



**UROLOCARE HOSPITALS**

(Pty) Ltd. Reg. No/nr. 2001/005764/07

## INDIANA POUCH

### Home education

1. Maintain high fluid intake
2. Prevent constipation
3. Avoid lifting heavy objects
4. Avoid driving or being a passenger in a vehicle for 4 weeks
5. No sexual activities for approximately 4–6 weeks
6. Follow a healthy diet
7. Wear TED socks until follow-up appointment
8. Continue with anticoagulant medication as prescribed
9. Complete prescribed medication
10. Encourage leg and chest exercises
11. Maintain daily exercise
12. Stop smoking
13. Continue with Self-catheterisation through continent Indiana Pouch
14. Stoma irrigation with 30–40ml of Saline will continue as prescribed by your Urologist
15. If pouch is leaking urine, make sure that pouch is empty and free of bowel sediments
16. If pouch is empty and still leaking put a gauze dressing over, to keep area dry
18. Attend your follow-up appointment
19. Phone your treating doctor or The Urology Hospital (after hours) if any of the following occur:
  - Fever
  - Severe abdominal pain
  - No urine output bloodstained urine
  - Abnormal wound drainage
  - Redness, swelling or offensive smell around the wound area.

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