

It's a start

Urostomy | Pre-Op



Bringing comfort and clarity to the what, why and how of your urostomy surgery



A Bigger Life

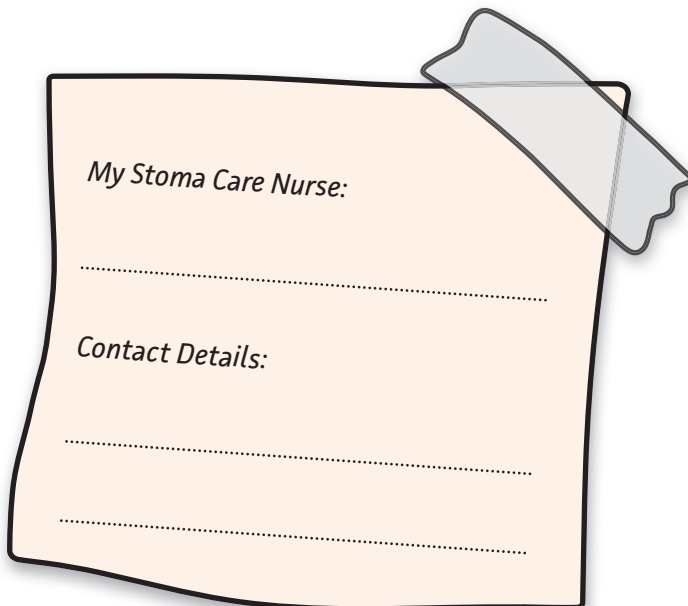


Your urostomy

The prospect of surgery can be a scary thing, but it helps to know what to expect so you aren't worrying and stressing too much. The more informed that you are the more you will feel in control of managing your new stoma. It's natural to have a lot of questions and concerns. This guide will help you adapt to living with your new stoma and help you live your bigger life.

The information is general and some of it may not apply to you, but you can visit abiggerlife.com for more information and support from others who have been through a similar situation as you.

Your Stoma Care Nurse will be there to support you through your journey pre and post surgery. You can note the name and contact details of your Stoma Nurse below.



My Stoma Care Nurse:

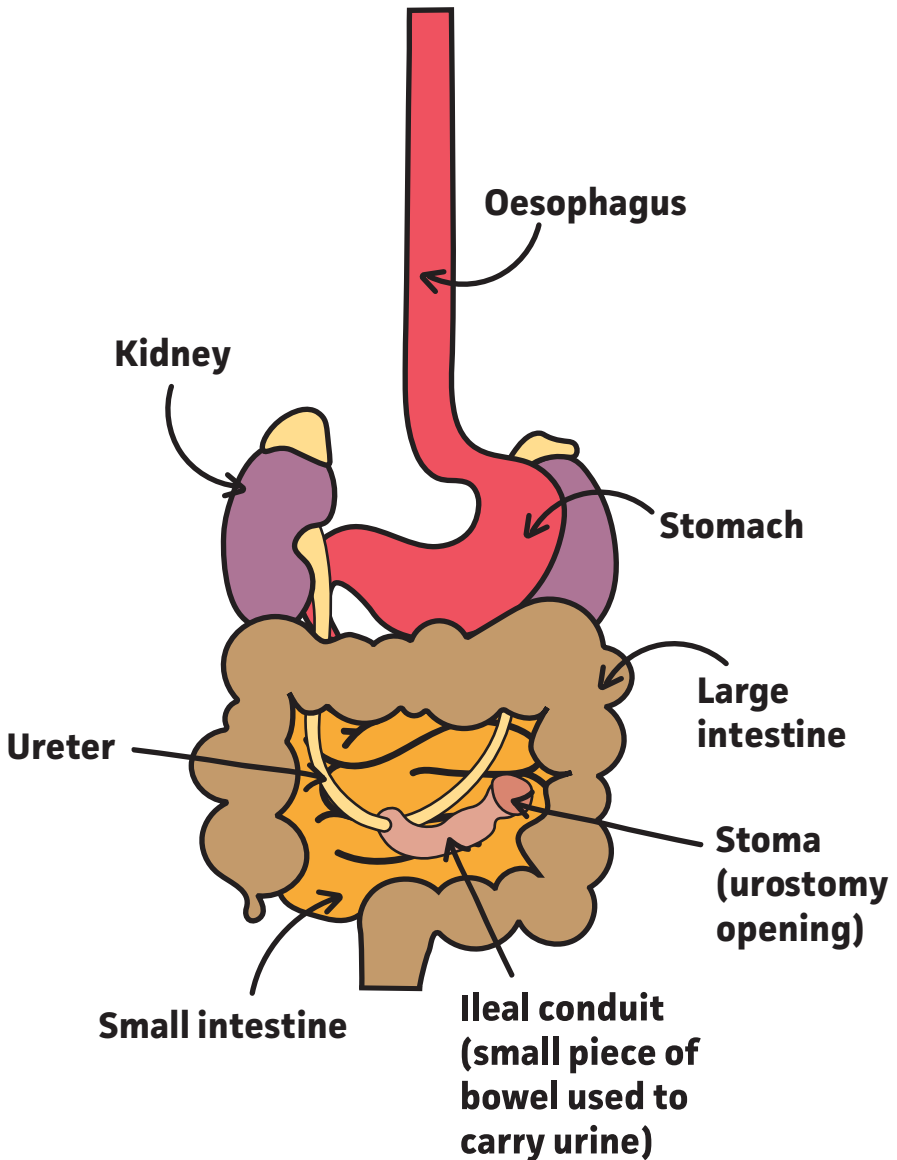
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Contact Details:

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Your urinary system



Your stoma

What is a urostomy?

The type of stoma you will be having is called a urostomy. After surgery, you will pass urine through your stoma and will not be able to control when this occurs. To help with this a pouch is worn outside of your tummy to collect the output. A urostomy is usually permanent.

Where will my stoma be?

A urostomy is usually on the right-hand side of your tummy.

What will my stoma look and feel like?

Your stoma will be red and shiny in colour. There are no nerve endings in a stoma, so you will feel no pain from it. If you run your tongue inside your cheek, that is what your stoma will feel like, red, healthy, shiny and warm. Your stoma may be swollen to begin but it will reduce in time, usually between 6-8 weeks after surgery.



Peter, ostomate since 2012.

Stents

After surgery you will have 2 thin tubes coming out of your urostomy. The purpose of these stents is to protect the newly formed urostomy join where the ureters meet the piece of bowel. The stents may fall out themselves, but if they don't, your Stoma Nurse will gently remove them according to local policy. Management of your urostomy will be easier when the stents are removed.

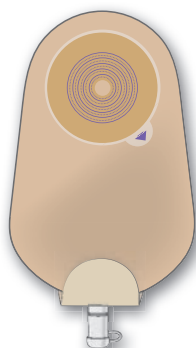


Your pouch

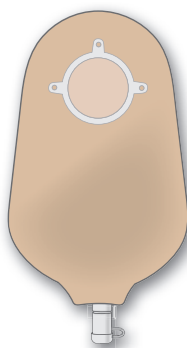
How does my pouch work?

The output is urine so you will wear a pouch with a tap to enable you to empty it. The bag is designed to stick onto your abdomen where it will collect the urine.

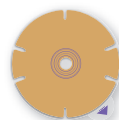
What does my pouch look like?



One-Piece
urostomy pouch*



Two-Piece
urostomy pouch*



Baseplate
front*



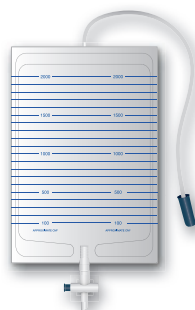
Baseplate
back*

Night drainage

You will have the option to connect your urostomy pouch to a night drainage system.

How often do I need to change or empty my pouch?

How often you need to drain or empty your bag will vary from person to person.



Night drainage*

*Images are for illustration purposes only.



“

**I think the most
common question I get
asked is “does it hurt?”
and the answer is no!**

Caitlin McGinnis, loves music and dancing
from the 20's and 50's, ostomate since 2011

”

Your hospital stay

How long will I be in hospital?

The length of stay will be around 7-10 days if you have an uneventful recovery. If you have been unwell before your surgery, your length of stay might be slightly increased.

You may be discharged earlier than 7 days if your recovery goes quickly or if you are part of an enhanced recovery programme.

How long will I be off work?

This will vary from person to person, we are all different, with different capacities for healing and recovering. After 6-8 weeks you will be starting to think about going back to work. From around 2 months you will be able to get back to work.

However, if your job involves heavy lifting or manual handling you might need to leave it 3-6 months to allow your abdominal muscles to heal properly. You should discuss going back to work with your healthcare team but ultimately, only you can decide when, listen to what your body is telling you.

Hospital bag must haves

Now that you have a date planned for your surgery you may be wondering what to bring to the hospital.

Below are a few hints and tips to help you with your packing list.

- ☒ Tick these off to help when packing.
- ☐ Comfy short sleeve pyjamas or a nightdress.
- ☐ Slippers.
- ☐ A notepad and pen for recording any thoughts, queries or concerns that you have. This means when the nurse visits you can talk to them about your concerns or questions.
- ☐ Music and books will help you relax and keep you entertained during your stay.
- ☐ All your normal toiletries but another little extra would be lip balm. The atmosphere in hospitals is very dry and can make your lips cracked and uncomfortable.
- ☐ A list of your medications and past medical history.
- ☐ Mobile phone and charger along with a list of contact numbers for family and friends.
- ☐ Extra underwear, maybe even a size bigger so they are comfortable. After surgery your abdomen will be a bit more swollen than normal, so you don't want to wear anything too restricting.
- ☐ Earplugs and an eye mask. Hospitals are busy and noisy places. If you can get a good night's sleep it will help your recovery and recuperation.

“ I really hope this helps anyone who's walking into surgery and doesn't know what to bring; more importantly I want you to know that you've got an entire community out there that stands with you ”

Saleem Juma, works out a lot, plays lots and lots of video games, ostomate since 2013.



Preparing for surgery: so many questions

If you have any questions, concerns or worries it is important to **ASK** your surgeon or stoma nurse prior to surgery! It's one of the best ways to prepare yourself (especially mentally) for surgery.

Here are a list of suggested questions you might want to ask.

For your surgeon

- How will they perform surgery – keyhole or open?
- How long does the procedure take?
- What sort of pain relief will I have?
- Will I still need to take any medication post-surgery?
- Will I still have the urge to go to the toilet?
- Will I still be able to have children?

For your stoma nurse

- How often should I empty and change my appliance?
- Eating and drinking - what can/can't I eat and drink, how long for?
- What can I do post-surgery?
- How do I order my supplies?

There are no silly questions, so make a note of any questions you have for your stoma nurse or surgeon here:

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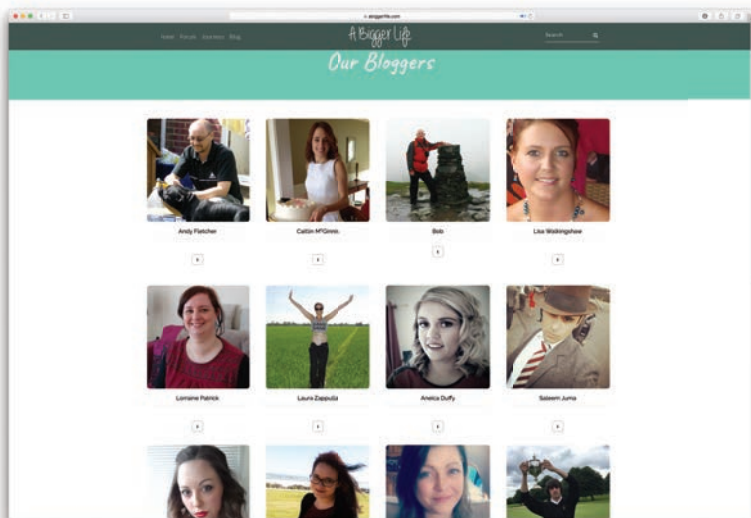
“I like that people with ostomies are called ‘ostomates’ and the friendly connotation that mate has about it”

Laura Zappulla, loves to travel and go on adventures all over the world, ostomate since 2013.

Find out about other people's stories on abiggerlife.com

Speaking with others who have been through the same surgery as you are about to go through can be invaluable, but remember that everyone's experience is different.

If you would like to talk to others you can visit abiggerlife.com for support and real life experiences.



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Visit today **abiggerlife.com**

A warm and friendly space you can visit any time of day or night and keep coming back to. You, the person, are important. A stoma shouldn't define you, it is just a small part of a bigger life. We're here to bring together support, encouragement, information and engagement in pursuit of that bigger life.

