

Changing a Urostomy Appliance

Western Zone

You will need all of the supplies that are checked off below:

- | | |
|---|--|
| <input type="checkbox"/> Ostomy pouch | <input type="checkbox"/> Ostomy powder |
| <input type="checkbox"/> Wet and dry cloths | <input type="checkbox"/> Barrier wipe or spray |
| <input type="checkbox"/> Scissors | <input type="checkbox"/> Razor |
| <input type="checkbox"/> Measuring guide | <input type="checkbox"/> Ring |
| <input type="checkbox"/> Garbage bag | <input type="checkbox"/> Belt |
| <input type="checkbox"/> Pen or marker | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Wicks (rolled gauze or dry cloths) | |

Please follow the steps that are checked off below:

- Take off the old pouch using 1 hand to press down on your belly and the other hand to lift the pouch. Throw the old pouch in the garbage.
- Wash the skin around your stoma (opening) with warm water. Pat the skin dry. Use wicks over the stoma to keep urine (pee) off your belly.
- If needed**, shave the area around your stoma using ostomy powder. Wash the skin well with warm water, then pat the skin dry.
- Measure your stoma using the measuring guide. Trace and cut an opening 2 to 4 mm bigger than your stoma.
- If the skin around your stoma is red or sore, and dry:**
 - › Use barrier wipe or spray on red skin. Let the area dry.
- If the skin around your stoma is red or sore, and moist (wet):**
 - › Put ostomy powder on red skin. The powder will stick to any moist areas. Use a dry cloth to brush off extra powder.
 - › Use a barrier wipe or spray over the skin where powder was applied. Let the area dry.
- Take the plastic backing off the pouch.

- Put a moldable ring around your stoma directly on your belly, or on the back of a wafer.
- Centre the pouch around your stoma. Press the inner ring of the pouch next to your stoma to make sure there is a good seal.
- Take the backing off the taped border, if present.
- Make sure the spout on the pouch is closed.
- Hold your hand over the pouch and apply firm pressure for 30 to 60 seconds.
- Empty the pouch when it is 1/3 full.
- Change the pouch every 4 to 5 days, or as soon as you see a leak.
- Connect to night drainage every night. Leave a small amount of urine in the pouch before connecting to the night drainage bag. This will prevent an air lock in the tubing.

To clean your night drainage bag:

- 2 times a week, fill the bag or a bottle with 1 part vinegar and 2 parts water to clean it. Empty out the solution before re-attaching the pouch.
- Replace the drainage bag once a month.

If you have questions, call the Nurses Specialized in Wound, Ostomy and Continence (NSWOC) Clinic:

› Phone: 902-543-4604 ext. 2488

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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