

Urostomy Urine Sample Collection Reference Card

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Q: What is a urostomy?

A: A surgically created opening on the outside of the body (stoma) that allows urine to drain into a collection device (pouch).

Q: Why is urine collected from a urostomy?

A: When you have a urostomy, you are at a higher risk for urinary infections. A urine sample is collected and tested for bacteria that can cause urinary infections.

Q: How do I know if I have a urinary infection?

A: The symptoms of a urinary infection are:

- Cloudy, smelly, dark, or bloody urine
- Excess mucus
- High fever
- Back pain
- Abdominal pain
- Nausea or vomiting
- Diarrhea

Q: What should I do if I have these symptoms?

A: Call your primary care doctor. Your doctor may want to collect a urine sample.

Q: How is a urine sample collected from my urostomy?

A: There is a specific way to collect a urine sample from a urostomy. To obtain a proper urine sample, please have your doctor or nurse follow the directions on the back of this card.

Directions

Supplies Needed:

- 2 Povidone-iodine swabs
- Sterile gauze pads
- Sterile straight catheter (16 French)
- Lubricant jelly
- Sterile sample container
- Wet washcloth
- Towel
- New urostomy pouch

Procedure:

1. Wash hands.
2. Open supplies using sterile procedures.

3. Remove old pouch.
4. Put on sterile gloves.
5. Clean the stoma and surrounding skin by firmly wiping the area with swabs in a circular motion, starting at the center and moving outward.
6. Allow to air-dry. Place sterile gauze over the stoma if urine is leaking.
7. Apply lubricant jelly to the tip of the catheter.
8. Gently insert the catheter tip about 3 inches into the

stoma. If resistance is met, stop. Never force it.

9. Place the open end of the catheter in the sample container.
10. Hold the catheter in position until urine begins to flow. Collect at least 5 ml of urine.
11. Gently remove the catheter and dispose of all used supplies.
12. Clean the stoma and surrounding skin with a wet washcloth and dry with a towel.

13. Apply a new urostomy pouch.
14. Label the specimen and send to the laboratory.

Alternative Procedure:

(Note: This procedure may give an incorrect result known as a false positive.)

1. Follow steps 1 – 6.
2. Hold collection cup to stoma while pouch is off to collect urine.
3. Collect urine directly into the collection cup.