



Education



Pouching
Solutions



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 life after surgery. 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 people with ostomies around the world. For over 30 years, we've been creating innovative solutions 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:
1-800-422-8811 or visit www.convatec.com**



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

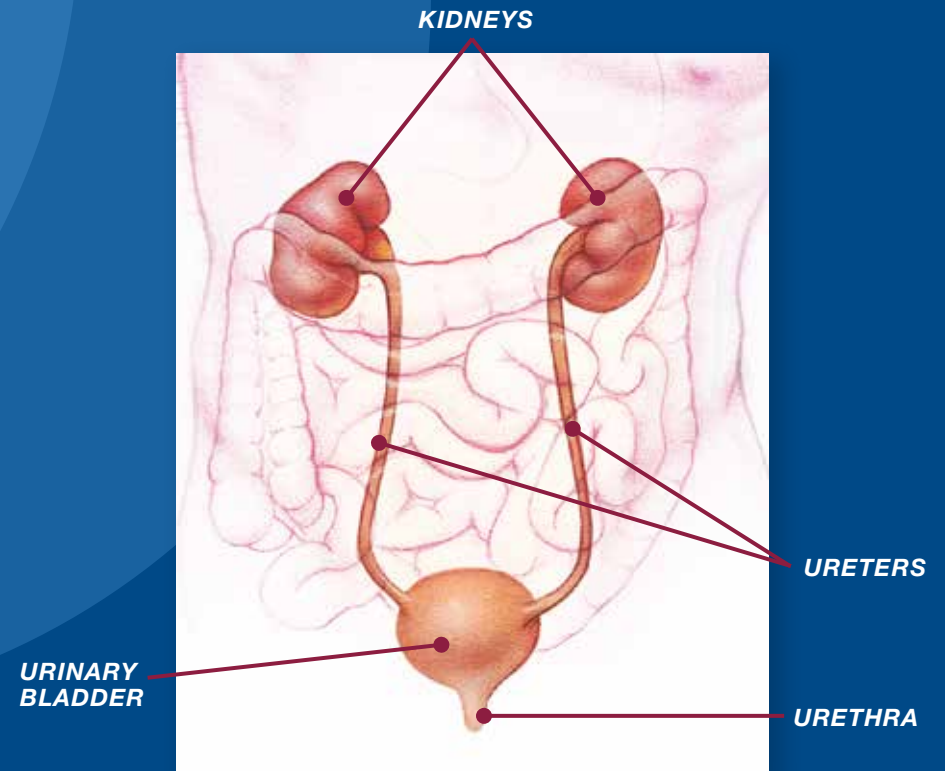
Mary

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) or large intestine (colon) 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 solution (also called an appliance or pouch) over your stoma to collect urine as it leaves your body.

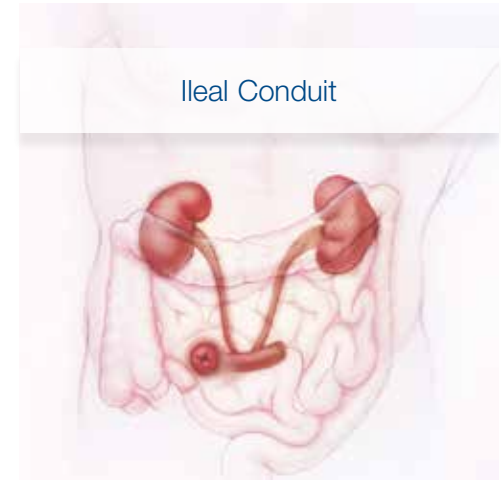
Your Wound Ostomy Continence nurse (WOC nurse), who specializes in the care of patients with new or existing ostomies, will help you understand your surgery and what you will need to do to care for yourself after surgery.

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

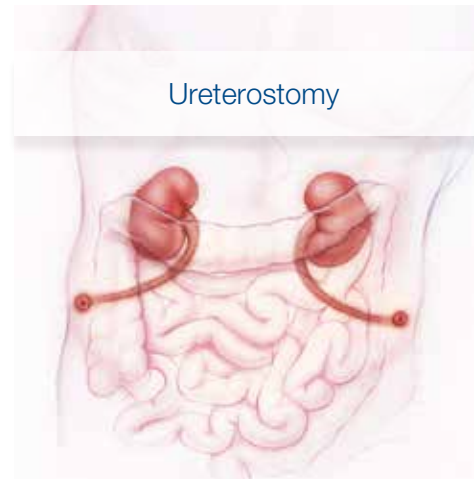
- The urine from your urostomy surgery will drain constantly. You cannot control the urine or stop it from coming out.
- The urine might look cloudy sometimes. Some cloudiness is normal. Since a portion of your intestine was used as the conduit for your urine to exit the body, the mucus normally present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

TYPES OF UROSTOMIES:

Ileal Conduit



Ureterostomy



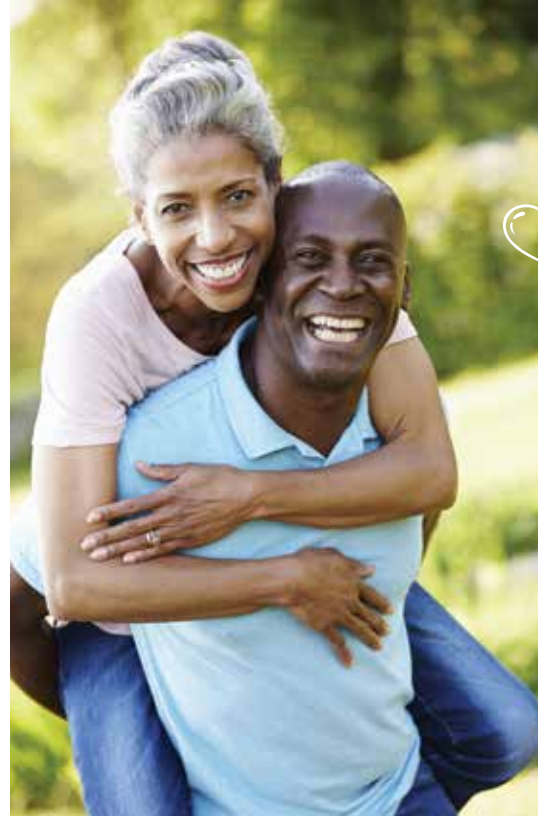
Learn more with our online resources
Visit www.convatec.com/ostomy

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 where they are on the body.
- 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 solution change for the first eight weeks, and periodically thereafter, to ensure your pouching solution is the correct size.
- Due to the initial swelling after surgery, a urostomy stoma often has two tiny tubes coming out of it. These are called stents. The stents help the urine to flow freely from the stoma until the swelling goes down. Your doctor will then remove them, or they may come out on their own.
- 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, contact your doctor or your WOC nurse.
- 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.
- As noted above, you should regularly measure the size of your stoma (especially for the first eight weeks) and clean the skin around your stoma when you change your pouching solution. This will help ensure that your pouching solution fits properly and the skin around your stoma stays healthy.
- If you notice that the skin around your stoma has become red, irritated, itchy or sore, contact your WOC nurse.



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

James

POUCHING SOLUTIONS



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

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



One-piece solution:

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



Two-piece solution:

The skin barrier and the 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. To apply the pouch and barrier together, you simply attach the pouch to the barrier first, and then apply the complete solution to your body.



POUCHING SOLUTIONS: SKIN BARRIER

The skin barrier is the piece of the pouching solution that sticks to your body. It holds the pouch in place and should protect the skin around your stoma from urine.

The skin barrier:

- Is designed to fit snugly around your stoma.
- Has an opening that should be adjusted to the size of your stoma.
- Should 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 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.
- Should leave a one-eighth 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 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 SOLUTIONS: 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-colored) and is odor-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.
- Is available in a special format for nighttime drainage. This option allows you to sleep through the night without having to get up to drain your 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, 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.
- 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 solution 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.
- 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 color.
- 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 your stoma becomes irritated, contact your doctor or WOC nurse.
- Food and medications can change the color and odor of your urine. If you notice any changes, contact your doctor or WOC nurse.
- How, and how often, you change your pouching solution will depend on the type of solution you use. Your WOC nurse 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 DRAINABLE POUCHING SOLUTION

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

If you're using a one-piece drainable solution, you can drain the solution as needed and replace the entire solution (including the skin barrier) with a new one, as required. If you're using a two-piece drainable solution, you have the option of keeping the existing skin barrier and reusing the drained pouch or attaching a new pouch.

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

1. Decide what your objective is – again, depending on what kind of solution you have. Do you want to drain the pouch, replace the pouch, replace the skin barrier, or the entire solution?
2. Gather your supplies. Supplies may include:
 - Paper towels or wash cloth
 - Scissors (for a cut-to-fit solution)
 - Warm water and soap (if desired) with no oils, creams, or moisturizers
 - Measuring guide
 - New pouching solution or barrier
3. To prevent water from splashing on you, remember to place toilet paper in the toilet before emptying the pouch.
4. Sit on the toilet. Place the end of the pouch between your legs in the toilet. Open the valve/tap at the bottom of the pouch and empty the urine into the toilet. If preferred, you can stand and face the toilet when emptying the pouch.



5. Wipe off the valve/tap with toilet paper and close as directed.
6. If you're using a two-piece urostomy pouching solution and want to change only the pouch, simply remove the pouch, empty and dispose of it, and attach a new pouch to the barrier.
7. If you're changing the skin barrier (whether or not you're using a one-piece or two-piece solution), remove the existing barrier 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 releaser/remover, which will make the barrier come off more easily and prevent adhesive-related skin injury.
8. Throw away the old pouch and barrier in a sealable plastic bag (if you're changing both pieces or have a one-piece solution). Do not flush used ostomy products down the toilet.
9. Gently cleanse the peristomal skin with warm water and a soap (if desired) with no oils, creams, or moisturizers, and rinse with warm water.
10. 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 solution. Change the paper towel or gauze as needed to keep the area dry.
11. Gently pat dry the skin around your stoma with a towel or wash cloth. Remember, after removing the skin barrier, there may be temporary redness that should subside.
12. Re-measure your stoma size to ensure it has not changed.
13. Attach a new barrier and/or pouch according to appropriate application directions provided.



answers

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

Call 1-800-422-8811 or email CIC@convatec.com.



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:

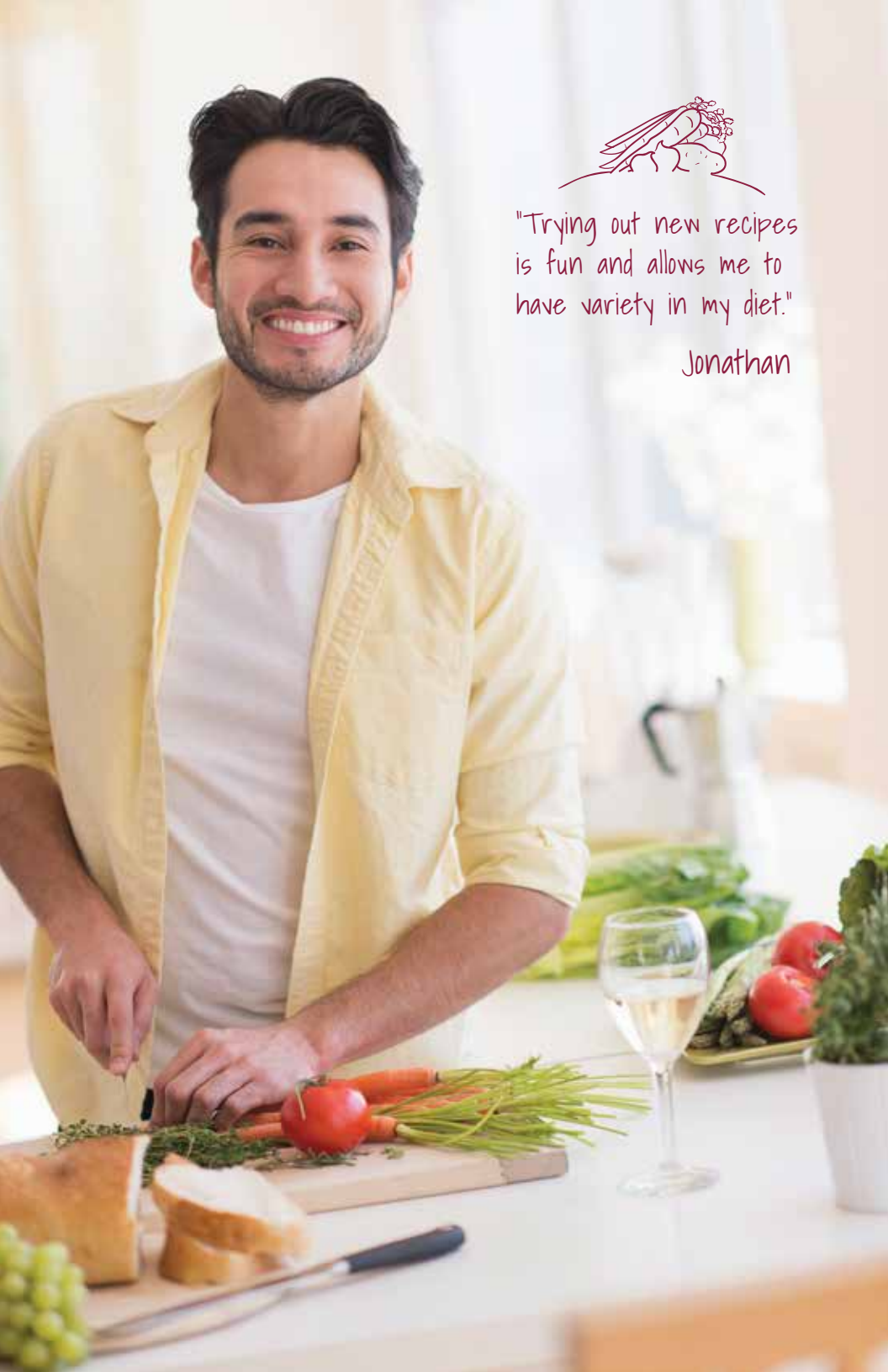
When you're discharged from the hospital, your WOC nurse will review with you where and how to get your ostomy supplies. You'll receive a list of supplies, complete with product names, manufacturers, and product codes.

When storing your supplies, avoid direct sunlight or heat, 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. See your product package for further storage condition recommendations.

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

While food can affect some aspects of your urine, you don't need to be on a special diet because you have a urostomy. However, drinking plenty of fluids, preferably water (*8 to-10 eight-ounce glasses daily*), is important. Sport drinks and tea will also help maintain hydration.

Here are more specific guidelines regarding your urostomy:

As noted earlier, certain foods and medications can change the color or odor of your urine.



Foods that can change color of urine:

- Beets
- Anything that contains food dyes

Foods that can cause odor:

- Asparagus
- Garlic
- Fish
- Broccoli

One of your top priorities will be to prevent urinary tract infections, as infections can lead to kidney problems. Fluids, especially water, flush the system, which helps prevent bacteria overgrowth.

You may have a urinary tract infection if you experience these symptoms:

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

Urostomy patients can sometimes experience crystal formation around the stoma. Cranberry juice (check with your doctor if you're taking blood thinners), orange juice and vitamin C (consult your doctor) can help acidify the urine, which helps prevent build-up of both bacteria and urinary crystals. Consult your doctor immediately if you have symptoms of infection or urinary crystals.



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Diet Reference: A Handbook for New Ostomy Patients
by the Vancouver Chapter of the United Ostomy Association
of Canada, 5th Edition, 2012

Get the nutrition advice you
need to live a healthy life.
Call 1-800-422-8811

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.
- You can purchase small pouches especially well-suited for sports or exercise.
- Empty your pouch before you start an activity.
- Be aware that pouch wear time may be reduced when playing sports and exercising.
- 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 or swim while wearing your pouching solution. Check your pouch seal beforehand. Waterproof tape may be helpful if you will be bathing 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).² Pouch covers and undergarments can help absorb moisture.

You can bathe with your pouching solution off as well. If you bathe with your pouch off, make sure you use a soap that is oil and residue-free.



←
"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, many women 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 WOC nurse. Don't panic. More than likely, there will be a solution.

General guidelines

- Empty your pouch before beginning sexual activity.
- Wear a small pouch. You can try closed-end mini pouches (also called "passion pouches") designed to be smaller and less bulky.
- 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 belly 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 solutions 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.

Women can wear tight garments such as pantyhose 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.
- Carry a TSA Travel Card (available from ConvaTec and the United Ostomy Associations of America at www.ostomy.org). 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 the US, 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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Get travel tips, and more, when you enroll in me+
Call 1-800-422-8811



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support



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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 in whatever language you need.

Call us at 1-800-422-8811
(M-F, 8:30 AM-7:00 PM EST)
or e-mail CIC@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+ style:** Clothes that conceal your ostomy pouch— and look great too.
- me+ community:** Inspiring stories and ideas from others living with an ostomy.

Additional support:

- You can talk to an ostomy nurse at the ConvaTec Customer Interaction Center if you have questions about your urostomy, ostomy products, or if you need additional help and support. Simply call us at 1-800-422-8811.
- You can order your free samples and information you'll need as you learn to care for your ostomy by calling us at 1-800-422-8811.

"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

ConvaTec

Developing Ostomy Products and Solutions for Over 30 Years.

Toll Free: 1-800-422-8811

www.convatec.com/ostomy

The United Ostomy Associations of America (UOAA)

National organization providing support, information and advocacy.

Toll Free: 1-800-826-0826

www.ostomy.org

American Cancer Society

Nationwide community-based, voluntary healthcare organization.

Toll Free: 1-800-ACS-2345

www.cancer.org

Crohn's & Colitis Foundation of America

Non-profit, volunteer-driven organization dedicated to finding a cure for Crohn's Disease and ulcerative colitis.

Toll Free: 1-800-932-2423

www.ccfa.org

Great Comebacks® Program

Provides information and inspiration to people living with serious intestinal diseases and ostomy surgery.

www.greatcomebacks.com

Ostomysecrets®

A ConvaTec company, offers a full line of stylish and functional undergarments, swim wear and accessories designed to support your ostomy solution.

Toll Free: 1-877-613-6246

www.ostomysecrets.com

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 ostomy nurses can help you find a local retailer or online supplier.
Call 1-800-422-8811.

Medicare coverage can be confusing; the chart below can help. The usual maximum quantity of pouches or skin barriers that Medicare covers per month is as follows:

Products	Quantity per month
Closed-end pouches	up to 60
Drainable pouches	up to 20
Skin barrier paste.....	4 oz. tube
Skin Barrier with flange.....	up to 20
Protective Skin Barrier Wipes.....	3 boxes of 50 wipes every 6 months
Ostomy Belt	1

No maximum quantity limits have been established for extended wear skin barriers, including Eakin Cohesive® Seals, or adhesive remover wipes.

*The reimbursement information provided by ConvaTec is intended to provide general information relevant to coding and reimbursement of ConvaTec's products only. Coverage and payment policies for the same insurer can vary from one region to another and may change from time to time because of ongoing changes in government and insurance industry rules and regulations. Therefore, please confirm HCPCS Codes with your local DME-MAC, private insurer, or Medicaid agency before processing claims. ConvaTec does not guarantee coverage or payment of its products listed herein.

CONTINUING CARE:

Here is a convenient way to store your important information.

WOC Nurse's name:

Doctor's name:

Hospital:

Surgery type:

Stoma type:



"Every evening I write down 3 positive things that happened. It's a great way to end the day."

Michelle

Product re-order codes:

Other medications:

Allergies:

Emergency contact:



**Getting the benefits of me+ is easy,
simply call: 1-800-422-8811**