

Urostomy Guide to Living Well



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Please note: The materials and resources are intended to be an educational resource and presented for general information purposes only. They are not intended to constitute medical advice or in any way replace the independent medical judgment of a trained and licensed healthcare professional with respect to any patient needs or circumstances. Each individual's situation is unique and risks, outcomes, experience, and results may vary. Talk to your healthcare professional about what may be right for you. Please refer to product 'Instructions for Use' for intended use and relevant safety information.



Introduction

According to the Ostomy Canada Society, over 135,000 Canadians live with an **ostomy**.¹ You are not alone. You may need to adjust what you drink after surgery. Use this guide to help answer any questions you may have.

Let's explore the urinary system, surgical creation of a urostomy, how to manage symptoms, along with many other helpful tips about living with a **urostomy**.

Having a urostomy may or may not require you to adjust how much fluid you are consuming and usually does not require you to restrict any foods. However, everyone is unique so it is important to discuss with your healthcare provider on what is right for you and if you have any dietary restrictions after your surgery.

Words in **bold**, footnotes and symbols

This guide may include terms you are not familiar with, therefore words in **bold** are further defined in the glossary at the end of this document. If you wish to dive deeper into the content provided here, you may wish to explore some of the scientific references included in the footnotes.

The urinary system

Kidneys

The kidneys are two bean-shaped organs that filter waste and impurities from the blood and produce urine.

Ureters

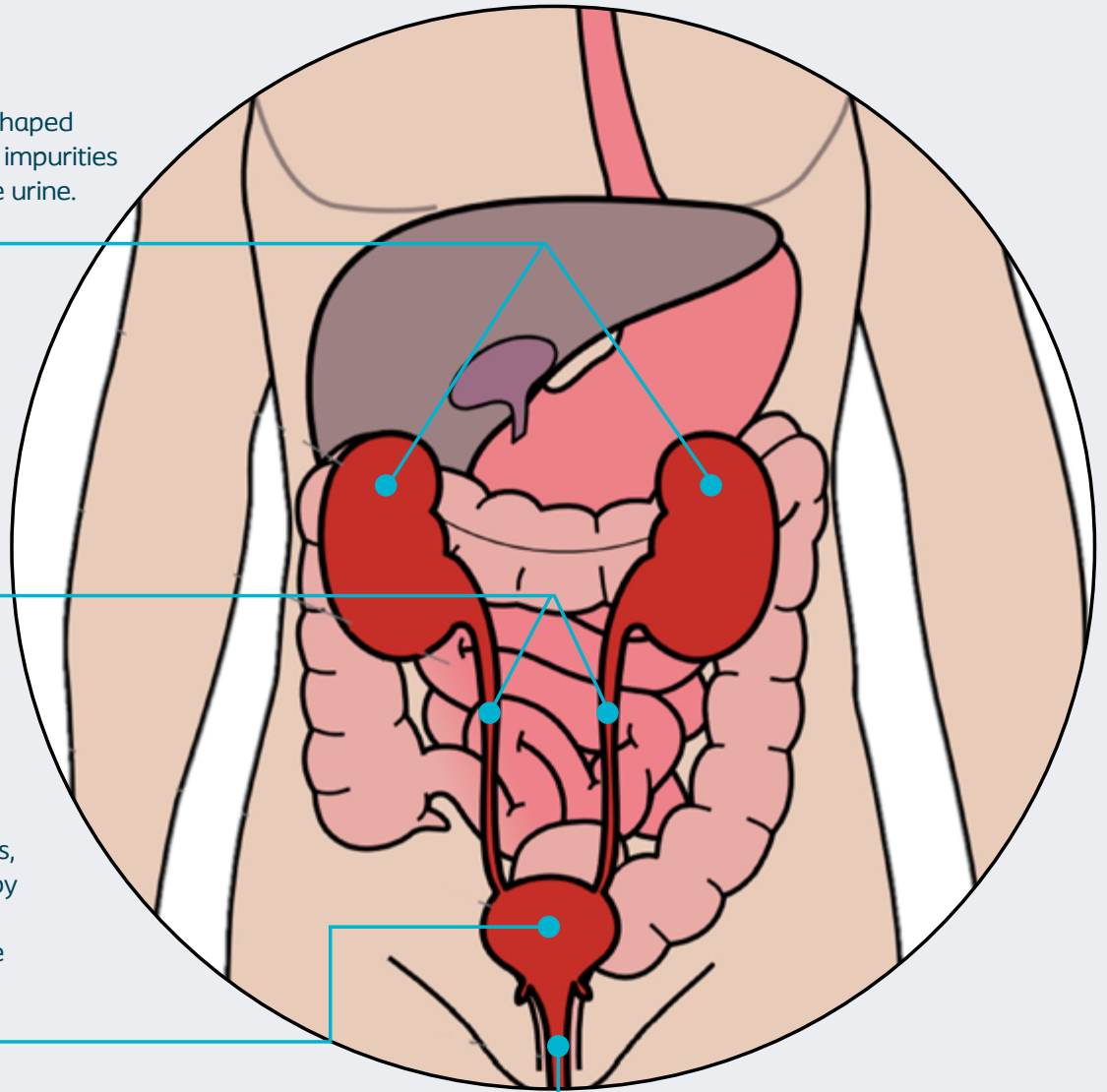
From the kidneys, the urine travels to your bladder via two tubes called the ureters.

Bladder

The bladder is a hollow muscular organ that collects, and stores urine produced by the kidneys. The urine stays here until it is passed via the urethra out of the body.

Urethra

The urethra is the tube that transports urine from your bladder out of the body.



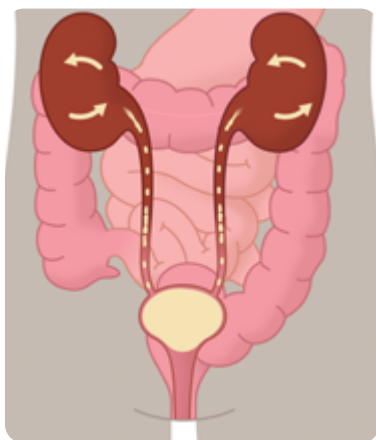
Watch the urinary system animation

What is an ostomy?

An ostomy is the result of a surgical procedure to remove disease, such as cancer. It can also be the result of injury to the urinary system. An ostomy is an artificial opening in the abdomen that allows either faeces or urine, to pass. In the case of a urostomy it is urine that is passed.

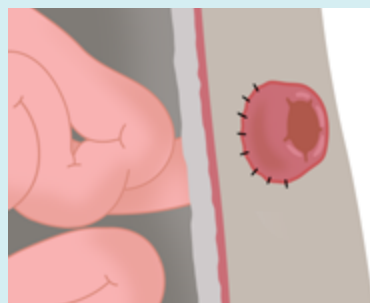
There are three main types of stomas: **colostomy**, **ileostomy** and **urostomy**.

Urostomy

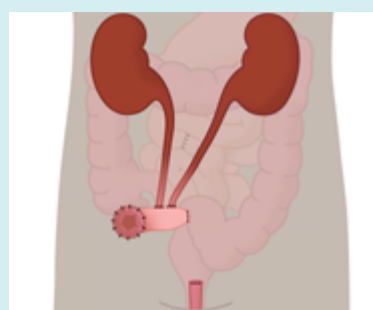


If your bladder or urinary system is damaged or diseased and you are unable to pass urine normally, you may need a urinary diversion. You may need a urinary diversion called a urostomy or an ileal conduit.

Watch animations on how your stoma is constructed



End stoma



Urostomy From Ileal Conduit
Removing the Bladder



Urostomy Creation

Is it necessary?

A part of your small intestine is repurposed to make a pathway also known as a conduit, allowing urine to move from your kidneys and out of your body. The ureters which carry urine from the kidneys to the bladder, are attached to a section of the small intestine, also called ileum, to carry urine out through the **stoma**. During surgery the bladder may or may not have been removed.

You will not be able to control urine coming out of the urostomy, so you will be required to wear an ostomy system which consists of a skin barrier and pouch to collect the urine. The small intestine which is used to create the **stoma** you can see on your abdomen where urine and mucus exit from, may be swollen for the first 6-8 weeks after this surgery. This is why it is important to measure your opening of your baseplate on your ostomy system at each change to ensure a snug fit around your stoma and to protect your skin barrier.

Drinking enough liquids will remain important to avoid possible **urinary tract infections (UTI's)**.² Refer to the 'Stay Hydrated' and 'Prevent Problems and Manage Symptoms' sections for more information.

Medication Considerations with a Urostomy

Ask your healthcare provider and pharmacist if your prescribed and over-the-counter medications are right for you after your **urostomy**. Depending on your surgery, you may or may not be impacted in your ability to absorb certain medications.

***Special considerations:** *Your medicine may need to be in liquid or chewable form, so it can be absorbed. Always let your healthcare providers and pharmacist know you have an urostomy. Only give medications prescribed by your doctor, including vitamins or other over the counter supplements or remedies. Carry a list of medications, supplements and vitamins with you when visiting your doctor or hospital.*



Urinary Tract Infections (UTI's)

A UTI is an infection in any part of your urinary system, and involves presence of enough bacteria in the urine to indicate an infection,³ as well, you may experience one or more of the following symptoms:

- Fever/ sweating
- Flank pain (lower back area)
- Fatigue/ tiredness
- Dark-coloured and/or strong smelling urine
- Cloudy Urine (Cloudy urine may be normal with the presence of mucus in your pouch and may not be indicative of a UTI on its own.)
- Shivering and increased muscle spasms in the body⁴

Did you know....?

Symptoms of a UTI such as urgency to urinate or a burning sensation with urination may not be relevant in those with a urostomy.

How to prevent a UTI with a urostomy:

- Drink water. It is recommended that most adults drink a minimum of approximately 2,250 to 3,000 mL/day (2.25-3L).⁵ This amount is recommended to flush the patient's renal system, regulate pH, and to dilute bacteria in the system. A minimum of 800 mL/day (0.8L) of urine should be released to maintain proper **hydration** and to ensure kidneys are functioning properly. Please consult with your healthcare provider to discuss adequate fluid intake for you as this is a general recommendation and age, sex, activity, and medical conditions may require increased or decreased fluid intake.
- Empty your ostomy **pouch** on a regular basis when $\frac{1}{3}$ full.
- Keep your ostomy system clean by changing it regularly as per your healthcare providers' recommendations.
- Select an ostomy system that fits snugly to your body to prevent leakage.
- Keep the skin around your ostomy clean.

A good indicator of your hydration status is your urine colour.⁶ If you notice your urine looks a darker yellow or orange colour then you may be dehydrated, so try and drink more water.



Katie, Coloplast user

Why Hydration is particularly important with your Urostomy

Hydration is very important for everyone and specifically when you have an urostomy because your urinary tract has been shortened making it easier for harmful bacteria to make their way to your kidney's.⁷ It is important to wash your hands with soap and water when changing your ostomy system.⁷

Fluids are also an important factor when you have a **urostomy**.

In most people the presence of bacteria in the urinary tract does not necessarily cause a UTI. It is only when bacteria grow and multiply to a certain level that an infection of the urinary tract may occur and symptoms may be present, that a UTI needs to be treated.⁴

The signs of dehydration:^{8,9}

- feeling tired
- thirst, which includes: dry mouth, dry lips, sticky, thick saliva
- rapid weight loss of more than 2 pounds (1 kg) in one day for adults
- darker coloured urine
- decrease in amount of urine of less than 4 to 5 cups (1000 - 1250 mL) per day for adults
- reduced sweating
- reduced skin turgor
- feeling lightheaded when you stand up
- changes to mental status

Additional signs of **dehydration** for children and babies:

- increased sleepiness
- sunken fontanelles (two soft spots on the skull of a baby)
- crying with no tears

Should It Look Like That?

You may notice strands of mucus from the stoma and cloudy urine in your pouch, this is normal. Increasing your fluids may help to reduce excessive mucus from your urostomy. Mucus production from the urostomy is normal because the stoma is made from a segment of the ileum (small intestine) which normally produces mucus.¹⁰





Stay Hydrated

Your body needs water to work properly. It is vital to life. Hydration means having enough water in your body for optimal functioning. **Electrolytes**, minerals that carry an electrical charge, have a number of important roles including hydration, regulating nerve and muscle function, balancing blood acidity and pressure and helping to repair damaged tissue.^{8,9}

Hydration is important for everyone, especially when you have a urostomy. Staying adequately hydrated may help prevent urinary tract infections (UTIs) and other complications.²

Don't reduce fluid intake to control high **urine** output. This could lead to dehydration or worsen existing **dehydration**. If you think you may be dehydrated or at risk of dehydration, speak to your healthcare provider about this.



Renee, Coloplast user

Hydration Tips: Liquids

Water is best

When it comes to replacing fluid in the body, water is best. A good habit is to always carry a water bottle with you and refill it when empty. Remember if you are sweating a lot such as when exercising or on a hot day, you may need to consume more fluids.

Drinks to avoid

Avoid drinks high in sugar (juice, pop and some sports drinks). The high amount of sugar in these drinks may dehydrate you. Caffeinated drinks (coffee, tea, pop, energy drinks) and alcohol can cause an increase in urination that can lead to dehydration, so limit the intake of these drinks.

Drinks to choose

Water, unsweetened coconut water, broth, decaffeinated tea or coffee and 100% fruit juice diluted with equal parts water.

General fluid requirements

Pediatric Population¹¹
 4 mL/kg/hour for the first 10 kg of body weight
 +
 2mL/kg/hour for the next 10 kg of body weight
 +
 1mL/kg/hour for each kilogram over 20 kg of body weight.

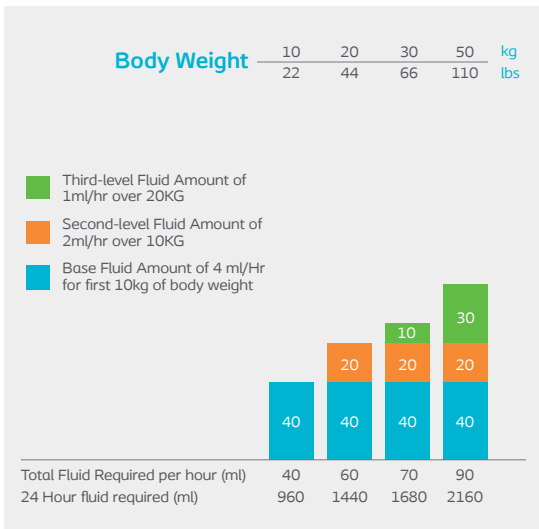
Adult – Females¹²

- **14-18 years:**
7 cups per day (1,750 mL)
- **19 years and older, and pregnant:**
9 cups per day (2,250mL)
- **Breastfeeding:**
12.5 cups per day (3,125 mL)

Adult – Males¹²

- **14-18 years:**
10.5 cups per day (2,625 mL)
- **19 years and older:**
12 cups per day (3,000 mL)

Here are specific examples for the Pediatric Population:



Did you know...?

Fluid requirements depend on age, sex, physical activity, fluid losses from your ostomy, and medical conditions.

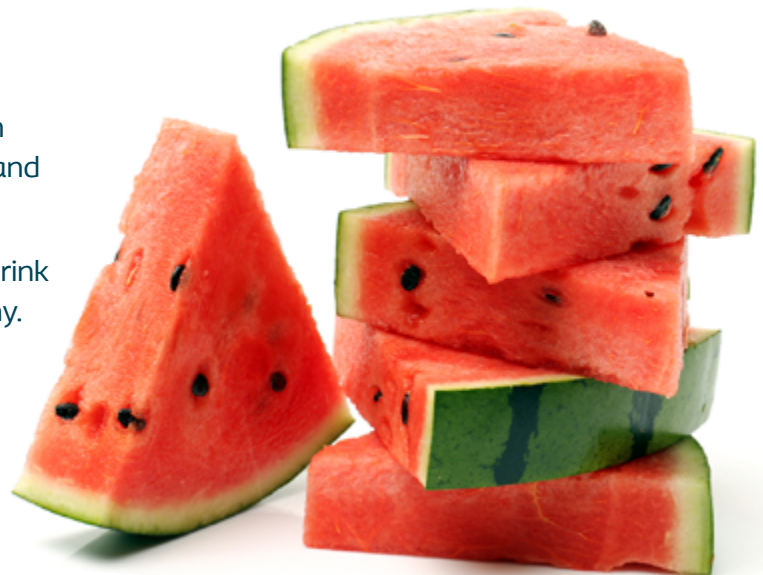
For the pediatric population a maximum of 100mL/hour or 2,400mL/day of fluid is required to replace daily loss of fluids from sweating, urine, stool and other bodily functions.¹¹ If you are feeling uncertain about how to apply these fluid requirement guidelines for your child or yourself, don't hesitate to consult your healthcare provider. *Be sure to consume extra fluids when exercising or sweating.

Hydration Tips: Food

Water-rich foods

To help with hydration, eat water-rich foods like fresh tomatoes, cucumbers, oranges, watermelon, celery and mangoes.

There is no magical number of ounces you need to drink in a day to stay healthy and hydrated with a urostomy. All liquids are considered part of your hydration management. This includes soups, water-heavy fruits, smoothies, and warm beverages. If you find yourself struggling to get an appropriate amount of water throughout the day, there are several tracking and reminder apps to help you.





Should It Look Like That?

After eating certain foods like beets, blackberries and rhubarb, your urine (and sometimes your stools) will often be pink. Eating large amounts of fava beans can cause dark brown urine. Foods that use strong colour dyes can also temporarily change urine colour even some medications can change the colour of your urine. If you are concerned about the colour of your urine, contact your healthcare professional.¹³

Prevent Problems and Manage Symptoms

Urinary Tract Infections	
Concern	Bacteria levels in the urinary tract that are high enough to cause a Urinary Tract Infection and symptoms (also referred to as a UTI for short).
Prevention	Gut health supports a strong immune system so it is important to eat a healthy and balanced diet. Drink enough fluids. <i>Please refer to the 'Stay Hydrated' section for more information.</i> Empty your ostomy pouch on a regular basis when $\frac{2}{3}$ full. Keep your ostomy system clean. Select an ostomy pouch that fits your body to prevent leakage. Keep the skin around your ostomy clean. Cranberry capsules may help prevent UTIs in those with a urostomy however further research is needed to confirm results. There is limited evidence on the role D-mannose supplements have in the prevention of UTIs in those with a urostomy, and thus more research is needed on this topic
Symptoms	Fever/sweating, flank pain (lower back area), tiredness/fatigue, dark-coloured and/or strong smelling urine, cloudy urine (cloudy urine may be normal with the presence of mucus in your pouch and may not be indicative of a UTI on its own), shivering and increased muscle spasms in the body. You may not have all of these symptoms and it is important to consult your healthcare provider if you think you are having symptoms of a UTI.
Manage Symptoms	UTIs are often treated with antibiotic medication either taken by mouth or by intravenous. It is also important to ensure adequate fluid intake to help flush your urinary system. Please consult with your healthcare provider if you think you may have a UTI.
Odour	
Concern	Everyday odour is not something you have to accept. If the ostomy pouch fits well there should be no smell except when changing or emptying it. Ostomy systems are designed to be odour proof.
Prevention	Monitor your food and beverage intake, empty and change your pouch regularly. Ensure to clean the pouch outlet effectively after emptying with some toilet paper.
Symptoms	Persistent odour even after your pouch has been emptied; a strong or unusual smell that is out of the ordinary.
Manage Symptoms	Ensure to clean the pouch outlet effectively after emptying. When desired, avoid foods that may increase odour in urine such as fish, onions, garlic, certain types of cheese, baked beans, cruciferous vegetables (*broccoli, brussel sprouts), eggs, alcohol and asparagus. Some foods to help fight odour are buttermilk, parsley and yogurt. Ruling out a UTI will also be important as odour from urine may be a symptom of a UTI.
Pseudoverrucous Lesions and Urine Crystals	
Concern	Urine crystals may form around your stoma. This is a skin complication around your stoma related to several factors which may include alkaline urine (urine with a pH greater than 7).
Prevention	Ensure you have an anti-reflux valve on your urostomy system to prevent urine from coming in contact with the skin around your stoma. Consider using a night bag at night connected to your urostomy pouch to drain excess urine. Ensure you drink an adequate amount of non-caffeinated beverages like water. Inadequate fluid intake can increase alkalinity of urine which may lead to urine crystals. Empty your ostomy pouch when it is $\frac{1}{3}$ full. Lastly, ensure you have a well fitted ostomy system around your stoma to protect your skin from exposure of urine and change this regularly before you leak. Contact Coloplast Care at 1-866-293-6349 to sample products that fit best for you. Please refer to the hydration section for more information and check the fit of your ostomy pouch.
Symptoms	Thickening of the skin appearing like a wart, with raised grey, brown, or dark red lesions usually with crusts on or near the stoma in areas regularly exposed to moisture.
Manage Symptoms	Gently cleanse the ostomy opening. Consider using ostomy accessories such as stoma powder and absorbant rings around the stoma to help manage moisture. Equal parts vinegar and water compresses to the peristomal area may be recommended by your healthcare provider to help flatten the lesions. If you have any peristomal skin complications, it is important to consult with your healthcare provider.

Your Daily Food and Fluid Journal

Keep a food and fluid journal. It can be a very effective tool toward understanding your body and how you tolerate certain foods and fluids while you adjust to your **urostomy**. Each person is unique

and your responses to foods and drinks may also change over time.

Consider keeping a daily record of your meal and fluid intake until you feel comfortable with what foods and fluids help you feel your best. You can also track goals with the MyOstomy App.

Please scan the QR code to download the MyOstomy App



Time	Food	Fluids	Symptoms (include physical symptoms, emotions and output)
Breakfast Time:			
Snack Time:			
Lunch Time:			
Snack Time:			
Dinner Time:			
Snack Time:			

Time	Food	Fluids	Symptoms (include physical symptoms, emotions and output)
Breakfast Time:			
Snack Time:			
Lunch Time:			
Snack Time:			
Dinner Time:			
Snack Time:			

Homemade Electrolyte Drink

- 1 teaspoon salt
- Orange juice – 4 ounces
- 1 teaspoon baking soda
- Water – 4 ounces
- 1 teaspoon of corn syrup or honey or pure maple syrup

Adjust this recipe to suit your preferences.

Replace with 1/2 a juiced lemon and 1-2 drops of stevia or to taste for a low sugar option

*Place all ingredients in a jar and shake well.
Store in the fridge for up to a week.*



Kefir, Banana, Almond and Frozen Berry Smoothie

(Modified from the Olive Magazine website)

Serves: 2

Gut Health:

Kefir is a milk drink which has been fermented by lactic acid bacteria and yeasts to provide a natural source of probiotics.

Ingredients

1 ripe banana

350 ml kefir

75g mixed frozen berries

40 whole almonds

1 tbsp maple syrup or runny honey

Dairy-free: Replace dairy-based kefir with coconut or water-based kefir.

Instructions

Put everything into a blender and process until completely smooth. Pour into 2 glasses and serve.



Meatless Meatballs in a Rich Tomato Sauce

(Modified recipe from The Clean Eating Mag website)

Serves: 2

Vegan-Friendly:

Use vegan Worcestershire sauce, or replace with barbecue sauce, and use vegan yogurt and cheese.

Ingredients

Meatless Meatballs

- 1 tbsp olive oil
- 1 eggplant (about 14 ounces/400 g), diced
- 1 onion, chopped
- 1 teaspoon garlic powder
- ¼ cup pitted kalamata olives, sliced
- 3 sun-dried tomatoes, preserved in oil
- 2 tablespoons Worcestershire sauce
- 2 teaspoons Italian seasoning
- Pinch of salt
- ½ cup (60 g) rolled oats
- 2 tablespoons flaxseeds
- Scant ½ cup (10 g) basil

Tomato sauce

- 1 teaspoon olive oil
- 1 garlic clove
- 3 sun-dried tomatoes, preserved in oil
- Half a 14.5-ounce (411 g) can diced tomatoes
- 2 tablespoons chopped basil
- Pinch of salt

Extras (optional)

- 1 ⅓ cups (40 g) spinach
- Probiotic Yogurt or Parmesan

Instructions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. To make the meatballs, warm a large frying pan over medium heat, add the oil, then the eggplant, onion, garlic powder, olives, sun-dried tomatoes, Worcestershire sauce, Italian seasoning, and salt, and sauté for 5 to 10 minutes, until starting to color.
3. Place the oats and flax seeds in a food processor and blend to form coarse crumbs. Transfer to a bowl and set aside. Place the sautéed mix, along with the basil, in the food processor. Combine roughly.
4. Transfer to the bowl with the crumb mixture, stir to combine, and leave in the fridge to thicken for 10 minutes.
5. Remove from the fridge and roll into golf ball-size “meatballs” (makes around 12) and place on the prepared baking sheet, then bake in the oven for 20 minutes, or until golden brown.
6. Meanwhile, prepare the tomato sauce. Warm a saucepan over medium heat and add the oil, garlic, and sun-dried tomatoes. Sauté for a few minutes, then add the diced tomatoes, basil, and salt. Reduce the heat to a gentle simmer and cook for about 20 minutes, stirring every few minutes.
7. Serve the meatballs on a bed of spinach, if desired, and topped with the tomato sauce and yogurt, if you like.

Pureed Vegetable Soup

Ingredients

- 2 tablespoons olive oil
- 1 onion, coarsely chopped
- Coarse salt and ground pepper
- Vegetable of choice (see next page for vegetable options)
- 1 can (14.5 ounces) reduced-sodium chicken or vegetable broth
- 1 to 3 teaspoons fresh lemon juice

*Pick Your Vegetable for
Taste and Tolerance*

Directions

- In a large Dutch oven or pot, heat oil over medium heat. Add onion. Season with salt; cook, stirring occasionally, until softened, 5 to 7 minutes.
- Add vegetable, broth, and enough water (4 to 5 cups) to cover. Bring to a boil; reduce heat to medium, and simmer until vegetables are tender, about 20 minutes.
- Working in batches, puree broth and vegetables in a blender until smooth, transferring to a clean pot. To prevent splattering, fill the blender only halfway, and allow heat to escape: Remove cap from hole in lid, and cover lid firmly with a dish towel.
- Adjust soup consistency with a little water if necessary. Season with salt, pepper, and lemon juice to taste.



Pick Your Vegetables

1. **Parsnip:** 2 1/2 pounds, peeled and cut into 1-inch chunks.
2. **Carrot:** 2 1/2 pounds, peeled and cut into 1-inch chunks.
3. **Broccoli:** 2 pounds, cut into florets, stalks peeled and cut into 1/2-inch chunks, plus 1 baking potato, peeled and cut into 1-inch chunks.
4. **Celery Root:** 2 pounds, peeled and cut into 1-inch chunks.
5. **Beet:** 2 pounds, peeled and cut into 1-inch chunks.
6. **Mushroom:** 20 ounces button mushrooms, trimmed and quartered, plus 1 baking potato, peeled and cut into 1-inch chunks.
7. **Butternut Squash:** 3 pounds, peeled, seeded, and cut into 1-inch chunks.
8. **Cauliflower:** 2 1/2 pounds, cored and cut into florets.
9. **Celery:** 2 pounds celery, cut into 1-inch-thick pieces, plus 1 baking potato, peeled and cut into 1-inch chunks



Resources:

Nurses Specialized in Wound, Ostomy and Continence Canada (NSWOCC)

<https://www.nswoc.ca/>

Wound, Ostomy and Continence Nurses Society

www.wocn.org

International Foundation for Gastrointestinal Disorders (IFFGD)

www.iffgd.org.

Or visit their dietitian locator: www.iffgd.org/dietitian-listing.html

Or visit their sister organization for information on kids and nutrition:

www.aboutkidsgi.org

Ostomy Canada Society

www.ostomycanada.ca/

Dietitians of Canada

www.dietitians.ca

Reading Labels

Understanding a food label can help you become a more informed consumer who can make healthier choices. The Canadian Food Inspection Agency provides information to help you make sense of label content:

<https://inspection.canada.ca/>

Glossary of Terms:

Dehydration: Occurs when you use or lose more fluid than you take in. It results in your body not having enough water and other fluids to carry out its normal functions. Feeling thirsty, tired and weak are some of the symptoms of dehydration.

Electrolytes: Minerals that carry an electrical charge, and have a number of important roles including hydration, regulating nerve and muscle function, balancing blood acidity and pressure and helping to repair damaged tissue. Electrolyte levels can be determined with a blood test.

Gut Microbiome: Refers to the community of micro-organisms that live together in your gut, and is made up of trillions of bacteria, fungi and other microbes. They provide an important role in many aspects of your health including aiding in digestion and benefiting your immune system. Prebiotics and Probiotics play a role in keeping your microbiome in balance.

Hydration: Getting the right amount of water, fluids, and electrolytes to maintain health.

Ostomy: A surgically created opening in the abdomen to provide an alternative path for urine (in the case of a urostomy) or stool (in the case of a colostomy or ileostomy) to leave the body.

Ostomy Nurses: (Also commonly called a Stoma Nurse) have expertise in ostomy management, including urostomy.

pH: pH refers to how acidic or how basic (alkaline) a solution is. The pH scale ranges from 1 (most acidic) to 14 (most basic).

Pouch (Pouching System, Bag): A prosthetic medical device that provides a means for the collection of waste (i.e. urine, stool). A pouch connected to a skin barrier/ baseplate is worn over a stoma and is mostly associated with colostomies, ileostomies, and urostomies.

Stoma: A portion of the large or small intestine that has been brought through the surface of the abdomen and then folded back like a sock cuff.

Urinary Tract Infection (UTI): A condition in which bacteria invade and grow in the urinary tract (the kidneys, ureters, bladder, and urethra).

Vegan: A person who does not eat any food derived from animals and who typically does not use other animal products.

Vegetarian: A person who does not eat meat, and sometimes other animal products, especially for moral, religious, or health reasons.

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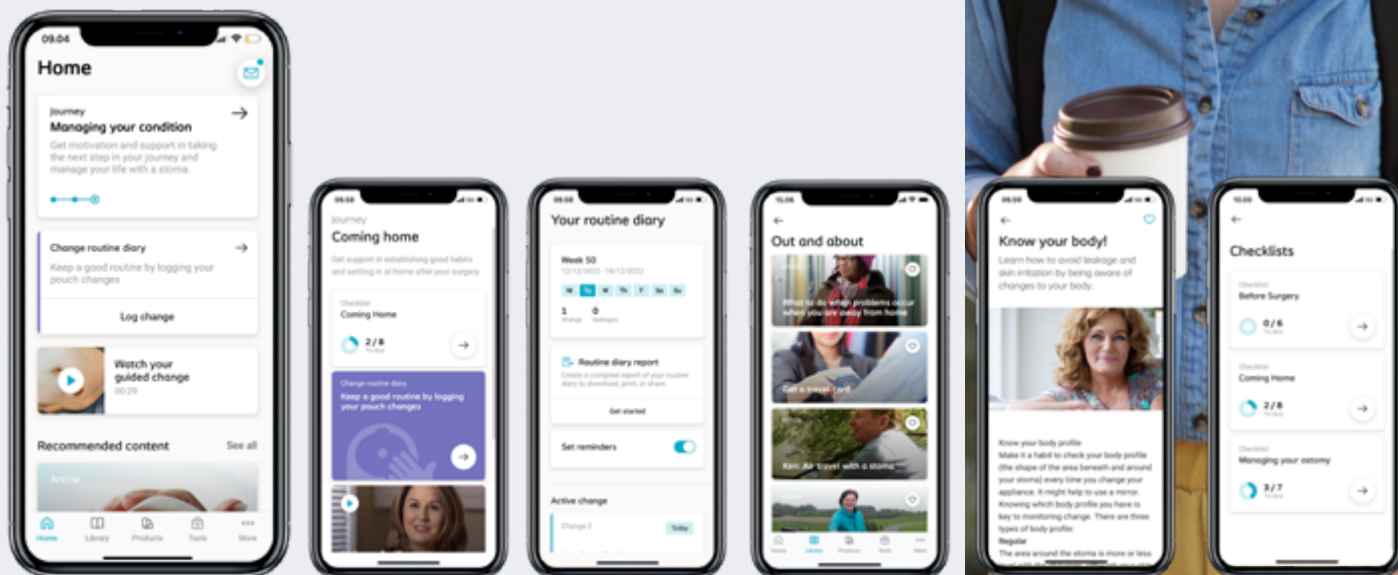
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MyOstomy App

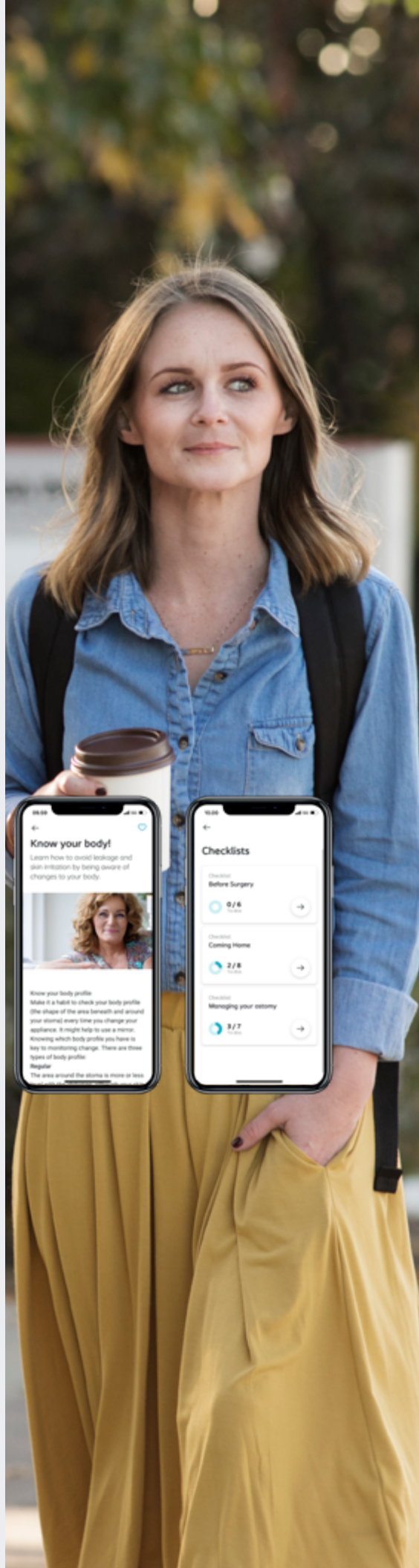
- designed to support your life with an ostomy

We have created the MyOstomy app to be a companion to you in your life with an ostomy. The app is designed to help you keep track of your ostomy routines. You will also have access to a vast and personalised library of articles, videos, check lists, direct support, and much much more.



Download for free today and get started!

Search for "My Ostomy" in your App store and download the app or scan this QR code.



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Information and help

Coloplast® Care

You can get help from a Coloplast Care Advisor!
we are available from 9:00 am to 5:00 pm (EST) at:

1-866-293-6349

www.coloplastcare.ca

This book Urostomy Guide to Living Well has been created by:

Rory Hornstein*

BEEd, Registered Dietitian, Nutrition Counselor

Natalie Kameka

MCISc-WH, BScN, RN, NSWOC, Clinical Lead
at Coloplast Canada

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*Received compensation from Coloplast for participation and creation.

The Coloplast story begins back in 1954. Elise Sørensen is a nurse. Her sister Thora has just had an ostomy operation and is afraid to go out in public, fearing that her stoma might leak. Listening to her sister's problems, Elise conceives the idea of the world's first adhesive ostomy bag.

Based on Elise's idea, Aage Louis-Hansen, a civil engineer and plastics manufacturer, and his wife Johanne Louis-Hansen, a trained nurse, created the ostomy bag. An ostomy bag that helps Thora – and thousands of people like her – to live the life they want to lead.

A simple solution that makes a difference.

Today, our business includes Ostomy Care, Contenance Care, Wound & Skin Care, Interventional Urology and Voice & Respiratory Care. We operate globally and employ about 14,000 employees.