CHALLENGING DAILY LIFE
GUIDE FOR UROSTOMATES
You can make it
Challenging daily life with a urostomy

James usually loves to perform in front of an audience, to play his instruments, connecting with people through music. Now he is fighting bladder cancer, and has undergone a urostomy. His friend, singer of the band, knows how important being on stage is for him. She tries to encourage James:

ARE YOU READY FOR OUR NEXT CONCERT?

YOU CAN MAKE IT
TABLE OF CONTENT

It will take time to adjust to life with a stoma. This is quite normal. The following steps will provide support.

WHAT IS A UROSTOMY?
4 Urostomy and urinary tract
5 Statistics
6 Understanding my urostomy
7 Choosing your appliance

LIFESTYLE
8–10 Managing daily life
11–12 Travel certificate (removable)
13 What can I eat & drink?

B. BRAUN SOLUTIONS
14–15 I am a urostomate

FREQUENT ASKED QUESTIONS
16 How to use a 1-piece system?
17 How to use a 2-piece system?
18 How to change my pouch?
19 How to manage my peristomal skin?
20 Where can I store my appliance?
21 Contacts | Assistance

22 Our Products
WHAT IS A UROSTOMY?

A urostomy is a surgically created opening in the abdominal wall made to drain urine from the kidneys when the bladder is either not functioning or had to be removed. Since it has no muscles to regulate urination, urine has to be collected in a urostomy bag.

There are different reasons that can lead to someone needing a stoma.

THE MAIN REASONS ARE:
- Bladder cancer
- Spinal cord injuries
- Congenital defects such as spina bifida
- Chronic inflammation of bladder

The urinary tract

- Kidney: In humans, bean-shaped organs which ensure blood filtration and produce urine.
- Ureter: Conduits that allow the flow of urine from the kidneys to the bladder.
- Bladder sphincter: The bladder sphincter is an annular muscle at the bottom of the bladder that allows the bladder to close when contracted.
- Bladder: The bladder is a reservoir for urine. The emptying is controlled by the sphincter. Correct functioning of the muscles and nerves in the bladder wall is essential for full voluntary emptying.
- Urethra: The canal through which urine is discharged from the bladder to the outside of the body, therefore allowing the bladder to empty.
2 Millions ostomates worldwide\(^1\)

65 years old mean age of patients\(^1\)

15\% of stoma patients are urostomates\(^2\)

Both women and men are affected around the world\(^2\)

sources:
2-Ostomy-related problems and their impact on quality of life of colorectal cancer ostomates: a systematic review; https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4706578/
UNDERSTANDING YOUR UROSTOMY

THERE ARE 2 MAIN TYPES OF UROSTOMIES:

THE ILEAL CONDUIT

This operation needs two steps:
1: A part of the small intestine, the ileum is isolated and clapped shut at one end.
2: A so called «ileal conduit» is created. In this procedure, the ureters are detached from the bladder and joined to the ileum part, that will serve as conduit to the stoma created in the abdomen, a reddish, moist abdominal protrusion. The ileal conduit is not painful and has no sensation.

THE CUTANEOUS URETEROSTOMY (CU)

With this technique, the surgeon detaches the ureters from the bladder and brings one or both to the surface of the abdomen. The hole created in the abdomen is called a stoma, a reddish, moist abdominal protrusion. The ureterostomy stoma retains sensation.

THERE ARE FOUR COMMON TYPES OF URETEROSTOMIES:

- **Single ureterostomy.** Only one ureter to the surface of the abdomen.
- **Bilateral ureterostomy.** Both ureters to the surface of the abdomen, one on each side.
- **Double-barrel ureterostomy.** Both ureters are brought to the same side of the abdominal surface.
- **Transuretero-ureterostomy (TUU).** Both ureters to the same side of the abdomen, through the same stoma.
CHOOSING YOUR APPLIANCE

APPLIANCES:

THE SELECTION OF YOUR APPLIANCE DEPENDS ON THE FOLLOWING:

- The location of your stoma
- Peristomal irregularities
- Skin integrity
- Your comfort
- Cost
- Your ability to manage the system
- Your preference

In the case of a urostomy the output is a continuous flow of urine, and if your urostomy contains a segment of intestine, as it is the case with an ileal conduit, then the output will also contain some mucus. In any case, you will need to use a drainable pouch with an anti-reflux valve, which can be connected to a drainage bag at night. In a urostomy pouch the bottom of the bag has an easy to handle outlet, allowing the bag to be emptied regularly.

When deciding which pouch best fits your needs, you will have the possibility of choosing between two types of systems: a one-piece system or a two-piece system

- **In a 1-piece system** the pouch and the skin protector are bounded together. People using this type of system must change their appliance every day.

- **In a 2-piece system** the pouch and the base plate are separated and attached to each other by the patient thanks to a mechanical or adhesive coupling system. With this type of system you can keep the same base plate on for several days whilst the pouch is changed when needed. This system can be quite useful for people with sensitive skin.
LIFESTYLE

If you have any concerns please contact your ET nurse or doctor for more information.

TRAVEL

Having a stoma does not prevent you from traveling! Make sure to bring with you your appliances and prepare sufficient stock in case your products are not available in the country you are traveling to. Make sure to drink enough water. When travelling by plane make sure to evenly distribute your products amongst your different bags, in case one gets lost.

CLOTHING

Continue wearing your favorite clothes! Wear comfortable clothes that make you feel good about yourself! Try to avoid wearing tight waistbands directly over your stoma.

DRIVING

Start driving when you feel comfortable performing an emergency stop. To be safe, the first time you start driving either start with a short distance or ask another insured driver to come with you in case you are unable to continue.

EVENT

Most venues have a bathroom, allowing you to empty your pouch when needed. With the right equipment you will be able to fully enjoy the event you have been invited to.
WORK

If you are worried about going back to work, ask your employer if you can start by working part time. Don't hesitate to talk with your employer to find out what works best for you both. Most people are able to resume their previous employment within 3 months after the surgery. Before going back to work, check with the human resources department of your company to make sure that your job is compatible with your stoma (physical efforts needed, place of work.)

SHOWERING

As the equipment is fully waterproof you can shower or take a bath. Keep in mind that hot water will have a negative impact on the skin protector (1-piece system) or the base plate (2-piece system). In all cases, avoid using products such as shower gels or bubble bath as they leave a greasy film on the body making it harder for the equipment to hold properly. This can lead to possible irritations. Choose products with a neutral pH, preferably without fragrance or colorant.

If you decide to keep your pouch while taking a shower, remember to close the filter to maintain its effectiveness. Be aware that if you decide to shower or bath without your pouch, possibly stool output can occur.
SPORT
Exercising and maintaining a healthy lifestyle is possible even with a stoma. They are actually the key factor to your recovery and will help you gain back your confidence. However, you must start exercising progressively in order not to strain your stoma too much especially right after your surgery. Wearing a belt or a protection band is sometimes useful. Of course don’t forget to do the type of sport that you enjoy!

SEXUALITY
Having a stoma does not prevent you from enjoying a healthy sex life. Initially you will most probably be worried: how to lie? On which side? Gradually you will gain confidence in yourself and bedtime will no longer be synonymous with fear and apprehension but will be a moment of intimacy.

CONTRACEPTION, PREGNANCY AND CHILDBIRTH
Regarding contraception you will most likely be able to keep the same as before. For more information do not hesitate to ask your doctor for advice. Having a urostomy doesn’t prevent a woman from becoming pregnant or giving birth. Many women have had successful, uncomplicated pregnancies after their surgery. Indeed in many cases they have had several children following surgery. However it is usually advisable to wait for about a year after your operation to have a family. This gives you time to heal after the surgery, and allows you to recover psychologically from the operation. If you have any concerns ask an E.T. nurse.
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Passport No</th>
<th>Signature</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name of Doctor</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Signature</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
TO WHOM IT MAY CONCERN
This is to certify that the person named on this certificate has had a surgical operation which makes it necessary for him/her to wear at all times, a bag attached to the abdomen to collect excretion from bladder.
If it is necessary to examine this bag, a qualified medical practitioner should be present, because any interference may cause leakage and great discomfort and embarrassment to the wearer.
The bag may be supported by a belt; if so, this may have metal parts which register on a metal detector. The owner of this certificate may also be carrying an emergency supply pack consisting of spare bags, surgical dressings, etc., in addition to his/her main luggage. It is essential that these emergency supplies remain intact and are not mislaid.

AN ALLE, DIE ES ANGEHT
Es wird hiermit bestätigt, daß die in dieser Bescheinigung genannte Person eine Operation hatte, die es erforderlich macht, daß sie zur Einsammlung von Darm- oder Blasenausscheidungen immer einen Beutel am Unterleib trägt.
Wenn dieser Beutel untersucht werden muß, hat das in Gegenwart eines qualifizierten Arztes zu geschehen, weil ein Eingreifen zur Folge haben könnte, daß etwas ausläuft, was für den Träger bzw. die Trägerin großes körperliches Unbehagen verursacht und sehr peinlich ist.
Der Beutel hängt manchmal an einem Gürtel, der Metallteile enthalten könnte, die eventuell durch einen Metalldetektor angezeigt werden. Es ist auch möglich, daß der (die) Inhaber(in) dieser Bescheinigung, außer seinem (ihrem) Hauptgepäck, eine Notversorgungspackung bei sich hat, die aus Ersatzbeuteln, Verbandmaterial u. dgl. besteht. Dieser Notvorrat muß unbedingt unversehrt bleiben und darf nicht verlegt werden.

A QUIEN PUEDA INTERESAR
Se certifica aquí que la persona cuyo nombre se menciona en este certificado ha sido objeto de una operación quirúrgica que hace indispensable para él/ella llevar siempre una bolsa sujeta al abdomen para retener la excreta del orina la vejiga.
Si es preciso examinar esta bolsa, deberá hacerse el examen en presencia de un médico calificado, porque cualquier intervención puede ocasionar escapes y bastante incomodidad y confusión al paciente.
La bolsa puede colgar de un cinturón. De ser así, éste puede tener piezas metálicas que puedan observarse en un detector de metales. El detentor del presente certificado puede llevar también una provisión de emergencia compuesta de bolsas de repuesto, vendajes, etc., además de su equipaje personal y es esencial que tales provisiones de emergencia permanezcan intactas y no se pierdan.

Please, I need:
WHAT CAN I EAT & DRINK?

TO STAY HEALTHY:

- Have a good food hygiene
- Take regular meal
- Eat slowly and calmly

Limiting your intake will not decrease the output from your stoma.

### ALLOWED

#### STARCHES
- Bread
- Potatoes
- Non whole wheat cereals, rice, pasta, quinoa, bulgur, semolina

#### PROTEINS
- Fish
- Meat
- Eggs
- Ham

#### VEGETABLES
- Low-fiber vegetables are preferred

#### SAUCES
- May brighten up your meals

#### DRINKS
- Plenty of water
- Coffee

### AVOID

#### SOME STARCHES
- Corn
- Whole wheat bread
- Whole wheat cereals
- Excess of pulses (chickpeas, lentils, peas, beans)

#### IRRITATING FOODS
- Milk and dairy products (yoghurt, cottage cheese)
- Excess of raw fruits and vegetables

#### SOME SAUCES
- Avoid spicy or cream based sauces

#### DRINKS
- Tea and herbal teas
- Sparkling water and sodas
B. BRAUN SOLUTIONS FOR UROSTOMATES

Drainable

1-Piece
- Skin protector & pouch are sealed together and changed both frequently
- Discretion

Flexima® Uro Silk
Available in flat and convex versions

Flexima® Active O’Convex
Availability may vary depending on the country

Proxima® Uro
Available in border versions only
pouches

2-Piece
- Base plate can keep in place up to 3 days while only pouch is changed, recommended for sensitive skin

Flexima® 3S
Base plates are available in both flat and convex versions

Proxima® 2 Uro
Base plates available in flat and border versions

Accessories can improve your daily comfort:
- Rings
- Powder
- Belt
- Paste
FREQUENTLY ASKED QUESTIONS

HOW TO USE A 1-PIECE SYSTEM?

Make sure to read the instructions for use to learn how to use your pouch
HOW TO USE A 2-PIECE SYSTEM?

Make sure to read the instructions for use to learn how to use your pouch.
HOW TO CHANGE MY POUCH?

In the bathroom, you will need:

Make sure to have:

Plastic bags or toilet paper
Scissors | Marker
Mirror
Appliance
Stoma Pattern
Tepid water

Did you know?
Do not try to flush pouches down the toilet – they will block your drainage system. Wrap the used pouch in several layers of newspaper or toilet paper, seal in a plastic or paper bag and place in the bin.
DO YOU KNOW HOW TO MANAGE YOUR PERISTOMAL SKIN?

Remember:

- Your peristomal skin is the skin around your stoma
- Your peristomal skin is your greatest ally

Keeping your peristomal skin healthy:

- Water and soap are key to keeping your skin healthy
- Choose products with a neutral pH, preferably without fragrance or colorant.

Monitoring your stoma:

Make sure your equipment fits well around your stoma. In the first months/weeks after surgery measure your stoma as it will become less swollen. You may have to adapt your equipment to your stoma size.

If you are worried that you may have a peristomal skin complication, do not hesitate to contact your healthcare professional as soon as possible.

Let's get better!
WHERE CAN I STORE MY APPLIANCE?

Appliances should be kept in a cool dry place

Do not store appliances in the bathroom or toilet

Do not overstock appliances

Keep away from direct sunlight

Keep away from hot and humid places
CONTACTS | ASSISTANCE

Where can I get help?

- ET Nurse
- Surgeon
- Other ostomates
- Ostomy association
- Cancer society
- Stoma products supplier

Contact your surgeon or stomal therapy nurse immediately if:

- Your stoma bleeds excessively, changes colour or becomes swollen
- Any problem becomes severe or causes pain
- Skin irritation lasts more than a few days
- You have any general concerns

Informative websites

- www.ostomy.org
- www.wcetn.org
- www.ecet-stomacare.org
- www.bbraun.com/living-with-a-stoma
OUR PRODUCTS

1-PIECE SYSTEM

The Flexima® Active O’Convex combines both, a high flexibility and a gentle convexity of its skin protector for an optimum pressure distribution and perfect skin tolerance.

The Flexima® range is simple to use. It is a complete range that offers not only flat, but also convex skin protectors, both in pre-cut and cut-to-fit versions.

The Proxima® uro pouch with its compact design offers an optimized capacity for more discretion.

ACCESSORIES

Ileo Gel +
Super absorbent for solidifying liquid stools.

Superfiller
Protective skin barrier paste for uneven peristomal skin surface.

B. Braun DeOdour
Odour neutralization powder for colostomates.

Askina® Barrier Film
No sting, rapid drying breathable skin barrier.

B. Braun Adhesive Remover
Helps to remove your medical adhesives without pain.
2-PIECE SYSTEM

Flexima® 3S
Flexima® 3S is the latest generation of 2-piece mechanical coupling system within the B. Braun range.

Proxima® 2
The Proxima® 2 and Proxima® 2+ ranges with their compact design offer an optimized pouch capacity with a secure locking system.
Commercialized and manufactured by:
B. BRAUN MEDICAL SAS | 26 Rue Armengaud | 92210 Saint-Cloud – France
B. Braun Hospicare Ltd. | Collooney | Co. Sligo | Ireland
Tel. 01 41 10 53 00 | Fax 01 41 10 75 68 | www.bbraun.com
B. Braun Medical SAS with a share capital of 31 000 000 € | RCS Nanterre 562050856
www.bbraun.com/living-with-a-stoma

This document is not a use notice nor medical prescription. In case of any doubt, please refer to the notices and contact your doctor.
The medical devices are regulated health care products and on the basis of this regulation are certified CE.
The products commercialized by B. BRAUN MEDICAL shall exclusively be used in accordance with the package inserts which have been updated and included in the boxes.
Non binding documents and photographs.
This document, its contents, including institutional data, information, trademarks and logos mentioned herein are the exclusive property of B. Braun.
Any representation and / or reproduction, total or partial, of this document and its contents without the express prior consent of B. Braun, is strictly prohibited and constitutes an infringement of the intellectual property rights of B. Braun.