



**Urostomy**

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### **INTRODUCTION**

This guide has been prepared for you to learn more about your surgery. Your physician, nurses and the ostomy nurse will assist you by providing any information you need and will be available to answer your questions. This booklet is to be used to reinforce what you have been taught. Use it as a reference. Remember: We are available to help you with the process of adjusting to your surgery. Allow yourself time and trust the process of recovery.

Diane R. Maydick-Youngberg, MS, RN, CWOCN/ET



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# **THE URINARY SYSTEM**

The normal urinary system (see fig 1) consists of:

- Two kidneys which are shaped like beans and are located just above the waist, towards the back, that filter waste products from the blood and form urine.
- Two narrow tubes called the ureters
- A bladder to collect the urine
- A sphincter muscle
- A urethra or passageway for excretion of urine

If there is a blockage or disease anywhere in the urinary system, a urinary diversion may be needed. Your surgeon will discuss the available options and the type of procedure that is best for you.

(Fig.1)



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# THE CONVENTIONAL URINARY DIVERSION (ILEAL CONDUIT)

The ileal conduit is one of the more common types of long-term urinary diversion (see Figure 2 below).

In this procedure, the surgeon will remove the bladder. A passageway will be created for the urine to flow outside the body by using a small segment (approximately 4-6 inches) of the small intestine (ileum). One end of this small intestine segment is surgically closed, and the other end is brought through the abdominal wall as a stoma. The stoma is the only portion of the new urine passageway that can be seen externally.

The urine will now flow from the kidneys, into each ureter, and then through the passageway/conduit and out through the stoma. The ileal conduit itself cannot store urine like the bladder, so the urine, which is constantly being made by the kidneys, will continually flow externally through the stoma.

Therefore, a person with an ileal conduit must wear an external appliance over their stoma at all times to collect/store the urine that is produced by the kidneys.

(Fig.2)



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### **UNDERSTANDING THE STOMA**

The stoma is the only portion of your ileal conduit that you will be able to see. The stoma is composed from the inside lining or mucus membrane of the intestine used to create the conduit. It is usually placed in the lower abdomen. The stoma is shiny, moist and pink like the gum tissue of your mouth. It has no nerve endings or sensations. This is normal. Because of its rich blood supply, the stoma may bleed slightly during cleaning. This is normal.

The stoma secretes mucus (thick, white, saliva like) and you may find shreds of it floating in your urine, or on the stoma. This is normal.



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### **CALL YOUR DOCTOR IF:**

1. You notice any signs and symptoms of a urinary tract infection such as:
  - a. Dark or cloudy urine
  - b. Urine with foul or strong odor
  - c. Pain in back, abdomen or side
  - d. Chills
  - e. Fever (temperature above\_\_)
  - f. Loss of appetite
  - g. Nausea/vomiting
2. Your stoma changes color and becomes dark purple or dusky in appearance.
3. Excessive bleeding of your stoma.
4. Blood in the urine.
5. A bulge in the skin around your stoma.
6. A stoma that appears to be getting longer.

Call your nurse if you notice any of the following.

- Skin irritation
- Urine crystals on or around your stoma.
- Recurrent leaks around your pouch or skin barrier.
- “Warty”, discolored skin around your stoma.



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### **IMPORTANT INFORMATION**

1. Carry a travel kit with supplies whenever you leave home. You can use a small nylon pouch.
2. The more fluid you drink, the more you will have to empty your pouch.



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### **MEDICAL TERMS**

**Appliance-** A collecting device worn by patients with an ostomy to collect urine. Also called an external “pouch or bag”. Can be a one or two piece device with an adhesive back. It is odor-proof and disposable.

**Bladder-** The organ where urine collects and is stored.

**Catheter-** A silicone or rubber tube.

**Catheterization-** Insertion of a catheter to draw urine from the Indiana Pouch.

**Continent Urinary Pouch (Continent Ileal Reservoir, Continent Urostomy)-** An internal pouch made from a portion of the intestine. The internal pouch is used to store urine in place of the bladder. The urine is drained from the pouch periodically using a catheter (tube) which is inserted into an opening on the abdomen called the stoma.

**Cystectomy-** The surgical removal of the urinary bladder.

**Ileal Conduit-** An operation which is performed by the surgeon to create a passageway for the urine to drain after the bladder has been removed. A short segment of the ileum (small intestine) is used to make a passageway to the outside of the body. A stoma will be visible.

**Irrigation-**When used in reference to the Indiana Pouch, it means to cleanse or flush the inside of the internal pouch with normal saline using a catheter (tube).



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**Kidney**-The organ responsible for filtering the blood of waste products. The fluid excreted by the kidneys is referred to as urine.

**Neobladder**- An internal urinary reservoir that empties through the urethra.

**Stoma**- A piece of the intestine brought to the abdominal surface to function as an opening to drain urine. It is not painful, will always appear red and moist and may bleed easily.

**Ureters**- The tubes that connect the kidneys to the bladder.

**Urethra**- The tube that connects the bladder to the external urinary opening (meatus).

**Urinary Diversion**- A term to describe a surgical procedure which diverts urine from its normal pathway; diversion of urine away from a diseased or defective bladder.



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**IMPORTANT PHONE NUMBERS**

SURGEON \_\_\_\_\_  
NAME \_\_\_\_\_ NUMBER \_\_\_\_\_

NUTRITIONIST \_\_\_\_\_  
NAME \_\_\_\_\_ NUMBER \_\_\_\_\_

SOCIAL WORKER \_\_\_\_\_  
NAME \_\_\_\_\_ NUMBER \_\_\_\_\_

HOME CARE AGENCY \_\_\_\_\_  
NAME \_\_\_\_\_ NUMBER \_\_\_\_\_

SUPPLY COMPANY \_\_\_\_\_  
NAME \_\_\_\_\_ NUMBER \_\_\_\_\_

OSTOMY SERVICE Diane R. Maydick Youngberg RN, MS, CWOCN  
212-263-5671



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# **LIST OF OSTOMY RESOURCES**

Ostomy Service  
NYU Medical Center  
Charles C. Harris Skin and Cancer Pavilion  
Room 116A  
530 First Avenue  
New York, NY 10016  
212-263-5671

American Cancer Society  
Ostomy Rehabilitation Program  
1599 Clifton Road, N.E.  
Atlanta, GA  
1-800-227-2345

American Dietetic Association  
216 West Jackson Street  
Suite 800  
Chicago, IL 60606-6995  
312-889-0040

Coloplast Sween Corporation  
1940 Commerce Drive, P. O. Box 8300  
N. Mankato, MN 56002-8300  
1-800-533-0464 Customer Service

[www.us.coloplast](http://www.us.coloplast)

Ostomy Product Company - can provide product samples & information on product use.

Convatec Professional Services  
P. O. Box 5254  
Princeton, NJ 08543-5254  
1-800-422-8811 Customer Service, Mon. - Fri. 8:30 a.m. - 5:30 p.m.

Ostomy Product Company - can provide product samples & information on product use.

[www.convatec.com](http://www.convatec.com)

Cymed, Inc.  
1336 A Channing Way  
Berkeley, Ca 94702  
1-800-582-0707



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Ostomy Product Company - can provide samples & information on product use.

Hollister Incorporated  
2000 Hollister Drive  
Libertyville, IL 60048-3781  
1-800-323-4060 Customer Service  
[www.ostomyworld.com](http://www.ostomyworld.com)

Ostomy Product Company - can provide product samples & information on product use.

Mentor Urology  
Santa Barbara, CA 93111  
1-800-328-3863

Nu-Hope Laboratories, Inc.  
P. O. Box 31150  
Pacoima, CA 91333-1150  
1-800-899-5017 Customer Service  
Ostomy Product Company - can provide samples of products.  
Eugene Galindo - can give expert advice on appliances & pouching techniques.

United Ostomy Association  
36 Executive Park, Suite 120  
Irvine, CA 92714  
1-800-826-0826 National Headquarters  
Provides newsletter & local support groups. Call headquarters for nearest local chapter or see listing in Ostomy Support Group list.

Wound, Ostomy and Continence Nurses Society  
2755 Bristol Street, Suite 110  
Costa Mesa, CA 92626  
1-714-476-0268  
A professional association of Enterostomal Therapy Nurses specializing in wound, ostomy and continence care. Can make referrals to CWOC/ET Nurses in locations throughout the country and internationally.

### **Mail Order**

AARP  
1-800-456-2277

American Ostomy Supply  
P.O. Box 13396  
Milwaukee, WI 53213-9906



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Byram Surgical Supply  
75 Holly Hill Lane  
Greenwich, CT 06830  
1-800-354-4054  
[www.byramhealthcare.com](http://www.byramhealthcare.com)

Edgepark Surgical  
2300 Edison Blvd.  
Twinsburg, OH, 44087  
1-800-321-0591  
[www.edgepark.com](http://www.edgepark.com)

The Parthenon Co., Inc.  
3311 W 2400 Street  
Salt Lake City, UT 84119  
1-800-972-4734

Yentyls Secrets (Pouch covers)  
26 West Town Rd  
Thornton, PA 19373  
Fax: 1-801-972-4734

## **OUTPATIENT OSTOMY NURSING SERVICE**

As part of its commitment to quality of care, NYU Medical Center has an Ostomy Service available to patients with a fecal or urinary stoma. This outpatient service is designed to facilitate the transition from the hospital to home as well as to provide an ongoing source for information and assistance.

The Ostomy Service is located in the Charles C. Harris Skin and Cancer Pavilion and is available to patients by appointment. Care is delivered to patients by a Certified Wound/Ostomy/Continence Nurse. To bill the insurance company for the visit, a physician's referral is needed. In addition to in-person appointments, the Wound/Ostomy/Continence Service has a voice mail center. Patients may call this extension, leave a message, and they will receive a return call from a Certified Wound/Ostomy/Continence Nurse.

On the day of your appointment, report to the Charles C. Harris Skin and Cancer Pavilion Room 116A.

**TO MAKE AN APPOINTMENT CALL (212) 263-5671**

**TO LEAVE A MESSAGE CALL (212) 263-5671**



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Revised 08/06/03  
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# **NOTES/QUESTIONS**