below to find the support group most suitable for you:

## United Ostomy Association of Canada

344 Bloor St. West, Suite 501  
Toronto, ON M5S 3A7  
1-888-969-9698  
[www.ostomycanada.ca](http://www.ostomycanada.ca)

## Crohn's and Colitis Foundation of Canada

60, St.-Clair Ave East, Suite 600  
Toronto, ON, M4T 1N5  
1-800-387-1479  
[www.cafc.ca](http://www.cafc.ca)

## Canadian Association for Enterostomal Therapy (CAET)

66 Leopolds Drive  
Ottawa, ON, K1V 7E3  
1-888-739-5072  
[www.caet.ca](http://www.caet.ca)

## Coloplast Support Services



“Every individual is unique and may need to try a number of products to find the best solution”

Change is never easy, but it's important to know you are not alone. For over 50 years it's been our mission to make life easier for people with intimate healthcare needs like yours. That's why we've developed the following programs and services:

### Sample Program:

You have unique needs that may require a unique solution. We want to help you find that solution. The Coloplast Sample program provides you with the opportunity to trial our products before purchasing them.

### Consumer Support:

You may have a lot of questions. Whatever your questions, we have a knowledgeable, courteous staff to answer your question and provide you with the information and literature you need.

Call **1-866-293-6349** or visit us online at **[www.coloplast.ca](http://www.coloplast.ca)** to obtain samples or consumer support.

### Hours of Operation:

Monday – Friday: 8am – 6pm (EST)



## Coloplast Care Program

Coloplast Care is a nurse directed program designed to support individuals with an ostomy after their surgery.

Benefits of the Coloplast Care Program:

- Educational tools and literature, including the Pre-Operative Practice Pack
- Free Coloplast product
- Dedicated support for product and lifestyle questions
- Assistance to locate the right supplier for product purchases
- Monthly wellness education newsletters addressing lifestyle issues with an ostomy

If you would like to participate in the Coloplast Care Program, please call 1-866-293-6349 or email [ca\\_conspect@coloplast.com](mailto:ca_conspect@coloplast.com).

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## Life After Your Urostomy



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