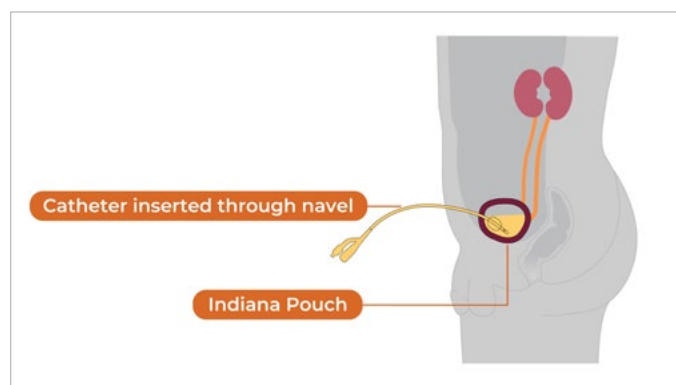


What is an Indiana Pouch?

An Indiana pouch is a way to store urine inside the body after the bladder is removed. It acts like a “container” for urine. This type of surgery is called a **urinary diversion**.

How is the Indiana Pouch created?

- Normally, urine travels from the kidneys to the bladder and leaves the body through the **urethra**.
- After bladder removal, the doctor uses part of the **colon** (large intestine) and small intestine to create a new pouch inside the body.
- The tubes (**ureters**) that carry urine from the kidneys are connected to this pouch.
- The pouch stores urine inside the body.
- A small opening called a **stoma** is made in the belly. The Indiana pouch is connected to the stoma.
- To empty the pouch, a thin tube (**catheter**) is placed into the stoma to drain the urine. After the pouch is empty, the tube is removed. There is no need for an outside urine bag.



ASK YOUR HEALTHCARE TEAM

- *Is an Indiana pouch a good option for me?*
- *What are the benefits and risks of having an Indiana pouch?*
- *What will happen if you cannot do the pouch during surgery?*

What will life be like with the Indiana pouch?

- *Where will the stoma be placed on my body?*
- *How hard is it to use a catheter?*
- *What types of infections or problems might I have? What signs or symptoms should I watch for after surgery?*
- *How long will it take to recover? What can I expect during recovery?*
- *How will the Indiana pouch affect my daily life and activities?*
- *How much experience do you have with Indiana pouch urinary diversion?*

TERMS TO KNOW

- **Catheter:** A flexible tube placed into the body to drain urine or other fluids.
- **Chemotherapy:** A type of cancer treatment that uses strong medicines to kill cancer cells.
- **Colon:** The large intestine, part of the digestive system.
- **Stoma** An opening on the belly that allows urine to leave the body that is made during surgery.
- **Ureters** The tubes that carry urine from the kidneys to the bladder.
- **Urethra** The tube that carries urine from the bladder out of the body.
- **Urinary diversion:** A surgery that creates a new way for urine to leave the body after the bladder is removed.
- **Urologist:** A doctor who specializes in treating diseases of the urinary system in women and men.

WHAT YOU SHOULD KNOW: Advice from Patients Living with an Indiana Pouch

BEFORE YOUR INDIANA POUCH SURGERY

Talk to your doctor about how to prepare for your surgery. You might need to:

- Stop taking certain medications or herbal supplements.
- Follow food and drink guidelines before surgery.

AFTER YOUR INDIANA POUCH SURGERY

You can live a healthy, active life with an Indiana pouch, but it takes time to adjust. Be patient with yourself as you get used to it.

Using a Catheter

- Emptying your pouch with a catheter is easy and does not hurt. The stoma (opening) does not have much feeling.
- Keep a catheter kit with you, including catheters, lubricant (like K-Y gel), and hand wipes. You may also want a small pad for your underwear in case of leaks.
- Set a schedule to empty your pouch regularly, even at night.
- At first, you need to drain your pouch every 1-2 hours. Over time, as the pouch stretches, it will hold more urine (about 13-16 ounces).

Tips to Avoid Problems

- In the beginning, you will flush the pouch with saline to clear out mucus.
- Drink plenty of water to help thin the mucus that the pouch produces (since it's made from part of your intestine). Your urine should be pale yellow if you drink enough water.
- Leaks may happen, so have a plan. Keep an extra shirt at work or in your car just in case.
- Watch for signs of a urinary tract infection (UTI), like strong-smelling, cloudy, or dark urine.

Support is Important

- Talk to your family and friends about your Indiana pouch. Don't hesitate to ask for help when you need it.

NEXT STEPS

- You will need occasional blood tests to check your body salts and kidney function.
- You will also need imaging tests from time to time to make sure the cancer hasn't come back.
- Regular checkups are important to determine if the cancer has spread.
- Your doctor may suggest **chemotherapy** to help stop the cancer from spreading.
- It can be helpful to speak with someone who has experience living with an Indiana pouch. You can connect with a volunteer through the BCAN Survivor to Survivor program by calling 888-901-BCAN.



< Scan this code to learn more about radical cystectomies:

The Bladder Cancer Advocacy Network (BCAN)

BCAN's mission is to increase public awareness about bladder cancer, advance bladder cancer research, and provide educational and support services for the bladder cancer community.



888-901-BCAN (2226)



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