

17  
U582HC  
4:U78  
1990  
c.2

APR 1 1992

Urostomy Care

---

Using a Non-Adhesive  
Pouch System

---

STATE LIBRARY OF IOWA  
DES MOINES, IOWA 50319

## Equipment

Pouch

O-Ring

Belt

Closed drainage system



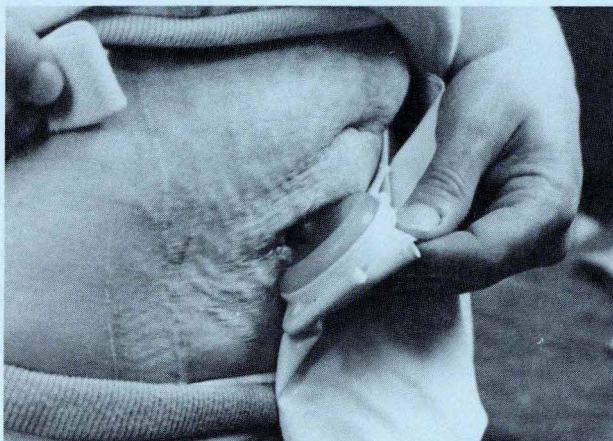
VPI supplies

(Top left) Pouch, o-ring, belt, tampons, skin prep, washcloth, and towel

## Application

It is recommended that two pouches be used interchangeably so that a fresh pouch can be applied every day.

1. Remove current pouch system.
2. Wash peristomal skin with soap and water, rinse and towel dry.

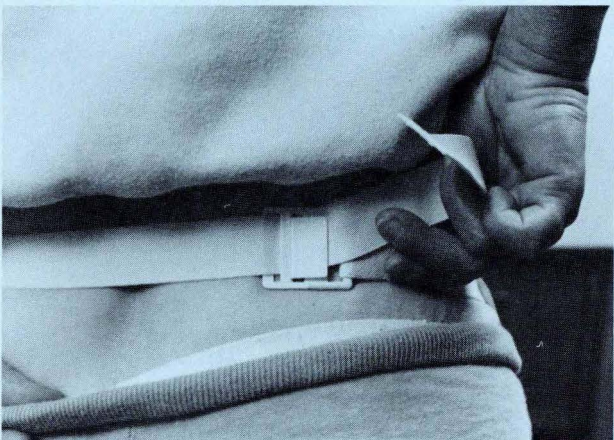


3. Apply VPI system. Face O-ring seal toward the body and wrap long end of belt around waist. Position O-ring seal around the stoma.
4. Hook long end of belt to pouch hook.
5. Button pouch to belt buttons.
6. Distribute belt tension.

### **Adjusting Belt Tension of a New Pouch System**

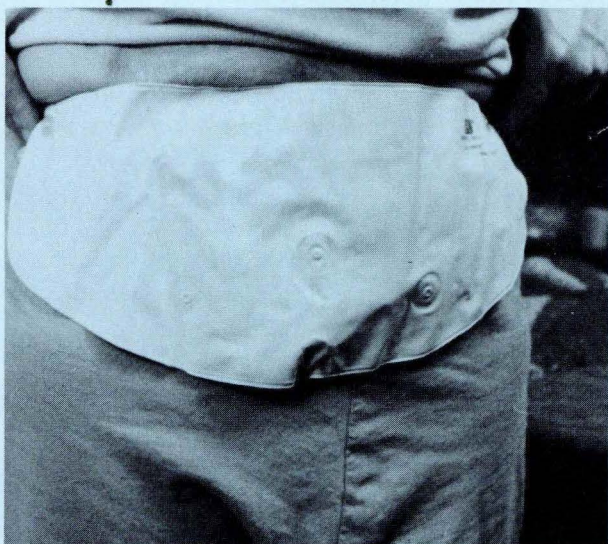
The belt tension secures the pouch system to your body removing the need for an adhesive.

1. Unhook the long end of the belt from pouch hook.
2. Stretch the belt several times.
3. Apply VPI system over current pouch system with O-ring seal facing your body. Wrap long end of belt around your body.
4. To achieve proper belt tension, adjust belt length so button holes line up with buttons and so that pouch lies flat against the skin.
  - A. Distribute belt tension evenly by sliding thumbs between belt and body from front to back.
  - B. To adjust tension, estimate amount belt needs to be lengthened or shortened.
  - C. Unhook belt from pouch and remove pouch.
  - D. Release belt from adjuster buckle, then lengthen or shorten belt.



Adjust belt tension

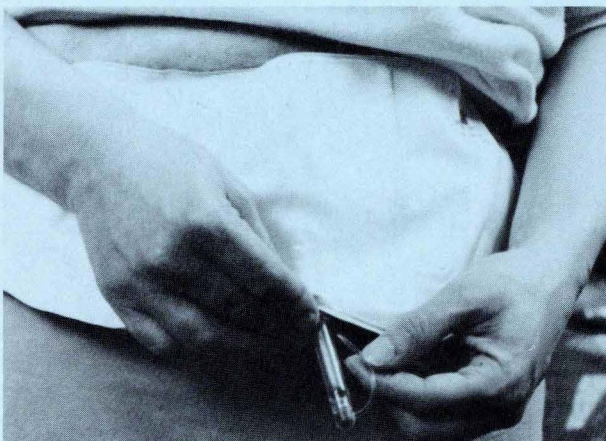
- E. Replace belt in adjuster buckle and secure in place.



Secure VPI pouch system

### Draining the Pouch

1. Remove drain tube from retainer strip on underside of pouch and grasp the bottom center of pouch.
2. Unplug drain tube and drain pouch.
3. Reinsert plug in drain tube.



VPI drain

## **Night Drainage Collection**

1. Drain the pouch.
2. Lie down, check belt tension and adjust as needed.
3. Leave belt and pouch buttoned as for day-time wear or unbutton long side of pouch. Fold long side over and button to short side of pouch.
4. Unplug drain tube, insert securely into connector then insert drainage system tube into other end of connector.

NOTE: If extra protection is desired, apply two strips of tape as close as possible to seal retainer hooks.

## **Cleaning Instructions**

After each wearing, wash belt and O-ring seal with mild soap and water.

1. With drain tube plugged, fill pouch  $\frac{1}{4}$  full with lukewarm water.
2. Add small amount of liquid soap or preferred cleaner.
3. Hold pouch at button holes and gently tilt pouch so that solution runs from corner to corner.
4. Allow solution to remain in pouch for 15-20 minutes.
5. Drain, rinse with lukewarm water, drain again.
6. Hang to dry.

## Helpful Information

1. Cloth panels or pouch covers may be worn to reduce perspiration between pouch and abdomen.
2. After wearing pouch system several days, the O-ring seal will create an indentation around the stoma. This indentation assists in maintaining the position of the seal around the stoma.
3. Until indentation forms, you may wish to place two strips of waterproof tape as close as possible to seal retainer hooks over the belt and onto the abdomen. Taping the belt may be beneficial if stoma is flush or retracted or you are performing strenuous work or activities.
4. During initial wearing period, persons with sensitive skin may wish to use a protective skin wipe, like Skin Prep (Sween Cream).
5. For cleaning convenience, remove and wash pouch while you are taking a shower.

STATE LIBRARY OF IOWA



3 1723 02106 7434