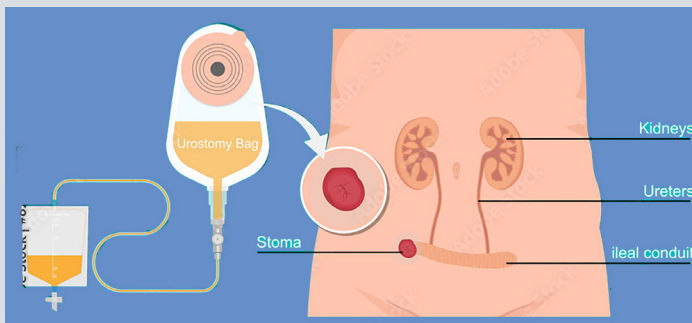


WHAT IS A UROSTOMY (ILEAL CONDUIT)?

A urostomy, also known as an Ileal Conduit, is a piece of intestine surgically connected to the urinary tract after the partial or total removal of the bladder (usually due to bladder cancer or other bladder disease). The piece of intestine is brought to the abdominal wall as a stoma. A stoma is an opening in the abdomen that helps drain the urine into a special pouch or collection bag worn on the outside of the body.

Our team is here to advise you on how to care for your stoma, urostomy, and the skin around the pouching system to prevent irritation and ensure the area stays healthy for your comfort and quality of life.



PATIENT RESOURCES

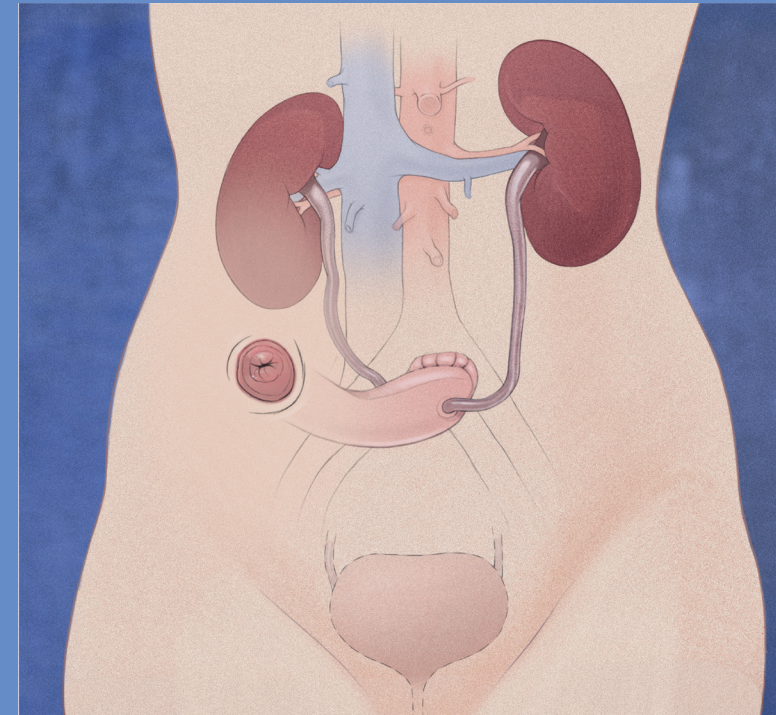
Visit these websites for more information on the care of your ostomy:

United Ostomy Association of America (UOAA)
www.ostomy.org

Wound Ostomy and Continence Nurses Society (WOCN)
www.wocn.org

Coloplast
www.coloplast.us/ostomy/people-with-an-ostomy
or
www.ostomy.ColoplastCare.us
download the MyOstomyLife app or call
1-877-858-2656

A Patient's Guide to Ostomy Care



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POUCHING SYSTEMS

The pouching system or collection bag not only collects urine but also helps protect your skin from irritation. You will either receive:

- A one-piece pouch (barrier and pouch combined)
- Or a two-piece pouching system that includes a separate barrier and pouch that snap or stick together

The barrier adheres to the abdominal wall and prevents skin irritation from urine contact while the pouch collects the urine and has a spout at the bottom to drain the urine. Typically, you will be provided with one of the systems upon leaving the hospital, but with time and experience, you will figure out which system works best for your needs.

EMPTYING AND CLEANING THE POUCH

It is time to empty your urostomy pouch when it is 1/3 to 1/2 full.

How to change the pouch:

It is important to routinely change the urostomy every few days or when you notice an odor or skin irritation. Follow these steps

1. Remove the old barrier carefully by gently pulling back on the barrier.
2. Apply the new barrier:
 - Clean the stoma and the skin around it with warm water; do not use soaps, oils, or other chemicals that can irritate the skin and make it difficult for the new barrier to adhere. Pat the stoma and skin dry before applying the new barrier.

- Measure the stoma and cut an opening so that the new barrier fits the size of the ostomy.
- Warm the barrier with your hands.
- Apply gentle pressure to the pouching system with warm hands to help the barrier adhere to the skin.

3. Secure the pouch.

SUPPLIES AND UROSTOMY ACCESSORIES

You will be sent home with a starter ostomy kit. If you have a home health nurse, they will assist with obtaining an initial set of supplies from a durable medical equipment or home medical equipment supplier. Upon seeing your physician for follow-up, they will communicate orders to your insurance company to obtain future ostomy supplies. Over time, you will discover which products best suit your needs; it is important to communicate these details to your provider.

Because every patient's needs differ, additional accessories may be required based on the recommendations of your healthcare provider including:

- Convex barriers for stomas flush with the abdominal wall
- Ostomy belts and belt supporters
- Barrier strips to reinforce skin creases/folds and help keep you dry
- Skin products to help clean the skin, absorb moisture, and prevent breakdown
- Pastes to allow the barrier to adhere better
- Night bag or night jug for excess urine volumes



FREQUENTLY ASKED QUESTIONS

Q: What should my stoma look like?

A: Normal stomas are moist and pink/red. However, it may intermittently bleed slightly due to irritation. Most patients with ostomies experience skin issues at some point which can be resolved with proper cleaning and care techniques provided to you by your healthcare team.

Q: What if the pouch leaks?

A: Leakages are common, especially in the beginning, and are not cause for concern. If urine leakage becomes an ongoing issue, there are several solutions that we can tailor to your individual needs.

Q: How long will I wear a pouch?

A: The length of time a pouch is worn depends on your body, activity, output, and type of pouch used.

Q: Can I shower with the pouch?

A: You may shower with the pouch on or off.

Q: Do I have limitations to my activity with an ostomy?

A: Most people can live an active life with an ostomy. You can swim with your ostomy. The ostomy does not limit exercise, nor does it affect sexual function.

Q: Is it common to experience urinary tract infections with a urostomy?

A: Urinary tract infections (UTIs) can occur with a urostomy in the form of pyelonephritis (kidney infection) or pouchitis (infection of the pouch). Signs and symptoms include increased mucous, cloudy or foul-smelling urine, fever, confusion, loss of appetite, back pain, nausea/vomiting, and blood in the urine. Please contact your provider if you experience symptoms of a UTI.