

Stoma review

A review of your stoma and stoma care by a Stomal Therapy Nurse should be conducted:

- within 2 – 6 weeks after discharge from hospital
- at any time if problems occur
- at least every 1 – 2 years

To obtain further information or help with any stoma questions, contact your

Stomal Therapy Nurse

Name:

Phone:

Hours:

Your Local Association is:

Name:

Phone:

Hours:

**The information in this brochure has been developed as a general guide only. Any concerns need to be discussed with your Stomal Therapy Nurse or doctor.*

Caring for your urostomy



ABN 16 072 891 322
Stoma / Wound / Continence

Prepared as a guide by the:
Australian Association of
Stomal Therapy Nurses Inc.
Education and Professional
Development Subcommittee

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Level IV Evidence (Expert Opinion)

www.stomaltherapy.com

Changing your appliance

- Prepare your equipment
 - Bowl of warm water
 - Washcloth or chux-style cloth / nappy liner
 - Cut out the hole in your base plate
 - New urinary pouch if two piece appliance
 - Plastic bag for disposal
 - Accessories as required
- Empty and remove your old appliance
- Clean the stoma and surrounding skin with warm water and dry the skin
- Check your stoma size and adjust base plate to fit snugly
- If the skin around your stoma is red or sore, contact your Stomal Therapy Nurse – this is not normal
- Apply the clean base plate and attach the urinary pouch (two piece) or apply urinary pouch (one piece)

An alternative to this procedure is to prepare your appliance as above, remove the old appliance, shower with the appliance off, dry the skin around the stoma and put on your clean appliance

- Establish a routine for changing your appliance. First thing in the morning prior to a drink is when your stoma will be the least active

Disposal of your appliance

- Empty the contents of the appliance into the toilet
- Place the appliance in a plastic bag and secure the end
- Use freezer bags, nappy bags or recycled plastic bags
- Wrap in newspaper and place in the bin with other rubbish
- It is not recommended that the appliance is burnt
- Appliances are never to be flushed down the toilet

Overnight drainage

- You can connect an overnight drainage bag to your appliance to reduce sleep disturbance
- When connected, make sure the appliance tap is open and the bag tap is closed
- Ensure it does not pull on the appliance
- Position it over the side of the bed on a hanger or in a clean bucket on the floor
- A catheter strap (available from the Association) may be used to help prevent twisting of the tube overnight

Cleaning your overnight drainage bag

- Disconnect your drainage bag from the urinary pouch and empty in the toilet
- Rinse through with warm soapy water
- Rinse out soapy water with plain water
- You may wish to disinfect your bag further. Pour some cleaning solution e.g. 6 teaspoons of household bleach to 2 cups of water or $\frac{1}{2}$ cup of vinegar to $1\frac{1}{2}$ cups of water into the bag and pour the rest of the solution over the bag and soak for 1 hour
- Remove from the solution, empty and hang up out of the sun to dry
- Change the drainage bag weekly

Ordering supplies

- Always keep a small amount of supplies on hand in case of a delay with your order
- An order form with the supplies you use will be given to you prior to discharge from hospital. Order only what you require each month from this list. **Do not over order**
- You will have been given spare order forms
- Orders may be collected in person or send postage and handling costs with your order form