

# Caring for Myself after an Ileal Conduit Surgery

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## What can I expect after the surgery?

- Your ileal conduit is made using intestine. Because the cells lining the intestines produce mucus, you will notice mucus draining out with your urine.
- It is normal to have vaginal and penile drainage for up to 8 weeks after surgery.

## What are my activity instructions?

### Driving:

- Do not drive until you are no longer taking narcotic pain medications.

### Physical Activity:

- Continue walking when you return home, gradually increasing the distance you walk. This will help you build strength.
- Avoid heavy lifting (greater than 10 pounds) for about 4 weeks.
- Stay active but avoid strenuous activity for about 4 weeks.

### Hygiene:

- Keep your incisions clean, dry, and open to air.
- Gently wash your incision with unscented antibacterial soap when bathing.

### Diet:

- Drink at least 8 (eight) 8-ounce glasses of fluid a day (a total of 64 ounces). It is important to drink plenty of fluids to dilute the mucus in your urine.

## How will I care for the stoma and pouch?

- Empty your pouch when it is 1/3 (one-third) to 1/2 full.
- Protect your skin:

- Make sure the ostomy appliance is fitting correctly. You will need to measure your stoma to ensure a proper fit.
- Change the pouching system regularly – about twice per week.
- If you have irritation, open, or broken skin around your stoma, apply a small amount of Stomahesive powder to the irritated area, rub in well, and apply skin prep over the area to allow the pouch to adhere.
  - If the skin issues do not resolve with 2 weeks of treatment, contact your surgeon’s office to schedule an appointment with an ostomy nurse.
- Please refer to the *Urostomy Patient Handbook* for more helpful ostomy care tips which are available under the section: *Managing Your Urostomy*.

### **When should I call the surgeon’s office?**

- If the stoma color becomes purple, blue, or black.
- If the bleeding around the stoma lasts more than 3 days.
- If you have poor oral intake, cannot hydrate according to above recommendations, or you are vomiting.

### **What is the number to call?**

- During business hours, Monday-Friday 8:00 am – 4:30 pm call: (734) 647-8903
- After business hours, on weekends and holidays call the University of Michigan Health 936-4000 and ask to speak with the urology resident on call.

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