Continent Diversion Self-Management Checklist

For Internal Pouch/Reservoirs that Have a Stoma that is Catheterized

DAILY INTERNAL POUCH EMPTYING

- [ ] Are you able to get to the bathroom to empty your internal pouch?
- [ ] Are you able to adjust your clothing before and after emptying?
- [ ] Are you able to insert the catheter and empty regularly?
- [ ] Are you able to determine when irrigation of your internal pouch is needed and perform irrigation?

STOMA AND SKIN CARE

- [ ] Are you able to observe your stoma and peristomal skin to identify skin problems?
- [ ] Are you able to determine what type of dressing is needed to best protect your stoma and peristomal skin?
- [ ] Can you manage minor skin problems?
- [ ] Do you have a doctor or nurse you can contact if you have serious skin issues?

PROBLEM SOLVING

- [ ] Can you identify and problem solve issues with intubation and/or leaking?
- [ ] Do you have supplies ready and are comfortable with placing your internal pouch to continuous intubation if needed?
- [ ] Do you know how to prevent, treat or seek medical attention for any of the following: blockage, difficulty with self-intubation, and dehydration?
- [ ] Have you maintained contact with a health care provider familiar with continent diversions?

SUPPLY MANAGEMENT

- [ ] Do you regularly inspect and replace catheters?
- [ ] Do you keep a current list of your supplies and supplier contact information?
- [ ] Does your medical provider have an up-to-date supply list in your medical record?
- [ ] Can you contact your supplier to fix any problems with your supply orders?

LIFESTYLE MANAGEMENT: DIET & HYDRATION

- [ ] Continent Bowel Diversion: Do you know how to regulate diet and hydration to maintain stool consistency, avoid blockage and dehydration?
- [ ] Continent Urinary Diversion: Do you drink enough fluids every day ?
- [ ] Do you wear or carry a medical ID that tells others you need to empty your pouch with a catheter, if you can't speak or respond?

For more resources visit UOAA's website: https://ostomy.org

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