

Urostomy

What's Right for Me?



Attention to Detail. Attention to Life.



If you have just had urostomy surgery, we know that you have experienced a life-changing event.

You are now deciding which ostomy products will work best for you. At the same time, you are developing skills and routines to help manage your life.

In this booklet, Hollister has highlighted options for you to explore - along with features that can help you make an informed choice.

Our goal is to help you feel in control and resume the lifestyle you want. Hollister has the products for you.

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Table of Contents	Page No
■ About Your Urostomy	2
■ Your Stoma Size and Shape	2
■ Skin Barriers	3
■ Pouching Systems	4
■ Urostomy Pouches	5
■ Decision Guide	6
■ Routine Care of Your Urostomy	7
■ About Wear Time	8
■ Reimbursement Information	9
■ Hollister Two-Piece Urostomy Products	10-11
■ Hollister One-Piece Urostomy Products	12-13
■ Hollister Accessories Solve Problems, Add Comfort	14-17
■ Glossary	18
■ Support Groups	19
■ Hollister Support Network	Back Cover

About Your Urostomy



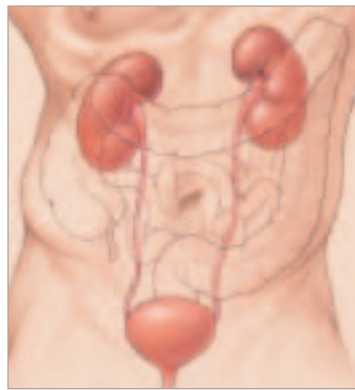
The stoma is normally red and moist, bleeds easily, and has no feeling.

Your urinary system is made up of the kidneys, ureters, bladder and urethra (shown below). This system makes urine and allows you to store it in your bladder.

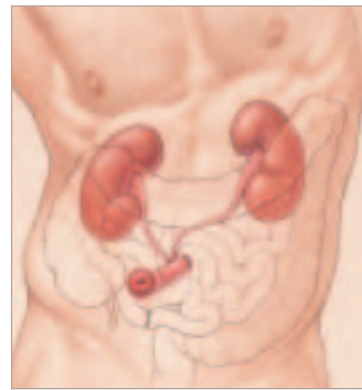
When the bladder has to be removed or bypassed, and the urine comes out through an opening on the skin, it is called a **urostomy**. The place where the urostomy opens onto your skin is called the **stoma**.

Urine will drain from the stoma. Your stoma may also drain mucous, a sticky thick fluid that looks like cloudy material in the urine. This is normal.

The stoma is normally red and moist, bleeds easily, and has no feeling. The skin next to your stoma should not have rashes or sores. The most important thing you can do to keep your skin healthy is to use ostomy products that fit well and stay in place.



This is the urinary system: kidneys, ureters, bladder and urethra.



With a urostomy, (ileal conduit above) the bladder and urethra are removed or bypassed.

Your Stoma Size and Shape



Contact Hollister if you need a stoma measuring guide.

Every stoma is a little different in size and shape. Your stoma may get smaller during the first six weeks after surgery, so it's good to measure it frequently. Measure your stoma until it stops changing, or if you are having problems with leakage or skin irritation next to your stoma.

To choose the correct size Hollister skin barrier, pick one that fits closely around your stoma.

Skin Barriers

You will want the best fit possible with your skin barrier. Hollister skin barriers come with or without tape around the edges. Both types adhere well to your skin.



Flat Skin Barrier (left)

If your stoma sticks out at least an inch from your body, a **flat skin barrier** may work well to seal the pouching system securely to your body.



Convex Skin Barrier (left)

If your stoma is flat against your skin, or protrudes less than an inch, you may need a **convex skin barrier**. It also may be your best choice if you have a soft abdomen with a dip or indented area around your stoma.



Pre-sized Skin Barrier (left)

If your stoma is round and is no longer changing size you may want to choose a skin barrier that is already cut to the proper size. You'll see the term, pre-sized, next to the appropriate products in this booklet.



Cut-to-fit Skin Barrier (left)

If your stoma is oval, oblong, or still changing size, you may need to cut the product yourself and create the size and shape that's correct for you. Measure the stoma where it is the largest to select the correct size skin barrier. You'll see the term, cut-to-fit, next to the appropriate products in this booklet.



Flextend Skin Barrier

This is the best choice to use with a urostomy. **Flextend skin barriers** are resistant to breakdown and are a good choice if you change your barrier once or twice a week.

Pouching Systems

One-Piece System



You can choose between Hollister one- and two-piece pouching systems. Each has its advantages. Your pouching system should be secure, odor free and comfortable, no matter what type you select. The skin barrier should be changed regularly, once or twice a week.

One-Piece System

In a one-piece system (shown left) the skin barrier is already attached to the pouch. The one-piece is simple to apply—just peel and stick.

A one-piece pouch lies flat against the skin and may show less under clothing. If you happen to have a bulge or hernia near your stoma, you may get the best fit with a one-piece pouch.

Two-Piece System

A two-piece system (shown bottom left) is the most versatile. The skin barrier is separate from the pouch. The pieces snap together with a **flange**, a part that looks like a plastic ring. It is easy to unsnap the pouch and discard the pouch as often as you like.

Your two-piece system has a **floating flange**. You can put your fingertips under the flange for support while you attach the pouch to the barrier. This helps eliminate pressure on your abdomen when applying your pouch.

If you want to change your pouch more frequently than the skin barrier, choose a two-piece system.

Two-Piece System



New Image floating flange eliminates pressure when you apply the pouch.



With a floating flange, your pouching system remains flexible and comfortable.



With a two-piece system, the pieces snap together with a flange.

It's Your Choice!

You have many options as you discover which Hollister products work best for your needs.

Urostomy Pouches



Hollister urostomy pouches have a drain valve at the bottom of the pouch so urine can drain quickly when emptying the pouch.

All **urostomy pouches** have a drain valve at the bottom of the pouch so urine can be drained quickly when you empty the pouch.

There are clear and beige options. All Hollister urostomy pouches have a soft cover called a **ComfortWear Panel** designed to increase your comfort.

At night, you can connect your urostomy pouch to a bedside drainage collector. Each box of Hollister pouches includes an adapter (below) which makes it possible to connect your pouch to the drainage collector.

We suggest you clean your bedside drainage collector every day using m9 Cleaner/Decrystallizer. It comes with a convenient rinse bottle so it's easy to put the cleaning solution into the tubing to clean the bedside system.



Use a drain tube adapter to connect your urostomy pouch to a bedside drainage collector at night

Choices

Every Hollister pouch is made with an odor barrier material to increase your confidence level when wearing a pouch.

Hollister pouches offer:

- clear and beige options
- soft **ComfortWear** panels for added comfort



m9 Cleaner/Decrystallizer comes with a convenient rinse bottle so it's easy to put the cleaning solution into the tubing to clean the bedside system.

Decision Guide

Situation	Consider...
Your stoma is round. The size is not changing.	Pre-sized Skin Barriers
Your stoma is oval. The size is still changing.	Cut-to-fit Skin Barriers
You want a skin barrier that is resistant to urine.	Flextend Skin Barriers
Your stoma sticks out or you have a deep crease or hernia.	Flat Skin Barriers
Your stoma does not stick out. Your skin is soft or you have a slight crease in your skin.	Convex Skin Barriers
You are sensitive to tape.	Tapeless Skin Barrier - only in two-piece systems
You want to see your stoma and or pouch contents.	Clear Pouches
You do not want to see your stoma or pouch contents.	Beige Pouches

Routine Care of Your Urostomy

When your doctor says it is appropriate, you can resume your normal activities. You will become comfortable with your Hollister pouching system and develop a schedule that fits your lifestyle. Here are a few guidelines for successful care of your urostomy.

- Empty your pouch when it is one-third to one-half full.
- Replace the skin barrier, the waxy part that sticks to your skin, every three to seven days.
- If you use soap, make sure your soap doesn't contain oils or lotions that can interfere with adhesives.
- Rinse your skin with water, and dry it completely before you apply the new pouch.
- After you apply your skin barrier, hold it against your body for 30-60 seconds. The pressure and warmth help activate the adhesive.
- If you wear a two-piece system, try putting your skin barrier on at an angle, making a diamond shape, for a smoother fit.
- You can shower or bathe with your skin barrier and pouch in place, or you can remove them before bathing. Water will not harm or flow into your stoma.
- If your skin becomes red and sore, or your pouch is not staying in place, be sure to see your doctor or WOC (Wound, Ostomy, Continence) Nurse.



New Image is a lifesaver.
I feel secure when I have it on.

— Ericka Jackson

About Wear Time

Many factors will affect how long you can wear your Hollister skin barrier and pouch:

- How much your stoma sticks out from your skin
- Climate, your activity level and how much you perspire
- Skin condition around your stoma
- Creases, folds and wrinkles in areas around your stoma
- Type of skin barrier used
- Skin products used underneath the skin barrier*

Usually, a skin barrier is changed once or twice a week, but every person has their own routine. If your wear time becomes unpredictable, consult your WOC (Wound, Ostomy, Continence) Nurse.

Plan your pouch change for a time that works well for you. Don't wait until your pouch begins to leak or pull away from your skin.

If you have trouble getting your skin barrier to stay in place on your skin, you may need to get some help with fitting and product selection. The best source of help is a Wound, Ostomy, Continence Nurse (WOC Nurse / ET Nurse). If you need help locating one in your area, call our Customer Service Center at 1.800.323.4060.

*Please do not use Skin Gel Protective Dressing Wipes, Stock No 7917, or other skin prep agents under a Flexend extended wear skin barrier as they may decrease wear time.

Reimbursement Information

Most insurance carriers pay for urostomy supplies. If you have Medicare, the supplies are covered under Part B.

Supply Quantities

The quantity of ostomy supplies you need depends on the type of ostomy you have and other things, like the condition of the skin around your stoma. This may change over time.

Medicare Quantities

For many billing codes, Medicare has set a maximum number of items that are usually necessary. The actual quantity you need may be more or less, than that amount. Medicare allows up to 20 pouches and / or 20 standard wear skin barriers per month. They have not set a maximum quantity for extended wear barriers. Suppliers usually provide up to 10 extended wear barriers per month. If you need more than 10, talk to your doctor about providing written medical justification and a written order for what you need. Give that information to your supplier.

Find a Supplier

Shop around for a supplier. Some suppliers bill Medicare (and other insurance providers) for you. Some suppliers agree to accept Medicare's approved amount as payment in full. This means you will only pay your deductible (and co-insurance provider if you do not have any other coverage). Other suppliers may ask you to pay for the supplies when you receive them. This could lead to higher payment amounts for you. Ask specifically about the products you want to receive.

If you are covered by a private insurance plan or your state Medicaid plan, check with your insurer to make sure that the products you want are covered. Also, ask if there are any limits to the number of pouches, barriers or other items you can receive monthly.

Hollister Two-Piece Urostomy Products

A two-piece system is the most versatile. It comes with a skin barrier that is separate from the pouch. The pieces snap together with a flange, a part that looks like a plastic ring. (see page 4) It is easy to leave the skin barrier attached to your skin and unsnap the pouch and discard it as often as you like.

Color Matching System

To help you select compatible New Image components, every box label and corresponding product, is color coded. First, select the proper skin barrier; then select a matching color-coded pouch. For example, a “red” skin barrier box label is compatible with a “red” pouch box label.






New Image Two-Piece Pouching System



- Comfortable and flexible for active lifestyles
- Skin barriers available with or without tape
- New Image pouches are compatible only with New Image skin barriers

New Image Flextend Flat Skin Barrier with Tape






	1-3/4" 	2-1/4" 	2-3/4" 
Cut-to-Fit	14602 up to 1-1/4"	14603 up to 1-3/4"	14604 up to 2-1/4"
Pre-Sized	14701 5/8"	14707 1-3/8"	-
	14702 3/4"	14708 1-1/2"	-
	14703 7/8"	14709 1-3/4"	-
	14704 1"	-	-
	14705 1-1/8"	-	-
	14706 1-1/4"	-	-

If your stoma sticks out at least an inch from your body, you may be more comfortable with a **flat skin barrier**.



New Image Flextend Convex Skin Barrier with Tape


	1-3/4" 	2-1/4" 	2-3/4" 
Cut-to-Fit	14802 up to 1"	14803 up to 1-1/2"	14804 up to 2"
Pre-Sized	14901 5/8"	14905 1-1/8"	-
	14902 3/4"	14906 1-1/4"	14909 1-5/8"
	14903 7/8"	14907 1-3/8"	14910 1-3/4"
	14904 1"	14908 1-1/2"	14911 2"

If your stoma is flat against your skin or less than an inch, consider a **convex skin barrier**.

Sensitive to Tape? Contact us for tapeless options at **1.800.323.4060**.



New Image Urostomy Pouches

	1-3/4" 	2-1/4" 	2-3/4" 
Transparent, 9" length	18402	18403	18404
Beige, 9" length	18412	18413	18414

Urostomy pouches have a drain valve at the bottom for easy emptying.

Hollister One-Piece Urostomy Products

In a one-piece system the skin barrier and tape are already attached to the pouch. This means the pouch is easy to apply. You just peel and stick.

Consider a **one-piece pouching system** if you want a low profile, flexibility, and ease of use.

- Flextend skin barriers
- Cut-to-fit convexity option
- ComfortWear panels
- Beige, porous cloth tape

Premier One-Piece Pouching System



Premier Urostomy Pouches with Flextend Flat Barriers with Tape



	Cut-to-Fit up to 2-1/2"	Pre-Sized 3/4"	Pre-Sized 1"
Transparent, 9" length	8460	8467	8462

If your stoma sticks out at least an inch from your body, you may be more comfortable with a **flat skin barrier**.

Premier Urostomy Pouches with Flextend Convex Barriers with Tape



	Cut-to-Fit up to 1"	Cut-to-Fit up to 1-1/2"	Cut-to-Fit up to 2"	Pre-Sized 1/2"
Transparent, 9" length	8474	8478	84711	8480

If your stoma is flat against your skin or protrudes less than an inch, consider a **convex skin barrier**.



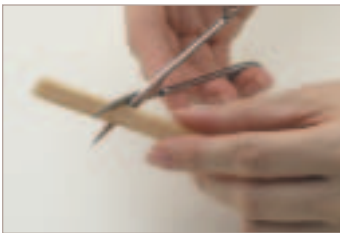


Hollister Accessories Solve Problems, Add Comfort

There may be times when you need to protect your skin from adhesives, or treat a minor skin irritation. Perhaps you are looking for a way to reduce odors or enhance the performance of your pouching system. The chart of Hollister accessories (below) can help you solve these issues without compromising comfort.

If...	Then use,	Comments for use*
You want to fill in an uneven skin surface or there is a gap between the stoma and the skin barrier opening on your pouch.	Adapt Barrier Rings to protect the skin, fill in uneven skin areas or provide an alternative to paste.	Rings may be stretched to fit your stoma size. Apply to clean dry skin or to adhesive side of skin barrier on pouching system.
You need to add depth to your convex product or you need flexible convexity.	Adapt Convex Barrier Rings to create a custom shape and improve the fit of your products.	Rings may be stretched slightly to fit your stoma size. Apply to clean dry skin or to adhesive side of skin barrier on pouching system. Do not overstretch.
You want to fill in a crease to prevent leakage.	Adapt Barrier Strips to fill in uneven areas.	Strips may be cut to various lengths.
Your skin is slightly irritated** and moist.	Adapt Stoma Powder to help dry up moist skin.	Dust on. Brush off excess powder. Stop using when your skin heals.
You have significant adhesive residue remaining on your skin or you want to ease the removal of your tape or skin barrier.	Universal Remover Wipes to remove adhesive residue.	Usually not needed with each pouch change. Must be washed off of skin with soap and water after use.

*See product for specific instructions for use.


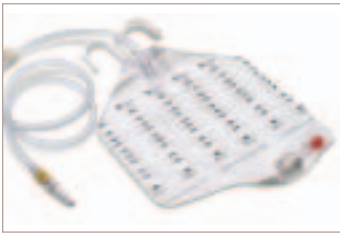

** Consult your healthcare professional for skin and stoma problems.

Product Picture	Stock No	Description	HCPCS	Quantity
	7805	Outer Diameter 2"	A4385	Box of 10
	7806	4"	A4385	Box of 10
	79520	Inner Diameter 13/16" can be stretched to 1"	A4411	Box of 10
	79530	1-13/16" can be stretched to 1-3/8"	A4411	Box of 10
	79540	1-9/16" can be stretched to 1-3/4"	A4411	Box of 10
	79400	Length 5-1/8"	A4385	Box of 10
	7906	1 oz. puff bottle New Product name and packaging	A4371	Box of 1
	7760		A4365	Box of 50 wipes

Hollister Accessories Solve Problems, Add Comfort

If...	Then use,	Comments for use*
You want to eliminate crystals and odor in your bedside drainage collector.	m9 Cleaner/Decrystallizer to make cleaning easier.	Mix and use per package instructions. Clean your bedside collection system daily.
You want to connect your pouch to a collector at night, so you don't have to get up and empty it.	Bedside Drainage Collection System with Anti-Reflux Valve.	Connect to urostomy pouch using urostomy drain tube adapter (7331).
You want the added security of a belt, or your healthcare professional has recommended it to enhance convexity.	Ostomy Belt to help secure an ostomy pouch.	Belt tabs face outward from body. Should be worn in line with stoma. Can only be used with a pouch that has belt loops. Washable. Reusable.

*See product for specific instructions for use.

Product Picture	Stock No	Description	HCPCS	Quantity
	7736	16 oz. bottle	A5131	Box of 1
	9839	68 oz.	A4357	Box of 1
	7300	26"-43" Medium	A4367	Box of 1
	7299	29"-49" Large	A4367	Box of 1

Glossary

ComfortWear (Pouch) Panels	ComfortWear (Pouch) Panels provide a soft cloth between the pouch film and the skin.
Convex Skin Barrier	May be used when the stoma does not protrude from the abdomen. The skin barrier is shaped to press more deeply around the stoma.
Flange	The plastic ring in a two-piece ostomy system that connects the skin barrier and pouch.
Flat Skin Barrier	May be used when the stoma does protrude from the abdomen.
Flexend Skin Barrier	Flexend is a synthetic skin barrier which is designed to be the most resistant to liquid discharge.
Floating Flange	You can put your fingers under the flange for support while attaching the pouch to the skin barrier.
Odor-Barrier Pouch	Odor-Barrier Pouch is highly resistant in allowing odors to pass through the pouch material. The odor-barrier quality increases confidence when wearing a pouch.
Stoma	The place where the drainage comes out of your body when you have an ostomy. The stoma is made of intestine, is red and moist, and doesn't have feeling.
Urostomy	An ostomy (surgical opening) created to drain urine.
Urostomy Pouch	Pouches with a drain valve at the bottom so urine can be emptied quickly and easily.
Wear Time	Wear time is the length of time a product can be worn before failure. Wear time varies widely based upon many factors.

Support Groups

Organizations that provide information

For more information and a free Hollister product catalog, contact Hollister Incorporated.

Hollister Incorporated

2000 Hollister Drive
Libertyville, Illinois 60048 USA
1.800.323.4060
www.hollister.com

Consumer Support Groups

United Ostomy Associations of America, Inc. (UOAA)

An association of affiliated support groups that serve people with ostomies and other intestinal and urinary diversions.

P.O. Box 66
Fairview, TN 37062
1.800.826.0826
www.uoaa.org

American Cancer Society (ACS)

Nationwide, community-based voluntary health organization dedicated to eliminating cancer.

1599 Clifton Road NE
Atlanta, GA 30329 USA
1.800.ACS.2345
www.cancer.org

Professional Organization

Wound, Ostomy, and Continence Nurses Society (WOCN)

WOCN, a group for professional nurses, may be one of your best resources because the WOC Nurse is the ostomy expert. WOC nurses can assist by selecting your stoma site, choosing appropriate products, and assisting with your education process.

When you have questions, be sure to write them down so when you talk to a clinician you get answers.

15000 Commerce Parkway, Suite C
Mt. Laurel, NJ 08054 USA
1.888.224.9626 (Toll free)
www.wocn.org

Hollister Support Network

Visit www.hollister.com
for online education, product
information and support.

Want to Talk to an Expert?

Our Customer Service Center has an experienced team of representatives to assist you with your product selections and clinical concerns. Whether you need advice or samples, we can help! Call 1.800.323.4060.

Secure Start Newsletter

Our **Secure Start** Newsletter, available quarterly, features new Hollister products and accessories, ostomy education articles, reimbursement updates, patient stories, ostomy chapter activities, and much more.

You can sign up for the Secure Start newsletter a variety of ways: register on the Hollister web site www.hollister.com, or call Customer Service at **1.800.323.4060**, or if you are in the Secure Start Discharge Program you will receive a subscription automatically.



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