



Pediatric Surgical Associates, Ltd.

Patient and Family Education

Vesicostomy Care

A vesicostomy is a stoma opening created between the bladder and the abdominal wall. This allows urine to drain freely, with low pressure, to help protect and prevent harm to the kidneys. A vesicostomy helps prevent urinary tract infections, which may cause harm to the kidney. It is a surgical procedure that typically involves an overnight stay in the hospital. Your child may have a catheter in place for a period of time after surgery to help keep the stoma open. The opening appears as a small slit surrounded by pink tissue. The urine will drain into a diaper, pull-up, incontinence pad or other absorbent products.

Although most children who need a vesicostomy are young (under 5 years old), sometimes older children or teenagers require this surgery temporarily to help protect the kidneys.

Caring for a Vesicostomy at Home

The skin around the vesicostomy may become red, irritated and sore. If this happens, you may use Vaseline, Aquaphor or other skin barrier product to protect the skin. Some Physicians will recommend daily use of a specific ointment or cream, you should always follow your physician's recommendations. It can be normal for a very small amount of bleeding, especially in the newly created stoma post-op period. Your child may bathe or shower a few days after surgery, and return to all regular activities as they tolerate.

Urine should drain constantly from the vesicostomy. If you are not noticing urine draining from the vesicostomy, try giving your child a warm bath, or placing a warm (not hot) washcloth over the stoma to see if that helps the stoma to drain better.

It may be necessary to dilate the vesicostomy with a catheter one to two times a day. It is best to do this at the same time each day, so it becomes a routine. If your doctor recommends dilations, the urology nurses will instruct you on the procedure.

Dilating a Vesicostomy

- 1) Wash your hands with soap and water
- 2) Assemble supplies needed: baby wipe or wash cloth, catheter, water-soluble lubricant
- 3) Clean the area around the vesicostomy with a baby wipe or washcloth, moving from the opening outward.
- 4) Apply a water-soluble lubricant to the tip of the catheter.
- 5) Insert the catheter $\frac{1}{2}$ to 1 inch into the opening of the vesicostomy.
- 6) Allow urine to drain.
- 7) Remove the catheter when urine stops draining and wipe area clean if needed.



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Call your Doctor if:

- Urine does not draining from the opening
- The skin around the opening looks red, crusty, irritated or infected
- You are unable to pass the catheter into the opening
- Tissue protrudes from the vesicostomy stoma
- The child complains of pain
- There is blood in the urine that does not clear
- Your child has a fever higher than 101.5°F (38.6°C)

Pediatric Surgical Associates (612) 813-8000 or 1-800-992-6983