

照顧我的尿道造口

應該如何更換我的尿道造口袋？

裝備

更換造口袋須要以下事物：

- 一盆溫水
- 一條毛巾或類似的東西
- 如果需要的話，一個剪開一個洞的袋子
- 新造口袋
- 一個裝垃圾的塑膠袋
- 其他您可能需要的東西，例如皮膚保護抹紙或清除黏性的（這些是特別類型的抹紙）。

1. 最好是在大清早上，早餐之前更換造口袋，因為那時段它的活動較少
2. 取下髒袋，方法是將它從皮膚上揭下
3. 如果您願意，您可以在取下髒袋時淋浴
4. 用毛巾和溫水清洗皮膚，把皮膚全擦乾
5. 按照教導的方法把新袋安上去。

建議

- 您的底座貼環（兩片）可以留在原處 **3 至 4 天**，只要不漏就可以
- 您的袋子可以每天更換
- 外出時，一定要帶一個備用造口袋。另外帶一個塑膠袋裝垃圾，還有別的您也許需要的東西。



Caring for my urostomy

How should I change my pouch?

Equipment

To change your pouch you will need the following things:

- A bowl of warm water
- A washcloth or something similar
- A pouch with a hole cut out, if needed
- New pouch
- A plastic bag for the rubbish
- Anything else you may need such as barrier wipes or adhesive remover wipes (These are special types of wipes).

1. It may be best to change the pouch first thing in the morning, before breakfast, as it is less active then
2. Take off the dirty pouch, by peeling it way from the skin
3. If you wish, you may shower when you take the pouch off
4. Clean the skin with a wash cloth and warm water. Dry the skin well
5. Apply the clean pouch to the skin, as you have been taught.

Hints

- Your base plate (two piece) can remain in place for up to 3 to 4 days, providing it does not leak
- Your pouch can be changed daily
- When you go out, always take a spare pouch with you. Also take a plastic bag for the rubbish and anything else you may need.



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如何丟棄我的髒袋？

- 把袋中排空，髒物丟進廁所
- 把髒袋放進塑膠袋然後紮好
- 您可以使用冷凍袋和尿片袋，這些東西很便宜
- 把髒袋用報紙包好丟進垃圾桶裡
- 不要用火燒掉這個垃圾。

夜間如何處理？

- 晚上您可以在造口袋上連接一個夜間排尿袋，這將確保您的睡眠受到較少的打擾
- 連接了夜間排尿袋之後，要確定打開造口尿袋的塞子，把夜間排尿袋的塞子封閉
- 確定夜間排尿袋不會拉扯造口尿袋
- 把夜間排尿袋放在床邊地上的水桶裡
- 有一種帶子可以把導管固定在腿上。用這個方法來防止導管在您睡覺的時候纏繞在一起。這種帶子可以向（Ostomy Association）「造口協會」免費索取。



Caring for my urostomy

How should I dispose of the dirty pouch?

- Empty the contents of the pouch into the toilet
- Put the dirty pouch into a plastic bag and tie it off
- You can use freezer bags and nappy bags. They are cheap
- Wrap the pouch in a newspaper and place it in the rubbish bin
- Do not burn this rubbish.

How do I manage overnight?

- You can connect an overnight drainage bag to your pouch. This will ensure less disruption to your sleep
- When the overnight drainage bag is connected, make sure the pouch tap is open and the overnight drainage bag tap is closed
- Ensure the drainage bag does not pull on the pouch
- Place the drainage bag over the side of the bed, in a bucket on the floor
- A strap to hold the tube to your leg is available. This is used to help stop the tube from twisting while you sleep. The strap is free from the Ostomy Association.



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如何清潔我的夜間排尿袋？

- 在早上，把您的夜間排尿袋從尿袋上分離，將裡面的尿液倒進廁所裡
- 按照造口治療護士教的方法清洗夜間排尿袋
- 每一個星期更換一個新的夜間排尿袋。

我如何訂購補給品？

- 時常保持兩個星期的存量
- 每次補給品送到之後會得到一張（Ostomy Association）「造口協會」給您的新定貨單。您可以按需要或按月訂購補給品。



Caring for my urostomy

How can I clean my overnight drainage bag?

- In the morning, disconnect your overnight drainage bag from the urinary pouch and empty it into the toilet
- Wash your overnight drainage bag as you have been taught by your Stomal Therapy Nurse
- Replace the overnight drainage bag with a new one each week.

How can I order supplies?

- Always keep two weeks of supplies
- You will receive a new order form from the Ostomy Association with each delivery. You may order your supplies monthly or as required.

