

## General

- If you are travelling for long periods why not use a night drainage bag.
- If you have difficulty with the 'spout' on your pouch did you know that some pouches have a 'tap'?
- If you are chair bound there are drainage tap extension tubes available to ease emptying into toilets that can be difficult to get close to.
- Don't forget to drink plenty of fluids.
- Keep a change of appliance in your car - (not in the boot or glove compartment in the hot weather) - handbag, or, if you are at work, in your desk drawer or locker.
- There is no need to curtail your flying holidays, stop your sporting activities, or diet, see our other factsheets.



Never get caught with too few appliances  
always ask for your prescription  
before you open your last box.

## Your Association



An association has been formed for Urostomists, providing support, information and often local group meetings.

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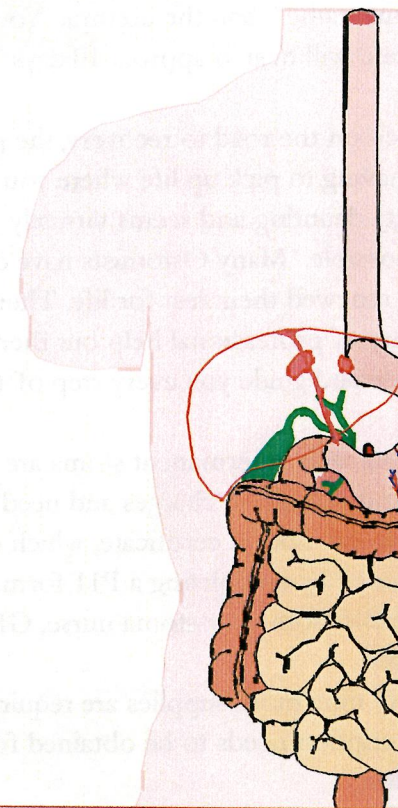
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# Urostomy





**F**or most people the thought of having a 'Stoma' is hard to come to terms with, but with patience, perseverance and a sense of realism it can be coped with. So to help alleviate some of the fears we have produced this 'Factsheet'.

A stoma need not necessarily change your life, it should not stop you from doing anything, but it will not of course help you to do things you couldn't do before your operation.

Your digestive system continues to operate as before, except the urine is passing through a Stoma, rather than the urethra. Your surgical wound will heal in approx. 10 days.

When on the road to recovery, the prospect of having to pick up life where you left off is pretty daunting and seems virtually impossible. Many Ostomists have done it and renewed their zest for life. There is plenty of professional help out there to advise and guide you every step of the way.

People with a permanent stoma are exempt from prescription charges and need to apply for an exemption certificate, which can be obtained by completing a P11 form. This is available from your stoma nurse, GP or post office.

Every time more supplies are required, a prescription needs to be obtained from your doctor.

## ***Why a Urostomy?***

A Urostomy is carried out when it is essential to divert urine away from the bladder.

The word 'Urostomy' comes from urine & stoma (the greek word for opening).

There are various reasons for this operation:

Growths:

Nerve damage:

Trauma:

Congenital defects:

Incontinence:

## ***How do they work?***

A section of small bowel is used to form a tube to which the ureters are connected. This tube opens on to the abdominal wall as a stoma.

An appliance is then used to collect the urine.

Night drainage bags can be used overnight.



**Any noticeable change in colour, size, shape or general condition of your stoma should be investigated at once, see your stoma nurse or GP.**

**Never stop taking medication without consulting your GP.**

## ***Possible Problems***

If your urine is cloudy and strong smelling this nearly always means that an infection is present. **See your doctor without delay.**

If you have blood in your urine check the points below:-

Slight bleeding from the surface of your stoma is sometimes caused by over enthusiastic cleaning of the stoma - take care when cleaning.

Flange may be too tight around base of stoma and it may rub - try changing size of pouch/ flange.

Crystals which form mainly from Alkaline urine can cause both irritation to the stoma and some bleeding, try using equal parts of white distilled vinegar and warm water to the stomal area. The solution can be put into a small container and the area douched a number of times.

If your bag leaks - change it.

**If problem persists consult your stoma nurse or GP. as soon as possible.**

**Sore skin around the stoma** is sometimes caused by:

Leakage, too large an opening in flange, change in body size/shape - check pouch is correct size.

Allergy to adhesive, creams or lotions - process of elimination.

Constant removal of pouch - may need to change appliance.

Inflammation of hair follicles - area around stoma regularly shaved.

Cleaning with too harsh soap, - use plain warm water.