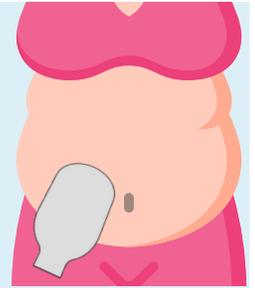


Overview

There are a variety of ostomy supplies and related terminology that can be confusing for new ostomates. Ultimately, ostomy supply needs differ immensely between individuals and change over time. Trying different products can help to decrease leaks, and increase comfort.



Components of an Ostomy Systems

Barrier/Wafer: In one or two piece ostomy systems there is a barrier that attaches to the skin around the stoma with adhesive.

Flange: In two-piece ostomy systems the flange connects the barrier/wafer to the pouch. Different companies manufacture various types of flanges, but most are similar to connecting a Tupperware lid to a container.

Pouch/Bag: The pouch/bag is where stool or urine is collected. These are typically either clear or opaque. Some pouches are mostly opaque with a small area that is transparent to allow one to see the stoma. Pouches are either closed or open ended. Open ended pouches are secured with a velcro or clip closure, which is opened to empty the pouch when it is full.

Types of Ostomy Systems

One piece ostomy systems

One Piece Systems have a barrier directly connected to either a closed or drainable pouch.



Two piece ostomy systems

These have a barrier with adhesive to apply around one's stoma with a flange that connects to another flange on either a closed or drainable pouch.



Urostomy

Urostomies are available in one or two piece systems. The end of a urostomy pouch has a spout that can be attached to a leg bag or larger collection bag.



Types of Barrier/Wafers

Precut:

- Precut barriers/wafers come with a stoma-sized hole ready to apply. These are best for individuals with round stomas close in size to the available precut dimensions.

Cut-to-Fit

- Cut-to-fit barriers/wafer are best for individuals with oval or irregular shaped stomas or stomas that are not close in size to precut dimensions. Additionally, in the weeks immediately following ostomy surgery one's stoma size changes often.

Moldable

- Modlable wafers are similar to cut-to-fit wafers, but instead of cutting the hole for your stoma these allow you to stretch a hole in the barrier to fit your stoma.

Convex

- Convex wafers are shaped to push the stoma further out of the skin and are good for recessed stomas or stomas close to the skin.

Ostomy Supply Manufacturers

There are many companies that make ostomy supplies,. All of the following companies will send out free samples for you to try, and some will even help you determine which products are right for you.

Company	Phone Number	Website
Hollister	(888) 808-7456	http://www.hollister.com/
Coloplast	(877) 858-2656	https://www.coloplast.us/
ConvaTec	(800) 422-8811	https://www.convatec.com/
Nu Hope	(818) 899-7711	https://nu-hope.com/
Cymed	(800) 582-0707	https://cymed.us/
Safe n Simple	(844) 767-6334	https://sns-medical.com/products/



Accessories

Paste/Rings/Stick Paste:

- Some ostomates use pastes to even out the skin or fill the space between the stoma and peristomal skin.

Skin Barrier (wipes or liquid) and Powder:

- When the peristomal skin is irritated powders that are applied with excess brushed off can help to protect the skin. Barrier wipes and liquid can be used to protect broken down skin to to preserve skin integrity.

Adhesive Remover:

- All ostomy systems adhere to the skin with adhesive. Some ostomates find that an adhesive remover allows them to more easily remove the barrier and any residue.

Stoma Guard

- Stoma guards cover the stoma and protect it from injury during activities like contact sports where it could get impacted. Some of these adhere directly to the pouch over the stoma with adhesives and others attach over the stoma with a belt.

Belts/Wraps

- Ostomy belts and wraps secure the pouching system your body for extra support and to help conceal them. Additionally, Ostomates can be at risk for the development of parastomal hernia. Belts, such as [Stealth Belt](#) or [Nu-Hope](#) can reduce the risk. Check out our Ostomy Clothing and Accessories fact sheet for a list of companies that offer belts and wraps.

Irrigation

- [Irrigation](#) kits are used by some people with colostomies to remove stool and eliminate the need to have a large pouch or bag on all the time.

Deodorizer

- To prevent odor there are a variety of products. Some products like [M9](#) an ostomate can add directly to their pouch and others like [Pourri](#) are sprayed in the air before or after emptying to mask the scent.



Accessories Cont.

Vents

- Vents like the Osto-EZ vent attach to any manufacturer's pouching system, which can easily be opened to release gas that is built up in the pouching system.

Lubricant

- Lubricant drops are added to the pouching system to make emptying a pouch easier, decrease output pancaking around the stoma, and to decrease static. Some lubricants are also deodorizers.

Gelling Sachets

- Gelling sachets can be placed directly into an ostomy pouch to thicken more liquid output. These sachets can help to prevent liquid stool from going under the wafer and creating leaks. Gelling sachets also often contain an odor eliminator.

Stoma Caps

- Stoma caps attach to an ostomy wafer and do not hold stool or ostomy output. They are used for individuals with a colostomy who irrigate or have predictable output.

Urolux

- Urolux is used by some people with urostomies to dissolve crystal build up in tubing and deodorize.

Shower Covers

- Shower covers or guards enclose an ostomy system in a waterproof cover to prevent the pouch/wafer from becoming wet, which can increase the time between changing the entire appliance.

General Guidance

There are a variety of ostomy supplies and related terminology that can be confusing for new ostomates. Trying sample products and accessories can increase comfort and improve overall quality of life. Additionally, ostomies and the parastomal skin can continue to change after surgery. As such, people with ostomies may find they need to adjust the supplies they use. Additionally, as technology improves new types of supplies and accessories become available.

