

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

You've just had a urostomy. As part of your surgery, a small opening (**stoma**) was made on the abdomen. Urine and mucus drain from the stoma into a disposable pouch. You'll need to empty your pouch regularly when it gets to be about one-third full. The pouch is likely to become this full every 2 to 3 hours. Emptying your pouch keeps the pouch from bulging under your clothes. It also helps prevent leakage and odor. To empty your pouch, follow the steps:

Step 1: Empty the pouch

- Sit on the toilet. Or, stand in front of the toilet. Put a layer of toilet paper in the toilet bowl to keep urine from splashing.
- Pull your clothes away from the pouch
- Hold the pouch drain over the toilet bowl
- Open the pouch drain so that urine flows into the toilet
- Empty all the urine and mucus from the pouch. While holding the pouch with one hand, slide the fingers of your other hand down the pouch. This will help empty any mucus from the pouch.

Step 2: Close the pouch drain

- Once you've emptied the pouch, use a piece of toilet paper to dry the tip of the drain
- This will keep any urine or mucus from getting on your clothes
- Put the pouch drain in the "closed" position. This may prevent leaking and odor
- Wash your hands after emptying the pouch

Adapted from Krames On-Line

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.
For ALL emergencies requiring IMMEDIATE medical attention, call 911.