

# Urostomy



## Things you need to be aware of

- Bleeding from the stoma: your stoma may bleed slightly when you clean it. This is nothing to worry about. It may also bleed if your appliance is too tight or rubs/irritates. If you get repeated bleeding, you should contact your Stoma Nurse
- The bowel to make your urostomy will continue to produce mucus (which you can see as a white, sticky deposit in the tubing or when you empty your bag). It is not a sign of infection, but it can block the drainage valve or the night drainage tubing. Gentle “milking” the tubing normally dislodges any plugs of mucus. Taking Vitamin C supplements can reduce the amount of mucus production by your stoma
- Certain foods may give your urine an unusual smell (e.g. asparagus, fish, onions, garlic & some spices)
- Drinking cranberry juice, 200 ml each day, can help keep your urine free from infection. If you take regular Warfarin, you must check with your GP before drinking cranberry juice.
- Beetroot, as well as red fruit and some fruit drinks, can turn your urine red
- Some drugs can change the smell and colour of your urine
- Follow-up: you will need prolonged follow up with blood tests and scans of the kidneys to check that they are draining freely
- Kidney failure: a urostomy can, in the long term, lead to a reduction in function of your kidneys. In rare cases your kidneys may fail to work adequately. This may occur many years after your surgery and may lead to dialysis, or even kidney transplantation
- We’re also prone to infection so drinking plenty is important