

When will the Stoma nurses visit?

The stoma nurses will have already arranged to see you.

How do I contact the Stoma Nurses?

If you need to speak to the stoma nurses they can be contacted by phoning (04) 918 6375 during office hours 8 am – 4.30 pm Monday to Friday (excluding Public Holidays).

If they are not able to answer the phone please leave a message on the answer machine. The nurses will get back to you as soon as possible.

If your call is urgent please phone Wellington Regional Hospital on (04) 3855 999. During **normal working hours** ask the hospital operator to contact the stoma nurses. **Afterhours** ask the hospital operator to contact the district nurse on call. Give the hospital operator your contact details and the district nurse will phone you.

My urine has an odour (smell)

Some foods may make your urine smell e.g. asparagus, garlic, fish, onions. You can still eat these foods. Increasing the amount of fluids you drink can help with the urine smell.

I have mucous threads/bits in my urine

Mucous threads in your urine are **normal**. Increase the amount of fluids you drink and make sure the mucous does not block the outlet. Drinking cranberry juice or taking cranberry tablets may also help reduce the mucous.

What are the possible complications?

An ileal conduit can become infected without you noticing any symptoms. If an infection is left untreated it can lead to kidney damage.

How can I help prevent infections?

The following may help reduce the risk of infection:

- Drink enough fluids
- Careful attention to hygiene when handling your stoma and drainage system
- Empty your urostomy pouch when it is half full
- Attaching a drainage system to your pouch when lying down will help prevent your urine flowing back

How do I know I have an infection?

- Your urine may be cloudy
- Your urine changes in colour or has a strong offensive smell
- There is an increase in amount of mucous in your pouch
- you have a fever or you feel unwell
- you have abdominal or lower back pain
- Your bag is starting to leak frequently

If you have any of the above symptoms see your own doctor (GP).

Collect a urine sample directly from your stoma or from a new bag to take with you to your doctor (GP). Increase the amount of fluids you are drinking.

Contact us

If you wish to contact a stoma nurse phone:

(04) 918 6375 8am – 4.30pm

Monday – Friday (excluding Public Holidays)

After hours phone:

Kapiti: (04) 903 0224

Kenepuru: (04) 918 2011

Wellington: (04) 806 2556

Essential phone calls only over weekends and evenings