Management review

A review of your stoma and stoma care by a Stomal Therapy Nurse (STN) 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 STN or to find your nearest STN visit www.stomaltherapy.com and click on ‘Find a STN’.

Disclaimer: The information in this brochure has been developed as a general guide only. Any concerns need to be discussed with your STN or doctor.

Prepared as a guide by the:
Australian Association of Stomal Therapy Nurses Inc. (AASTN)
Education and Professional Development Subcommittee
www.stomaltherapy.com

References:

- Omnigon (n.d) Your guide to urostomy – skin care, tips & hints, products & accessories. (Booklet)

Review due 2019
Level 1V Evidence (Expert Opinion)
Emptying your appliance

- Wash your hands before starting and again when finished
- Should be emptied into the toilet when a third to a half full
- You may notice some mucus in the urine – this is normal but watch that it doesn’t block the outlet when emptying
- Note the colour of your urine – it should be pale lemon to indicate good hydration

Changing your appliance

Frequency of changing varies but the appliance may be left for 2 – 4 days as long as it is not leaking. Establish a routine for changing your appliance. First thing in the morning prior to a drink is when your stoma will be least active.

- Wash your hands – good hygiene helps prevent urinary infections
- 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
  - Razor or electric shaver if necessary
  - Plastic bag for disposal (recycled, freezer or nappy bags)
  - Accessories as required
- Empty and remove your old appliance
- Clean the stoma and surrounding skin with water and dry the skin
- Inspect the skin around your stoma – if red, sore, itchy or if in-growing hairs present contact your Stomal Therapy Nurse – these are not normal
- Check your stoma size regularly and adjust base plate opening to fit snugly – the stoma reduces in size over time
- Apply the new base plate and attach the pouch (two piece) or apply urinary pouch (one piece)

An alternative procedure is to prepare your appliance as above, remove the old appliance and shower without it, dry the skin and put on your new appliance.

Disposal of your appliance

- Empty the contents into the toilet
- Place the appliance in a plastic bag and 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

- Connecting a drainage bag to your appliance may reduce sleep disturbance
- Wash hands before and after connecting your appliance to drainage
- When connected, ensure appliance tap is open and drainage bag tap closed
- Ensure the drainage bag does not pull on the appliance when you put 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 pouch and empty in the toilet
- Rinse tubing and bag through with warm soapy water – a ‘squirty’ bottle is ideal or rinse them in the running shower water
- Rinse out soapy water with cold water
- You may wish to occasionally disinfect your bag further. Pour some cleaning solution e.g. 6 teaspoons of household bleach to 2 cups of water or 1/2 cup of vinegar to 1 1/2 cups of water into the bag, 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
- Ideally, change the drainage bag weekly

Ordering supplies

- Always keep a small amount of supplies on hand in case of a delay with receipt of 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**
- Orders may be collected in person or send postage costs with your order
- You may be able to change to a pre-cut base once your stoma size settles so you don’t want extra, unused supplies on hand

Storing supplies

- When you first arrive home from hospital, put all of your supplies and any written instructions for changing your appliance in one area
- Store your appliances in a cool place away from direct sunlight
- Rotate your stock to keep them fresh, including in your emergency stoma kit, but **don’t stockpile**