

Changing a Urostomy Appliance:

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CZ2022 You will need all of the equipment that is checked off below with a ☑ mark: ☐ Ostomy pouch ☐ Ostomy powder ☐ Scissors □ Pen ☐ Wicks (rolled ☐ Barrier wipe/spray ☐ Wet and dry ☐ Measuring guide cloths gauze or dry ☐ Garbage bag ☐ Razor cloths) Please follow the steps that have a \(\text{Image} \) mark: ☐ Take off the old pouch using one 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 around your stoma using ostomy powder. Clean well with warm water. Pat the skin dry. ☐ Measure your stoma using the measuring guide. Trace and cut an opening 1/8 inch (4 mm) larger than your stoma. ☐ If the skin around your stoma is red and dry, use barrier wipe/spray over skin that is red. Let the area dry. ☐ If the skin around your stoma is red and moist (wet), apply ostomy powder to skin that is red and brush off using a dry cloth. The powder will stick to any moist areas. Use barrier wipe/spray over skin where powder was applied. Let the area dry. ☐ Take the plastic backing off the pouch. ☐ 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. Remove the paper backing along the sides of the taped border. ☐ Make sure the spout on the pouch is closed. The water drop will not be seen when closed. ☐ Hold your hand over the pouch and apply firm pressure for 30 to 60 seconds. \square 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 your ostomy

To clean your night drainage bag:

tubing.

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

pouch before connecting to the night drainage bag. This will prevent an air lock in the

• Replace the drainage bag once a month.

Please call the Clinic at 902-473-7503 if you have any questions.

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Prepared by: Enterostomal Therapists, QEII Designed by: Nova Scotia Health Library Services

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