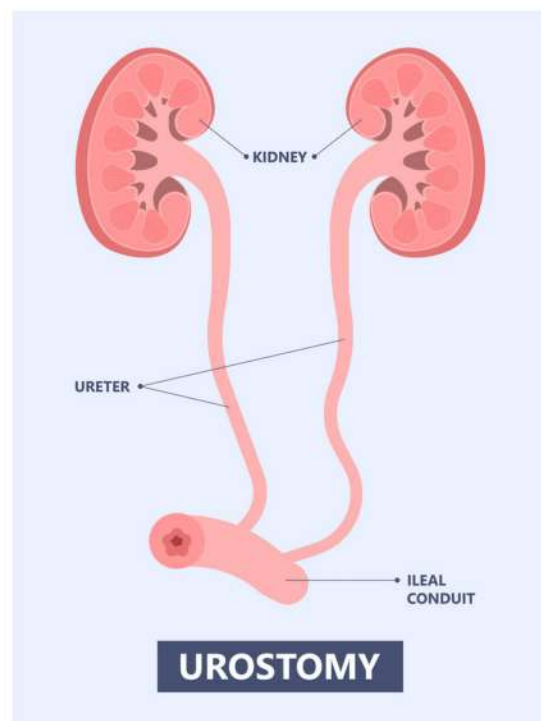
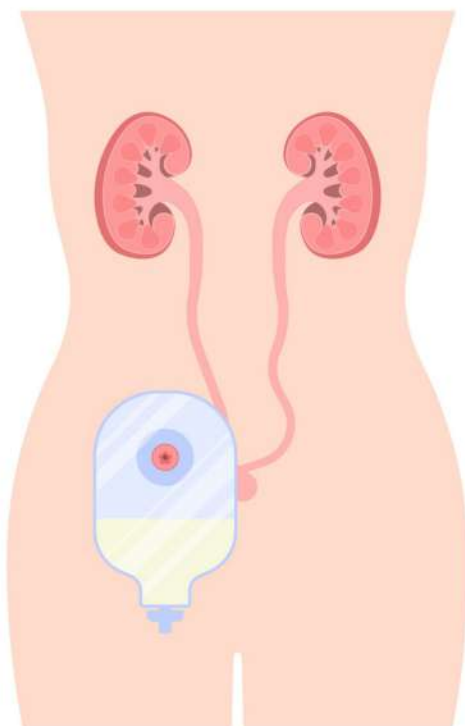


# Care of Ileal conduit

## What is an Ileal Conduit

Ileal conduit is created after the bladder has been surgically removed or has significant loss of function from various diseases despite medical treatments. A piece of small intestinal (ileum) is used as a conduit to replace the bladder. The two ureters that carry urine from the kidneys are surgically attached to one end of this new conduit. The other end of the ileal conduit is brought out through the abdominal wall as a stoma.



## What is a Stoma?

A stoma has a shiny, wet and red appearance, is often round or oval in shape and varies in size. It is well supplied with blood vessels and may experience slight bleeding if irritated. It's crucial to shield the skin around the stoma to avoid direct contact between the skin and stomal discharge. Proper stoma care must be performed to avoid stoma complications.



## Emptying and Changing the Stoma Bag

Mastering the essential skill of emptying and changing the stoma bag is crucial. The Urology nurse at Woodlands Health is committed to aid and guide, enabling you to self-manage effectively upon discharge. To prevent overfilling, stoma bags should be emptied when they are one-third to half full or every 3 to 4 hours. Stoma bags may be changed every 7 to 10 days. If a stoma bag leaks, it should be changed immediately.



## Steps for Changing the Single-piece Stoma Bag



1. Wash hands



2. Remove the existing stoma bag carefully and dispose



3. Wash hands again



4. Take out the new stoma bag



5. Use warm water, and soap-free non-alcohol wipes to cleanse the peristomal area

6. Dry the peristomal area after cleansing

7. Measure the stoma size with the measuring guide provided by product vendor

8. Trace the exact stoma shape onto the white release paper from the wafer



9. Cut along the tracing with scissors



10. Remove the tape from the wafer base and place it firmly around the stoma

## Steps for Changing the 2-piece Stoma Bag



1. Wash hands



2. Remove the existing stoma bag carefully and dispose



3. Wash hands again



4. Take out the new stoma bag and wafer base plate



5. Use warm water, and soap-free non-alcohol wipes to cleanse the peristomal area

6. Dry the peristomal area after cleansing

7. Measure the stoma size with the measuring guide provided by product vendor

8. Trace the exact stoma shape onto the white release paper from the wafer

9. Cut along the tracing with scissors



10. Remove the tape from the wafer base plate and place it firmly around the stoma



11. Attached the stoma bag onto the wafer base plate. A 'click' sound confirms good attachment

12. Check the attachment by gently pulling the bag away from the wafer base plate

## Important Aspects of Stoma Care at Home

1. Hand hygiene: wash hands before and after handling the stoma bag
2. Stoma cleansing: gently cleanse the stoma with warm water, soap-free non-alcohol wipes, then pat dry
3. Skin care: when removing the stoma wafer, use one hand to gently push the skin away instead of pulling directly onto the stoma wafer. Always ensure the skin is completely dry before applying a new wafer
4. Wafer placement: proper fit is important to prevent leakage and odour
5. Regular emptying: when the stoma bag is one-third to half full or every 3 to 4 hours
6. Diet: no special diet is required unless instructed by your doctor. Eat a balanced diet
7. Fluids: drink 7 to 8 cups of water (about 2 liters) daily unless instructed by your doctor

### Contact your healthcare provider if you have:

1. Fever of 38°C or higher
2. Chills
3. Persistent bleeding / leakage in stoma
4. Catheters or drainage tubes that are dislodged or does not drain
5. Redness, swelling and pus / discharge from your surgical wound
6. Worsening abdominal pain after operation
7. Nausea or vomiting after operation
8. Persistent loss of appetite
9. No bowel movements for more than 3 days
10. Decreased or no urine output from the stoma
11. Cloudy, foul-smelling urine from the stoma

WH Contact Centre: 6363 3000

Contributed by Urology

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