

# Patient Information Leaflet



## Urostomy – Hints & Tips

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Your urinary system consists of two kidneys, attached to the ureters, which are connected to the bladder. Your bladder is where your urine is stored until it is voided out through the urethra. Your kidneys produce about 1.5 litres of urine daily.

The Ileal conduit, which is also known as a urostomy, has become the most popular form of urinary diversion. This is a surgically created opening made to divert urine from the body. In this operation 10-20cm of your ileum is isolated with its blood supply, and the ends of the ileum are then sewn back together to restore continuity of the bowel. The ureters are then sewn into the isolated ileum and the other end is brought out onto the surface of the abdomen to form the stoma.

There are many reasons why this may be necessary, all of which would be due to a defect or problem with the urinary system which needs to be removed or bypassed. The conditions that may require a formation of a urostomy may be bladder carcinoma, disorders of the spinal column, urinary incontinence and trauma.

### **Diet**

Urostomates, (people with a urostomy) can normally enjoy a completely normal diet, but it is important to increase your fluid intake, to maintain healthy kidneys and to reduce the risk of urinary infection. Also diluted urine is less harmful to the skin surrounding/ near your stoma.

It is helpful to create an acidic urine pH, which helps prevent infection, which can be achieved with cranberry juice orally, or vinegar if crystals form (see below) Alkaline urine can form Oxalate crystals, which can cause irritation to the stoma and mucosal bleeding, ulceration, urinary tract infection and strong odour.

**Vinegar** can help to restore acidity to the surrounding skin by using equal parts of white distilled vinegar and warm water and applying it to the stomal area. Using your normal appliance add the vinegar solution and allow it to wash over the stomal area for approximately thirty minutes. Another method would be to put the solution into a small container and cleanse the area a number of times when changing the appliance.

**Cranberry juice** can be taken in the form of both juice and capsules for the control of:

- Urinary tract infection
- Mucus formation
- Formation of urinary stones

**Citrus fruits** although a rich source of vitamin C, may result in alkaline urine.

Certain food and medications may alter the colour or odour of urine:

<u>Medication or food</u>	<u>Colour or odour</u>
Ferrous salts	Black
Ibuprofen	Red
Metronidazole	Red to brown
Senna	Yellow-brown (acid urine; yellow pink (alkaline urine)); darkens on standing
Warfarin	Orange
Certain antibiotics	Offensive smell
Alcohol	Lightens colour
Beetroot	Pink to dark red
Red fruit drinks	Pink to dark red
Oily fish	Fishy

### **Erectile dysfunction**

Radical pelvic surgery may lead to erectile dysfunction. If getting an erection is not possible following surgery and you are concerned discuss this with your stoma nurse or Consultant who will refer you to attend an Erectile Dysfunction Clinic.

### **Useful Contacts**

UA (Urostomy Association)  
Tel: 01245 224294  
[www.uagbi.org.uk](http://www.uagbi.org.uk)

Inside Out Stoma Support Group  
Tel: 020 8426 5203  
[Insideout.bag256@btinternet.com](mailto:Insideout.bag256@btinternet.com)

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