Urostomy, Information

A Urostomy (Urinary Diversion) is a surgically created opening in the belly wall (*abdominal*) through which urine passes. A urostomy may be performed when the bladder is either not functioning or has to be removed. There are several different types of surgeries. The most common are *ileal conduit* and *colonic conduit*. These names refer to where the new passage for the urine is created from. The ileal conduit is created from the small intestine. The colonic conduit is created from the large intestine. When the new conduit for urine is in place a pouch collects urine on the outside of the belly. The pouch is attached to the skin with an adhesive that is gentle and does not hurt to put on or take off.

REASONS FOR SURGERY

Reasons for surgery include:

- Bladder cancer.
- Spinal cord injuries.
- Malfunction of the bladder.
- Birth defects such as spina bifida.

CARE OF UROSTOMY

A pouching system is usually worn. Pouches are odor free. Different manufacturers have disposable or reusable varieties to fit one's lifestyle. These pouches are simply a bag that collects the urine that comes from the kidneys.

LIVING WITH A UROSTOMY

- **Work:** Except for jobs requiring very heavy lifting (more than 10 pounds), a urostomy should not interfere with work.
- **Sex and social life:** Sexual function is influenced by the reasons for which the urostomy is performed. The urostomy itself should not cause problems with sexual activity or pregnancy. It does not prevent one from dating, marriage, or having children.
- **Clothing:** Usually one is able to wear the same clothing as before surgery including swimwear.
- **Sports and activities:** With a securely attached pouch, one can participate in practically all types of sports. Use caution when playing contact sports. Travel is not restricted in any way. Bathing and showering may be done with or without the pouch in place.
- **Diet:** Usually there are no dietary restrictions. Foods can be enjoyed as before. Drink 8-10 glasses of fluid per day. This is to help decrease the chance of kidney infection.

RESOURCES

The physician and medical professionals are the first source of help. Specially trained nurses called Wound Ostomy Continence Nurses (WOCN) are available in most major medical centers.

More detailed information can be found in Colostomy Guide. This is a publication of the United Ostomy Association. Contact UOA at 1-800-826-0826.

United Ostomy Association, Inc.
REBORN FROM THE ASHES OF DISEASE

Most of this information courtesy of the United Ostomy Association.

Document Released: 12/20/2004 Document Re-Released: 03/14/2011
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