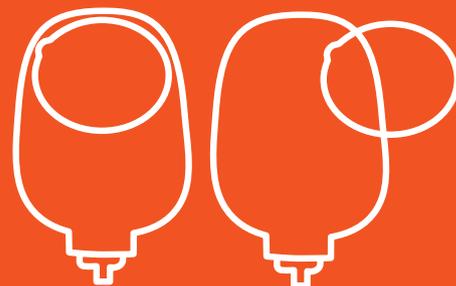


# Urostomy care at home



Dansac products are designed for ease of use and to promote a healthy skin environment. Keeping the skin around your stoma healthy can help you feel more comfortable and confident in everything you do.

## You will need:

- Disposal bag
- Toilet paper and dry wipes for washing/drying
- Warm water for washing
- New pouch and/or skin barrier
- Scissors for cutting the skin barrier (if required)
- Any accessories you may use

The area around your stoma, where your stoma pouch/appliance is placed is called the peristomal area. It is important that this area of skin is kept clean and protected from stoma output.

The stoma is red and moist; there are no nerve endings in the stoma and therefore no sensation. It is normal to see some blood on your soft cloth when you are cleaning around the stoma.



Gently remove the pouch, tighten the skin on your abdomen by pressing it with one hand, while you carefully remove the adhesive barrier.



Dampen a few non-woven wipes in lukewarm water. Wash your stoma and surrounding skin thoroughly.



It is important that the skin surrounding your stoma is completely dry before putting on a new barrier and/or pouch.

## Changing either pouch



Use the stoma measuring guide to determine the size of your stoma.



Adjust the starter hole with small sharp scissors taking care to follow the outside edge of the marking. Use the tip of your finger to smooth uneven edges around the hole. It is recommended to have a 2-3mm gap around the stoma.



## Changing a 1-piece pouch



Place your pouch on by positioning the adhesive barrier on the skin immediately below your stoma.



Press from centre to edge and continue around the stoma until you are certain the skin barrier fits snugly and securely.



Double check the pouch is securely fastened.



Check that the tap on your pouch is in the closed position.



The tap is closed when you cannot see the gold tab.



Pouch is securely in position.

## Changing a 2-piece pouch



To apply the pouch, remove the protective covering from the adhesive barrier immediately before application



Position the adhesive barrier over your stoma. Press the barrier with your fingers from the centre to the edge to ensure it fits snugly and securely.



Snap the pouch onto the barrier.



Use your fingers and press all the way around to make sure the pouch is attached to the barrier.



Double check that the pouch is securely connected to the barrier ring.



Check that the tap on your pouch is in the closed position.



The tap is closed when you cannot see the gold tab.



Pouch is securely in position.

# ! Tips for daily stoma care

## Urine absorption

Use non woven dry wipes or toilet tissue to absorb any urine discharged when changing the pouch.

## Measure your stoma's size/diameter often

Your stoma will be oedematous (swollen) immediately after surgery and during the next few weeks. As the swelling gradually reduces so it is important that you frequently measure the size of your stoma. Measuring guides are supplied in each box of pouches. It is good practice in the first 6 weeks to regularly measure your stoma.

## Skin preparation

If you need to shave the stoma area: use the cylinder from an empty toilet roll to protect your stoma and shave safely around the stoma.

## Visual Security

Draining the pouch is easy – even with one hand – and the golden drop provides visual security.

When wearing the pouch: the tap is open when the golden drop is visible from the front. The tap is closed when the golden drop is not visible from the front.

## Skin health

It is important the skin around the stoma area remains in good condition. If the skin around the stoma becomes uncomfortable, itchy, red or sore, this may indicate some seepage of the stoma output onto the skin. You may need to contact your stomal therapy nurse if the problem is ongoing.



## Resources

For useful educational resources that can help make life with a stoma better – before and after your surgery, and as you get back into your regular routine, visit:

Australia: [www.dansac.com.au/livingwithastoma](http://www.dansac.com.au/livingwithastoma)

New Zealand: [www.dansac.co.nz/livingwithastoma](http://www.dansac.co.nz/livingwithastoma)

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For more information, call Customer Care on 1800 880 851 (Australia) or 0800 678 669 (New Zealand).

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