

This leaflet contains a list of associations where you can obtain a leaflet, written in several languages, that explains about ostomies and ostomy equipment carried in luggage, and relevant insurance information.

Clothing

- if the stoma is sited near your waistline it may be necessary for men to wear braces rather than belts and for women to wear looser fitting clothing
- trousers or skirts with pleating at the front will help to hide any bulges
- gentle support pants are available for both men and women in a number of different styles. These can provide support and security for ostomists. These are not available on prescription
- specialist ostomy clothing companies offer competitively priced garments. Please ask your Stoma Care Nurse for further details.

For more information you can contact the Stoma Care nurses on 01206 742009.

Your NHS number

When you attend hospital you will be asked for your NHS number and other information, such as your address. Please be patient with this procedure — it is to ensure our records are kept up to date and to ensure your safety. If you do not know your NHS number, please do not worry — you will still receive care!

Support associations

Colostomy UK
Enterprise House
95 London Street
Reading
RG1 4QA

0118 939 1537
0800 328 4257
www.colostomy.uk.org
info@colostomyuk.org

The Ileostomy and Internal Pouch Support Group (IA)
Danehurst Court
35-37 West Street
Rochford
SS4 1BE

Freephone 0800018 4724
Info@iasupport.org
www.iasupport.org

Urostomy Association
2 Tyne Place
Mickleton
Chipping Campden
GL55 6UG

01386 430140
www.urostomyassociation.org.uk

Your notes or questions:

Help with wind and odour

- pro-biotic drinks or live yoghurt may help to reduce wind
- if you have a fizzy drink, let the bubbles subside before drinking it
- peppermint oil/capsules or Wind-eze tablets help to reduce wind
- smoking and chewing gum can increase wind
- the odour of your output may be affected by certain foods. Foods like onions, fish, cabbage, eggs, garlic, baked beans and asparagus can be a problem, but this varies so experiment with food
- some foods may reduce odour. These include tomato juice, bio and live yoghurt, parsley and pro-biotic drinks.

Pancaking (Colostomy only)

Pouch filters increase pancaking (when the front of the pouch sticks to the back), which prevents the output from dropping into the bag, thereby increasing leaks. The following may help to reduce this:

- lubricate the inside of the pouch with either baby oil or a suitable ostomy product
- use a filter cover (supplied with pouches) over the filter
- increase the amount of fluid you drink
- screw up a tissue and place it in the top of the pouch
- some ostomists find that the use of sponges helps. Ask your Stoma Care Nurse for details.

Travel tips

- take twice as much equipment with you as you think you may need. Pre-cut the pouches or flanges you take on board an aircraft because scissors are not allowed in your hand luggage
- colostomists may find it useful to take a few drainable pouches with them in case of diarrhoea
- distribute supplies between hand luggage and suitcases
- try to avoid fizzy drinks when flying.

Introduction

Specialist Nurses have produced these hints and tips from their years of experience and contacts with patients with stomas. If in doubt, remember to contact your local Stoma Care Nurse.

Emptying and changing

- put a couple of sheets of toilet paper into the toilet before emptying your bag to avoid splashing
- if you bathe with a pouch on, do not try and remove it immediately afterwards because the adhesive is stronger when wet
- it will not do any harm to bathe or shower with your pouch off, but remember that your stoma may function, so have some wipes handy
- clothes pegs can be used to keep clothes out of the way during changes or emptying
- when you're going out always carry a complete appliance change, including wipes and disposal bags
- 'No Waiting' cards are available from your Stoma Care Nurse or supplier to help avoid toilet queues
- keys for disabled toilets are available from Disability Rights UK – ring 0207 250 8181
- if you are worried that you might damage your stoma whilst shaving around it, place the inner tube of an empty toilet roll around it
- you may use a chosen body spray or air freshener before and after emptying your pouch. Ostomy sprays are suitable for using in the pouch as well (but are not available on prescription)
- you can use cotton buds to clean the inside of the flange of a two-piece system before applying a clean pouch
- moisten a finger or cotton bud when applying filler pastes.

Comments, compliments or complaints about your care

Please raise any concerns in the ward or department you are in. Ask to speak with the ward sister, matron or department manager. If your concerns cannot be resolved or you wish to make a formal complaint, please call PALS (Patient Advice & Liaison Service) on 0800 783 7328, pick up a PALS leaflet or visit www.colchesterhospital.nhs.uk/pals.shtml

Your views

If you or a family member has recently been in Colchester General Hospital, you can tell us about your experience by searching for 'Colchester' on the NHS Choices website (www.nhs.uk), by writing to the address on the front of this leaflet, by emailing your comments to info@colchesterhospital.nhs.uk or by filling in a 'Friends and Family' questionnaire at the hospital.

Hints and tips for patients with a stoma

Stoma Care Department
Colchester General Hospital
Turner Road
Colchester
CO4 5JL

Tel: 01206 742009

Please ask if you need this leaflet in an alternative format

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