

Changing a Urostomy Appliance: CZ

You will need all of the equipment that is checked off below with a mark:

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

Please follow the steps that have a 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.
- 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 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/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.

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

