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膀胱造瘻口照顧
Wound treatment in Urinary Area

1. 每日更換Y 紗及紗布，步驟如下：

- 1) 移除膀胱造瘻口上的紗布。
 - 2) 洗淨雙手。
 - 3) 以無菌棉棒沾取生理食鹽水清潔造口周圍皮膚。
 - 4) 用無菌棉棒沾優碘溶液，自膀胱造瘻口為中心由內往外以環狀消毒法消毒皮膚，約直徑5 公分範圍。
 - 5) 用無菌y 紗與無菌紗布覆蓋膀胱造瘻口，並以紙膠固定。
 - 6) 每天更換膀胱造瘻管固定的位置，以減少紙膠對皮膚的刺激。
2. 每天喝水2000c. c.，每日尿量至少需維持1500c. c.，以稀釋尿液及產生自然沖洗力，以預防泌尿道感染。
3. 尿袋開口須隨時關閉，勿受污染。
4. 尿管應避免受壓、扭曲，並應經常擠捏尿管，以避免阻塞。
5. 尿袋高度要低於膀胱位置（但不可置放於地面上），每日至少要倒尿三次。
6. 如果有發燒、造瘻口發紅、小便有臭味、沈澱物增加、尿管滑出時應立即告之家屬及通知醫護人員。
7. 每日應紀錄尿量、顏色及混濁度。

1. Daily replacement the Y type gauze and gauze, steps are as follow:

- 1) Remove the gauze on the Urinary Area.
 - 2) Wash hands.
 - 3) Dampen sterile cotton with saline clean around the wound.
 - 4) Dampen sterile cotton with beta-iodine, put on the center part of the wound then move outside about 5 cm.
 - 5) Cover the wound with the Y type gauze and gauze, and fixed with paper tape.
 - 6) Daily replacement the tube fixed position, to reduce the skin irritant caused by paper tape.
2. Drink of water for 2000 c.c. every day. Maintain daily urine output for 1500 c.c., to dilute the urine and the natural flushing to prevent urinary tract infections.

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3. The urine bag opening should be closed at any time to prevent contaminate.
4. Avoid compression, distortion of the urine bag. Squeeze the urine bag frequently, to prevent infection.
5. The urine bag height is lower than the bladder position (but not placed in the ground). To pour urine at least three times daily.
6. If there is fever, redness of wound, odor smell of urine, increase of sediment, the urinary tract slid off. Should be informed families and medical stuff immediately
7. Daily record of urine output, color and turbidity.

以上資料來源自台灣長期照護專業協會，
若您對以上內容有任何疑問時，請洽詢護理人員。