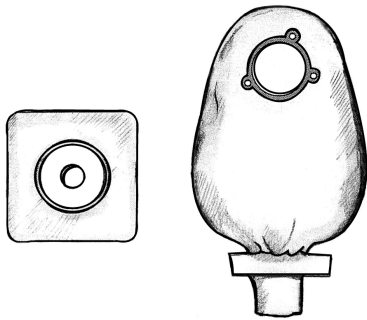




Urostomy: pouch and skin care

Understand urinary diversion, empty the pouch and protect the skin with your stoma nurse.



Two-piece urostomy system: skin barrier and pouch with drainage outlet.

NIDDK / NIH · [Source](#)

01 Identify

Confirm your stoma and pouch type. A urostomy collects urine; care differs from a bowel stoma.

02 Empty early

Empty at about one-third to half full to limit weight. Close the outlet.

03 Prepare the change

Gather prescribed supplies. Use the template and technique taught by your stoma nurse.

04 Protect the skin

Remove the barrier gently; clean skin with water and dry thoroughly before applying a new one.

05 Check the fit

Leaks or burning require a fit review. Do not simply cover a leak with tape.

When to seek help

Grey, brown or black stoma, markedly reduced urine, fever or flank pain: prompt assessment; severe illness: emergency care.

These reminders complement a demonstration by your team. Personal instructions and device directions take priority. Never improvise insertion, removal or flushing.

Sources and references

[Memorial Sloan Kettering — About your urostomy](#) · [American Cancer Society — Urostomy care](#) · [Cleveland Clinic — Urostomy](#)