



Education



Pouching
Systems



Lifestyle Tips

WHAT TO EXPECT —— after —— UROSTOMY SURGERY

LEARNING TO LIVE WITH A UROSTOMY

It's normal to be concerned about living your life with an ostomy. But you should know that you're not alone. There are at least 1.7 million people in the world today living active, productive lives with a stoma.¹

This booklet will help guide you through important aspects of living with an ostomy, and help prepare you to resume a healthy, happy lifestyle. Knowing what to expect can help you feel more comfortable as your life moves forward.



**We understand *your* concerns
and we're here to help.**

ConvaTec is a recognized leader in developing, manufacturing, and supplying ostomy products and services to support healthcare professionals and those living with an ostomy around the world. For over 30 years, we've been creating innovative systems designed to help improve the lives of people living with an ostomy.

It's only natural that you'll have questions as you begin life with an ostomy. So, in addition to this booklet, we've curated a platform of honest, insightful online tools that are constantly being updated called **me+™ answers**. It's designed to give you the current, up-to-date ideas you need to gain confidence and get comfortable with your ostomy— all in one convenient place, whenever you need it. There are even ideas and information for those who are helping you care for your stoma at home.

**Getting the full benefits of me+ is easy, simply call:
1-800-465-6302 or visit www.convatec.ca**



"I'm not letting my ostomy keep
me from doing the things I love."

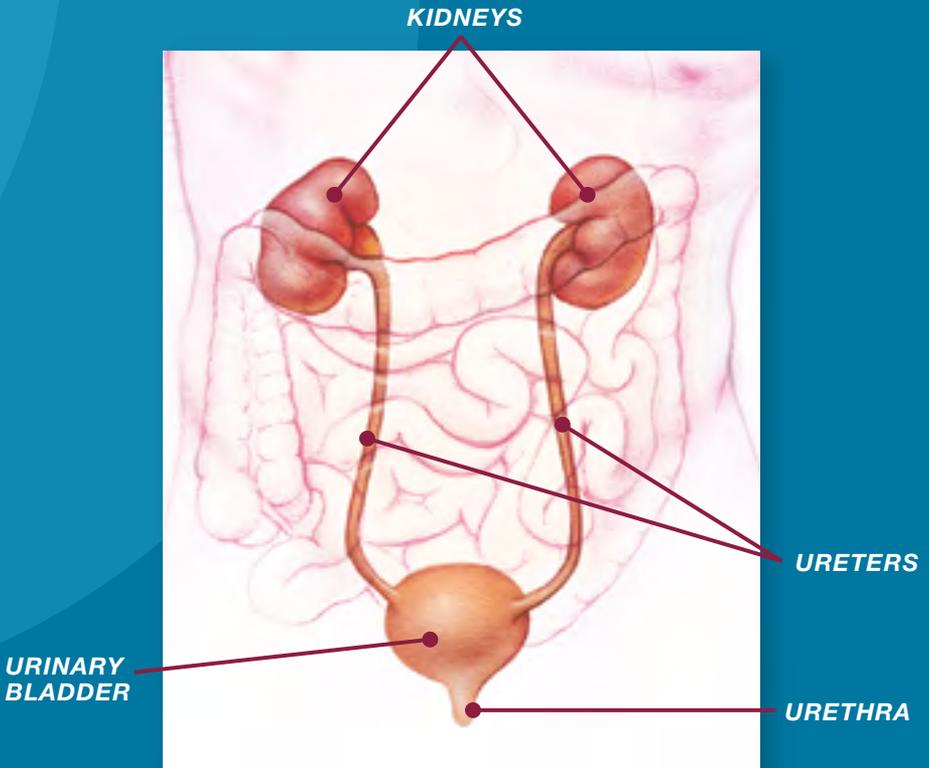
Mary

YOUR URINARY SYSTEM

Urostomy surgery is usually performed to re-direct urine away from a bladder that's diseased or not working as it should.

How the urinary system

- WORKS:**
- The urinary tract consists of your kidneys, bladder, ureters (which connect the kidneys to the bladder) and your urethra.
 - Your kidneys filter water and waste from the blood and produce urine.
 - Urine then travels from the kidneys through the small tubes called ureters to your bladder, where it is stored until you feel the urge to go to the bathroom.
 - Urine then passes out of the body through the urethra.



WHAT IS A UROSTOMY

If your bladder is damaged or diseased, it may have to be removed. A urostomy is a surgical procedure that redirects urine away from your bladder.

After your bladder is removed, a piece of your small intestine (ileum) is separated from the rest of your bowel. This piece is used as a conduit for urine to pass out of your body. The ureters are attached to this new passageway and one end is brought up to an opening made on your abdomen called a stoma. The other end of the segment is sutured closed.

Urine now passes from the kidneys through the ureters, and out of the body through the stoma. (We will discuss your stoma in more details in the next section of this booklet). You wear a pouching system (also called an appliance) over your stoma to collect urine as it leaves your body.

Your Nurse Specialized in Wound Ostomy and Continence (NSWOC)**, (Formerly known as *Enterostomal Therapy Nurse (ET Nurse)*), is specialized in the nursing care of patients with new or existing ostomies, and will help you understand your surgery and what you will need to do to care for yourself after surgery.

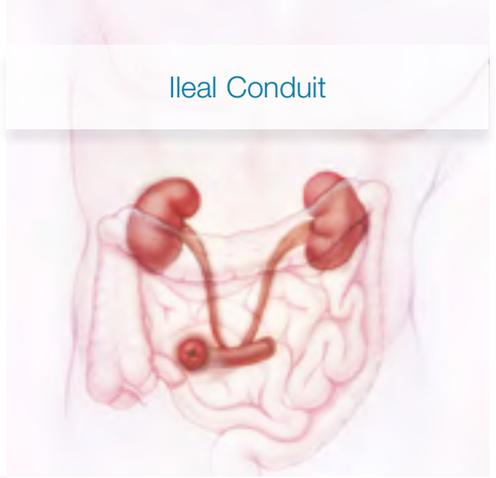
Here are some additional facts you need to be aware of:

- The urine from your urostomy surgery will drain constantly. You cannot control the urine or stop it from coming out.
- The urine might look cloudy sometimes. Some cloudiness is normal. Since a portion of your intestine was used as the conduit for your urine to exit the body, the mucus normally present can make urine look cloudy or like strings of mucus.

** The name change will be official after the May 4th, 2018 Annual Members Meeting in Victoria, B.C.

TYPES OF UROSTOMIES:

Ileal Conduit



Ureterostomy (not very common)



Learn more with our online resources

Visit www.convatec.ca/ostomy

YOUR STOMA:

When you have a urostomy, urine no longer comes out of your body through the urethra. It exits your body through the stoma, as described previously. Understanding your stoma and how to take care of it are important aspects of your new life.

Here are some things you need to know:

- All stomas are as individual as the people who have them. They vary in size, shape and height. Generally, the stoma is located on the right side of your abdomen below your belly button.
- After surgery, your stoma will be swollen. As this swelling subsides, your stoma will change in size and possibly shape. It's therefore important to measure your stoma after every pouching system change for the first eight weeks, and periodically thereafter, to ensure your pouching system is the correct size.
- During the surgery, your surgeon may insert small tubes coming out of your stoma called stents. The stents allow urine to flow into the pouch. They will be removed one to several weeks after surgery by your surgeon or Specialized Nurse (NSWOC).
- Your stoma should be shiny, wet and red, much like the inside of your mouth. Your stoma has no nerve endings, so it will not hurt when you touch it. However, it may bleed slightly if irritated or rubbed. This light bleeding is normal. If bleeding continues or you are bleeding from inside your stoma, visit the Emergency of your local hospital or contact your healthcare professional.
- The skin around your stoma (peristomal skin) should look like the skin on the rest of your abdomen. To keep peristomal skin healthy, it's important to avoid irritation by keeping urine away from your skin.
- When you change your pouching system, clean and dry the peristomal skin, then check to make sure it is healthy.
 - If you have hair on your abdomen, you may need to shave (use electric razor only) around your stoma (do not use hair removal creams, waxing, electrolysis etc.) This will also help to provide a better seal.
- If you notice that the skin around your stoma has become red, irritated, itchy or sore, contact your specialized nurse (NSWOC).



*"Karen has always
been there for me,
through it all."*

James

POUCHING SYSTEMS



Pouching systems are designed to be secure and to enable you to live an active lifestyle. For example, you can bathe, shower, exercise, or swim while wearing your pouching system.²

A pouching system consists of a **SKIN BARRIER** and a **POUCH**, and is available as a one-piece or two-piece system.



One-piece urostomy system:

The skin barrier and the urostomy pouch are manufactured together as one urostomy system. They cannot be separated and must be applied to your body and removed as one piece.



Two-piece urostomy system:

The skin barrier and the urostomy pouch are manufactured separately and can be applied to your body individually or together. With this option, the pouch can be removed to be changed or emptied without removing the skin barrier.



POUCHING SYSTEMS: SKIN BARRIER

The skin barrier, also called a wafer, is the piece of the pouching system that sticks to your body. It holds the pouch in place and should be designed to protect the skin around your stoma from urine.

The skin barrier:

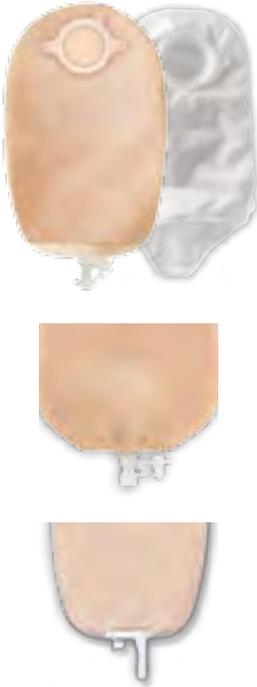
- Is the adhesive portion of your skin barrier and allows you to stick your pouching system on your skin. It is designed to fit snugly around your stoma.
- Has an opening that should be adjusted to the size of your stoma, unless using a pre-cut skin barrier.
- Should be designed to protect the skin from urine and prevent skin irritation.

Comes in three alternative formats:

- A moldable option where the opening is molded with the fingers to the exact size and shape of your stoma.
- A cut-to-fit option where you use scissors to cut the opening to your measured stoma specifications
- A pre-cut option that cannot be further sized.
- We recommend that you leave no more than 3 mm (1/8 inch) opening around the stoma when using cut-to-fit or pre-cut options.
- Is available in a convex format. Convex skin barriers may be appropriate if you have a flush (flat or even with the skin) or retracted (below skin level) stoma. A convex skin barrier may also be a good option for a well protruded stoma that has a dip or valley around it. A convex barrier is shaped so that when you apply it, it presses down on the skin around the stoma. As a result, your stoma will stick out more, which can help prevent leakage around the stoma.

POUCHING SYSTEMS: UROSTOMY POUCH

The pouch attaches to the skin barrier to collect the urine that comes out of your stoma.



The pouch:

- Can be clear or opaque (tan-coloured) and is odour-proof.
- Has a valve or tap at the bottom that allows for draining.
- Has an anti-reflux device built in to prevent the urine from flowing back up toward your stoma. This feature helps avoid infection.
- Should be emptied when one-third to one-half full. Do not allow your pouch to fill up all the way. A full pouch can pull away from the barrier or skin due to the added weight. It can also cause bulging under your clothes.
- May be connected to a night drainage set at night. This option allows you to sleep through the night without having to get up to drain your urostomy pouch. Night drainage sets consist of a large urine collection bottle or bag with tubing that connects to your pouch while you're sleeping. The collection device must be emptied, rinsed with hot water and vinegar, and allowed to dry every morning.

EVERYDAY OSTOMY CARE

As we've already noted, caring for your ostomy will be an important part of your new life. But it doesn't have to be the center of your life. As you learn more about it, living with an ostomy will become easier and more routine.

Here are a few basics:

- Keep your stoma and the skin around it clean. Protect the skin around your stoma from coming in contact with urine.
- Clean the skin around your stoma with warm water. Use a soap (if desired) that has no creams, oils, or moisturizers.
- Clip or shave hair around the stoma as necessary (usually twice a month or with every second system change).
- Avoid oils, creams, baby wipes, and moisturizers, as they can irritate the stoma and surrounding skin. (When the peristomal skin is irritated, it's more difficult to get the pouching system to stick to your body.)
- There are skin care accessories, including barrier wipes and adhesive removers, which can serve as important accompaniments to your daily routine. Ask your Specialized Nurse (NSWOC) what accessories are right for your stoma needs.
- Pat the skin dry around the stoma after cleaning. Remember that the stoma may bleed a little, which is normal.
- After removing the skin barrier, slight redness of the peristomal skin is normal. Any redness should fade quickly back to your normal skin colour.
- If you feel burning or itching, or if urine leaks from under your skin barrier, don't try to "patch" the skin barrier with extra tape. Remove the skin barrier, clean the area, and replace the old barrier with a new one.
- If burning, itching, or leaking continues, or the skin surrounding the stoma becomes irritated, contact your doctor or Specialized Nurse (NSWOC).
- Food and medications can change the colour and odour of your urine. If you notice any changes, contact your doctor or Specialized Nurse (NSWOC).
- How, and how often, you change your pouching system will depend on the type of system you use. Your Specialized Nurse (NSWOC) may give you a detailed, step-by-step instruction guide.

"My friends are like family. Having their support throughout this transition has been a blessing."

Paul





USING A UROSTOMY POUCHING SYSTEM

The following is a basic guide for emptying and changing a drainable urostomy pouching system. Remember, the steps you follow will be influenced by whether you're using a one or two-piece urostomy system.

If you're using a one-piece urostomy system, you can drain the pouch as needed and replace the entire system (including the skin barrier) with a new one, as required. If you're using a two-piece urostomy system, you have the option of keeping the existing skin barrier and reusing the drainable urostomy pouch or attaching a new pouch. It is recommended that the entire system be changed once every 5-7 days.

Here are the **STEPS: 1,2,3...**

Decide what your objective is - again, depending on what kind of system you have. Do you want to drain the pouch, replace the pouch, replace the skin barrier, or the entire system?

Draining a pouch:

1. To drain your pouch, open the valve/tap at the bottom of the pouch to empty into the toilet. You can stand or sit to empty your pouch into the toilet. Contents of a pouch can also be emptied into another container and then emptied into the toilet.
2. Wipe off the valve/tap with toilet paper and close as directed.

Closing a pouch:

Close the valve/tap at the bottom of the pouch.

Preparing your supplies for a system change:

Gather your supplies. Supplies may include:

- Paper towels or wash cloth
- Scissors (for a cut-to-fit system)
- Warm water and soap (if desired) with no oils, creams, or moisturizers
- Measuring guide
- New one-piece pouching system or skin barrier for a two-piece system (new pouch optional), accessories as needed

Changing a one-piece urostomy system:

1. Remove the existing system from your abdomen. Start by lifting the top edge of the barrier, and then slowly and gently peel downward. Use your other fingers to support and push down on your skin as you remove the barrier. Consider using an adhesive remover/releaser, which will make it easier for the barrier to come off and help prevent skin injury (skin must be washed with soap and rinsed well with water if remover/releasers have been used. If not, this could affect the seal of your next pouching system).
2. Throw away the old one-piece system in a sealable plastic bag. Do not flush used ostomy products down the toilet.
3. Wipe the peristomal skin with toilet paper. Gently cleanse the area with warm water and a soap (if desired) with no oils, creams, or moisturizers, and rinse with warm water.
4. With a towel or wash cloth, gently pat dry the skin around your stoma. Remember, after removing the skin barrier there may be temporary redness that should subside.
5. Re-measure your stoma size to ensure it has not changed.
6. Attach a new system.



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™ Reach out whenever you need insights, ideas, or just someone to listen.

1-800-465-6302 (M-F, 8:00 AM-6:00 PM EST) | Convatec.Canada@convatec.com



Changing a two-piece urostomy system:

1. If you're going to change the skin barrier or completely replace your system, start by removing the existing barrier from your abdomen. Lift the top edge of the barrier, and then slowly and gently peel downward. Use your other fingers to support and push down on your skin as you remove the barrier. Consider using an adhesive remover/releaser, which will make it easier for the barrier to come off and help prevent skin injury (skin must be washed with soap and rinsed well with water if remover/releasers have been used. If not, this could affect the seal of your next pouching system).
2. Throw away the old barrier (and pouch if you're changing both) in a sealable plastic bag. Do not flush used ostomy products down the toilet.
3. Place some paper towel or gauze over the opening of your stoma to soak up any urine that comes out while you're changing your pouch or system. Change the paper towel or gauze as needed to keep the area dry.
4. Wipe the peristomal skin with toilet paper. Gently cleanse the area with warm water and a soap (if desired) with no oils, creams, or moisturizers, and rinse with warm water.
5. With a towel or wash cloth, gently pat dry the skin around your stoma. Remember, after removing the skin barrier there may be temporary redness that should subside.
6. Re-measure your stoma size to ensure it has not changed.
7. Attach a new barrier and your existing, or new pouch.





"My favorite part
of the day is taking
Ramsey to the dog park."
Rick





LIFESTYLE TIPS

You can live a very active lifestyle after having urostomy surgery. In fact, you should be able to enjoy all the activities you engaged in before your surgery. It may take a little time to get back into the swing of things and you'll have to make a few adjustments, but you should plan on resuming your everyday activities such as going out to eat, traveling, working, and participating in the leisure activities you have always enjoyed.

Here are some things you'll need to keep in mind as you resume YOUR EVERYDAY LIFE.

Obtaining and storing supplies:

When you're discharged from the hospital, your Specialized Nurse (NSWOC) will review with you where and how to get your ostomy supplies. You'll receive a list of supplies, complete with product names, manufacturers, and product codes.

When storing your supplies, avoid direct sunlight or heat or extreme cold, which can have adverse effects on your ostomy products and may reduce their effectiveness. Try to store your supplies in a cool, dry place at room temperature or slightly below.

Who needs to know I have an ostomy?

Having ostomy surgery is a very personal experience, and whom you share this information with is up to you. However, a few people who would benefit from knowing (and their knowing will benefit you) include your:

- **Family**
- **Doctor**— including your family practice doctor
- **Pharmacist**— after surgery, the way your body digests and absorbs medications may change, and medications can have an effect on your urine.



"Trying out new recipes is fun and allows me to have variety in my diet."

Jonathan

LIFESTYLE TIPS: **DIET**^{2,3}

After urostomy surgery, it is important to establish a healthy diet. While food can affect some aspects of your urine, you do not need to be on a special diet. It is important to drink at least 8 to 10 eight ounce glasses of fluid each day, preferably water, to keep hydrated and to prevent urinary tract infections.

Here are more specific guidelines regarding your urostomy:



Certain foods and medications can change the colour or odour of your urine.

Foods that can change colour of urine:

- Beets
- Anything that contains food dyes

Foods that can cause odour:

- Asparagus
- Fish and Seafood
- Garlic
- Onion

Foods that can reduce odour:

- Drinking plenty of water and non-caffeinated drinks
- Cranberry juice (ask your doctor)

Preventing urinary tract infections is very important when you have a urostomy. Infections can lead to kidney problems. Fluids, especially water, flush the system and help prevent bacteria to grow.

If you have one or more of these symptoms, contact your doctor immediately, you may have a urinary tract infection.

- Cloudy, dark urine
- Strong smelling urine
- Fever
- Back pain in the area of the kidneys
- Nausea and vomiting
- Fatigue

When you have a urostomy, you should maintain an acid urine, unless otherwise indicated by your doctor. Having an acid urine reduces the risk of urinary track infections and crystal formations around the stoma. If you have crystal formations around your stoma, contact your doctor or your specialized nurse (NSWOC). To maintain an acid urine, drink plenty of water during the day. Limit the amount of citrus juices (orange, grapefruit or lemon) which make your urine less acid (alkaline). Drink cranberry juice (check with your doctor first) and take vitamin C daily (ask your doctor first). Increase foods that make urine more acid (eg. most meats, breads & cereals, cheese, corn, eggs, pasta, rice, nuts, plums, prunes, fish, poultry).



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Get the nutrition advice you need to live a healthy life.

Call 1-800-465-6302

LIFESTYLE TIPS: **WORK AND EXERCISE/SPORTS**

Give yourself time to fully recover after surgery. When you feel ready, gentle exercise such as walking is ideal. You can gradually increase the distance you walk. The types of activity you do after surgery will depend to a great extent on what you did before your operation. But before starting an exercise program, playing contact sports, or going back to work, talk to your doctor. Consulting your doctor is especially important if you have other conditions such as asthma or high blood pressure.

General guidelines

- Your doctor will tell you when you can return to work, begin playing sports, and engage in other physical activities.
- Empty your pouch before you start an activity.
- Be aware that pouch wear time may be reduced when playing sports and exercising. There are devices available to protect the stoma if there is a concern that the stoma could be injured. You can discuss these with your Specialized Nurse (NSWOC).
- If you're using a hot tub, be aware that your pouch wear time may be reduced due to the temperature of the water.

Water will not harm or enter your stoma. You can bathe, shower or swim while wearing your pouching system. Check your pouch seal beforehand. Waterproof strips may be helpful if you will be bathing, showering or swimming for an extended period of time.

Avoid wearing a wet/sweaty pouch for long periods as this can lead to Moisture Associated Skin Damage (MASD).⁴ Pouch covers and undergarments can help absorb moisture.

You can bathe with your pouching system all off as well.



"I'm enjoying my morning jogs again."



"Running a business is nonstop, but it's my passion."

"I love playing tennis. It helps me de-stress after a long day."



LIFESTYLE TIPS: INTIMACY

There is no reason why having a stoma should prevent you from continuing (or starting) a sexual relationship. Just remember that communication and trust are very important. It's normal to feel sensitive about the change in your body. Share your feelings with your loved one, and respond to their concerns as well. Let your partner know that sexual relations will not hurt your stoma.

With time, understanding, and a positive attitude, you can enjoy a satisfying sexual relationship. The more you share about your stoma and how you feel about it, the closer you will feel with your partner. Also keep in mind that the way you see yourself influences the way others see you. If you accept your body after surgery, your partner is likely to as well.

For Women

After surgery, some women may experience vaginal dryness. Try one of the many lubricants available over the counter, or ask your doctor about a hormone cream or vaginal suppository. If you use birth control, oral contraceptives may not be the best choice as your body may not absorb the medication. Talk to your doctor about the best form of birth control for you.

For Men

Remember that you may not have an orgasm the first time you have sex after surgery. If you find that you are having ongoing problems getting or keeping an erection, talk to your doctor or Specialized Nurse (NSWOC). Don't panic. More than likely, there will be a solution.

General guidelines

- Empty your pouch before beginning sexual activity.
- Cover your pouch with specially designed underwear, lingerie or pouch covers if you feel uneasy about your partner seeing it.
- If one sexual position causes you discomfort, try another.
- Do not put anything in your stoma during sex.

“My ostomy doesn’t get
in the way of my relationship.”

Vanessa



LIFESTYLE TIPS: CLOTHES

Because your abdomen may be swollen after surgery, loose-fitting clothing may be preferable to wear after your operation and when you return home. As you recover and move on with your customary lifestyle, you can return to wearing your usual clothes. You may need to adjust your waistlines slightly, but since pouching systems are designed to lie as flat as possible on your body, any adjustments should be minor. You can wear your pouch either inside or outside your underwear, whichever you prefer.

You can wear tight garments such as pantyhose (for women) and tighter fitting outfits (including shape wear), as long as the clothes are soft and stretchy. Be cautious, however, about tight clothes or belts rubbing on your stoma—especially if your stoma is at or near your waistline. There are also undergarments specially designed with an inner pocket to support your appliance and keep it flat underneath your clothing.

Remember, you’re likely to be most critical of how you look in clothing, since you’re aware that the pouch is there. People who don’t know about the pouch will not be looking for it.





"I travel a lot for work.
Being prepared allows me
to get where I need to
go without any problems."

Glen



LIFESTYLE TIPS: TRAVEL

Your urostomy should not restrict your ability to travel. The following are some **helpful tips** for both domestic and international travel:

- If you're using cut-to-fit barriers, cut some skin barriers before you go. This way you can leave your scissors in your checked luggage to comply with airport security regulations.
- Consider using moldable skin barriers to avoid difficulties with scissors altogether.
- Pack your ostomy supplies in your carry-on luggage.
- Take extra supplies in case your products are not available at your destination. If your destination is in a warm location, you may want to bring more supplies than what you usually need as you may perspire more and need to change the system more often.
- Carry a Travel Communication Card (available from ConvaTec, the Ostomy Canada Society or AQPS in Quebec). This card proves your need for stoma care supplies. You can show it to security personnel if you're asked about your ostomy supplies or your urostomy itself. While the card does not preclude the possibility that you will be searched, it identifies you as having a stoma and encourages the agent to carry out any necessary searches with discretion.
- All screenings at airports must be carried out in a way that treats passengers politely, and with dignity and respect. You may ask that any personal screening be carried out in a private area.
- When traveling outside Canada, take your important ostomy care information and a list of supplies written in the appropriate language. Also, pay particular attention to advice on drinking water. The safest bet is to stick to bottled water.



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product



support



education

HELP AND SUPPORT

More than just great products—**me+™** brings you the tools and advice to help you make life with an ostomy completely your own.

At first, living with an ostomy can feel as if your whole world is going to change. It's normal to have many feelings and questions. But you're not alone. With me+, we completely surround you with the support, inspiration, insights, and ideas that you need to live with an ostomy in your own way. We believe you are defined by your interests, your hobbies, your friends, and all the things that make you unique—not your ostomy, and we're here to help you get back to doing all the things that make you— you.

me+ is available by phone or email.

Call us at 1-800-465-6302

(M-F, 8:00 AM-6:00 PM EST)

Convatec.Canada@convatec.com

What you get when you sign up for me+



me+ care: Products, supplies, and advice for the first few weeks at home.

me+ support: Live experts by phone or email for any questions you may have.

me+ answers: An in-depth online resource covering everything ostomy.

me+ community: Inspiring stories and ideas from others living with an ostomy.

Additional support:

- You can talk to a nurse at the ConvaTec Customer Relations Center if you have questions about your urostomy, ostomy products, or if you need additional help and support. Simply call us at 1-800-465-6302.
- You can order your free samples and information you'll need as you learn to care for your ostomy by calling us at 1-800-465-6302.

"I never thought I would be able to do so many things again. But now I know my ostomy is just a part of me, not who I am."

Sarina

FOR MORE INFORMATION

Nurses Specialized in Wound, Ostomy & Continence Canada (NSWOCC) - Formerly CAET

Your first resource is your doctor and hospital nursing staff. If your hospital does not have a specialized nurse on staff, you may want further information regarding Nurses Specialized in Wound, Ostomy & Continence in your area. This information is available from Nurses Specialized in Wound, Ostomy & Continence Canada (NSWOCC)

NSWOCC Office
66 Leopolds Drive
Ottawa, ON K1V 7E3
Tel: 1-888-739-5072
Fax: (613) 523-1378
E-mail: office@caet.ca
www.caet.ca

Ostomy Canada Society

This is a support group of people who have had ostomy surgery. To find out if your community has a chapter, write or call the Ostomy Canada Society at :

5800 Ambler Dr., Suite 210,
Mississauga, ON L4W 4J4
Tel.: (905) 212-7111
Toll Free: 1-888-969-9698
Fax: (905) 212-9002
E-mail: info1@ostomycanada.ca
www.ostomycanada.ca

Canadian Cancer Society

55 St. Clair Avenue West, Suite 300
Toronto, ON M4V 2Y7
Tel: (416) 961-7223
Toll Free: 1-888-939-3333
Fax: (416) 961-4189
E-mail: ccs@cancer.ca
www.cancer.ca

QUICK REFERENCE GUIDE

Ordering supplies and insurance reimbursement

- Ostomy supplies are special products and may not be available at your local drugstore.
- Contact your insurance provider to understand what your insurance plan covers and pays for ostomy supplies, and where you can purchase and order supplies (usually through a supplier or retailer).
- ConvaTec nurses can help you find a local retailer or online supplier.
Call 1-800-465-6302

CONTINUING CARE:

Here is a convenient way to store
your **important information**.

Specialized Nurse's (NSWOC) name:

Doctor's name:

Hospital:

Surgery type:

Stoma type:

WHEN TO CALL THE DOCTOR

Dehydration

- **Signs and symptoms:** dry mouth, excessive thirst, dark or decreased urine.

Urinary Tract Infections^{5,6}

- **Signs and symptoms** fever, chills, abdominal or flank pain. Decreased urine, or cloudy, bloody, dark or strong-smelling urine. Nausea and/or vomiting. Fatigue.
- To help prevent urinary tract infections, avoid caffeine, and drink plenty of other fluids. If you suspect a UTI, notify physician immediately.

Urinary Crystals

- **Signs and symptoms:** crystal present on stoma or surrounding skin. This occurs if the urine is too alkaline.
- Cranberry juice and vitamin C all help make urine more acidic. Consult your physician before adding these to your diet, especially if taking a blood thinner.

Stomal complications⁶

Necrosis

- **Signs and symptoms:** Stoma should be moist and red. Notify physician if stoma becomes purple, grey or black, or is dry on the surface.

Bleeding

- Small amount of bleeding is common. Notify physician for excessive bleeding that does not resolve, bleeding from the inside of the stoma, or bloody urine.

Skin irritation around the stoma

- **Signs and symptoms:** Reddened or irritated skin, rash, itchiness, or skin that is not intact.

Hernia

- **Signs and symptoms:** A bulge or swelling under the skin behind the stoma.

Prolapse

- **Signs and symptoms:** Stoma becomes elongated and appears to telescope. May have colour change.

References:

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