

Overview

There are so many adjustments that new ostomates go through. Luckily there are a variety of organizations, webpages, and resources that can help individuals cope with the change that their bodies and minds are going through.

Ostomy Organizations

UOAA - www.ostomy.org

The United Ostomy Associations of America, Inc. is a wonderful resource for all things ostomy! They have nationwide support groups, information about traveling, diet & nutrition, and even intimacy.

WOCN - www.wocn.org

Wound, Ostomy, and Continence Nurses Society is generally for WOCN nurses, but they have patient information on their website, as well as a tool to find your local WOCN. If you do not have home healthcare coming out to help you, or you feel you need the additional assistance of an actual WOCN nurse, you may find a local clinic to go to.

Girls With Guts Forum- - <https://www.facebook.com/groups/girlswithgutsforum>

Don't forget that Girls With Guts is always here for you! Check out our private Facebook group for women with IBD and/or Ostomies and search the posts for topics you may have questions about.

Ostomy 101- <https://www.ostomy101.com/>

Ostomy 101 provides a range of information about ostomies, and offers a free virtual patient class with a WOCN and ostomate, which provides based education about living with an ostomy.

Resources from Ostomy Supply Manufacturers

Some of the ostomy supply manufactures offer educational resources.

- Hollister offers the [Ostomy Learning Center](#)
- Convatec has the [me+ community](#) with stories and information
- Coloplast provides information about [living with an ostomy](#).



Ostomy Education Webpages

Crohns and Colitis Foundation- Ostomy Tips and Tricks-

<https://www.crohnscolitisfoundation.org/treatment/surgery/ostomy>

- The CCF "Ostomy Tips and Tricks" page provides an overview about ostomies and graphics for appliance changes, emptying one's pouch, and more.

Medline Plus-Ostomy-

<https://medlineplus.gov/ostomy.html>

- MedlinePlus is a service of the National Library of Medicine (NLM), the world's largest medical library, which is part of the National Institutes of Health (NIH). Medline's page on ostomy provides links to additional resources and the latest research about ostomy.

American Cancer Society- Ostomies-

<https://www.cancer.org/treatment/treatments-and-side-effects/treatment-types/surgery/ostomies.html>

- The American Cancer Society has guides for ileostomy, colostomy, and urostomy that discuss how to care for each type of ostomy.



Social Media

There are so many inspiring Social Media accounts that provide followers with tips and tricks for having an ostomy. Joining a Facebook group, searching IG or TikTok, or following relevant hashtag on twitter are valuable ways to find accounts that resonate.

General Guidance

Having a new ostomy can be hard. There are so many changes that your body and mind go through related to ostomy surgery. Having support before, during, and after surgery can make a significant difference in improving mental health and learning how to care for a new stoma.

