



# "InSider" Newsletter

## INLAND NORTHWEST OSTOMY SUPPORT GROUPS

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<http://inlandnwostomy.org>



Spring 2024

Issue 24-2

Welcome Inland Northwest Ostomates!



# SPRING



## CONTENTS

WHAZZ UP .....	1
Regional OSG Meetings .....	1
Diversion Inspiration & Humor .....	2
National Spotlight	
• Selected Highlights .....	2
Regional/Local Ostomy Support Groups	
• Activities & Announcements .....	4
Quarterly Articles and Tips	
• ER Pro Advises Medical ID Jewelry .....	7
• Ostomy Terminology .....	7
• Urology Concerns .....	9
• Choosing Your Pouching System .....	9
Important Support Contacts & Links .....	11
Inland NW Ostomate Support Groups .....	12
• Ostomy Support Group Contacts	

## WHAZZ UP

**Spring Greetings** to all of you in our Eastern Washington and North Idaho Communities – Ostomates, Family Members & Caretakers, our Healthcare Professionals, and our friends! I hope this finds you well and enjoying our uplifting transition from the long gray winter into sunny warming spring weather. And to new ostomates in our various communities, please know that **Ostomies are Lifesavers**, and there are trained professionals as well as ostomates with “lived experiences” who can help you adapt to a successful new life norm! Reach out to them!

Great News! In February 2024, another support group restarted, so six of our seven ostomate support communities are now holding meetings. The UOAA is now offering a series of virtual education sessions online, and recordings of these gemstones can be accessed on their website! And in October, the UOAA will again sponsor its annual **Run for Resilience Ostomy** event to celebrate **Ostomy Awareness Day**. Don't forget to register to help raise funds and have fun!!

Continued next page.

## REGIONAL OSG MEETINGS



### Spring 2024

**Coeur d'Alene, ID:** Support group meetings held in person on the 3rd Wednesday each month at 3 pm in the basement conference room in Kootenai Clinic Interlake Medical Building, 700 Ironwood Dr., Coeur d'Alene, ID:

- April 17: Kayla Hammond, Pelvic floor.
- May 15: Meeting canceled.
- June 19: Ice Cream Social/Ostomy Bingo.

**Lewiston, ID-Clarkston, WA:** Second Monday, January-November, 12:30-1:30 pm, now at Canyon's Church, 717 15<sup>th</sup> St. in Clarkston, WA:

- April 8: Ostomy Support.
- May 13: Ostomy Support.
- June 10: Ostomy Support.

**Palouse - Moscow, ID:** Zoom meetings are usually held at 5:00 pm the first Wednesday each month until further notice. Invitations will be sent out monthly:

- April 3: Zoom meet – Ostomy Support.
- May 1: Zoom meet – Ostomy Support.
- June 5: Zoom meet – Ostomy Support.

**Spokane:** First Tuesday each month, Mar.-Oct. in person at Sacred Heart Medical Center, and Nov.-Feb. via Zoom **4:30-6:00 pm**. Invitations sent via email prior to each meeting. Call 509-601-3892 with questions:

- April 2: Byram Healthcare – Brian Moriniti.
- May 7: Hacks for Memory Support.
- June 4: Ask a WOCN + Ostomy Support.

**Tri-Cities:** We are meeting again: Quarterly on the last Monday of the month excluding holidays; 3:30-4:30 pm, Healthplex at 1268 Lee Blvd Richland WA 99352

- May 20: Byram Healthcare – Brian Moriniti.
- Aug. 25: TBA – Ostomy Support.
- Nov. 25: TBA – Ostomy Support.

**Wenatchee:** >> Regular ostomy support meetings canceled until further notice.

**Yakima:** >> Meetings held second Monday or Wednesday bimonthly; 10:00-11:00 am in the Cascade Community Room at North Star Lodge, 808 N 39<sup>th</sup> Ave, Yakima, WA:

- May 8: Amanda Boden, Hollister Rep.
- July 10: Brian Moriniti, Byram Healthcare.

**NOTE:** Details about each support group's leaders and locations are listed on page 12.



This issue of the “InSider” Newsletter includes some excellent advice and informative articles: “Emergency Room Pro Advises Use of Medical ID Jewelry,” should be given serious thought, “Ostomy Terminology – What Do You Know” and “Choosing Your Pouching System” are excellent educational pieces for new and veteran ostomates, and “Urology Concerns” offers ideas about issues that some urosomates may experience

Our regional website - [inlandnwostomy.org](http://inlandnwostomy.org) - is still undergoing changes and updates. Visit the website to discover additional local, regional, and national resources. Finally, *please remember* that we at the “InSider” welcome your ideas and input! All ostomates, family & caregivers, and medical staff in our communities are welcome to submit suggestions, questions, articles, and letters! ■

## NATIONAL SPOTLIGHT Selected Highlights

UOAA staff and board members are working hard to offer a variety of presentations, motivating experiences, and assistance. Here are just a few:

### Ostomy Academy (<https://www.ostomy.org/ostomy-academy/>):

The next presentation “Nutrition with an Ostomy” will be offered on Wednesday, May 15, 2024, at 5 PM PDT. Register at the UOAA webpage shown above. Three recorded sessions include:

- Parastomal Hernias – March 12, 2024.
- Medical Insurance & Supplies Coverage – October 24, 2023.
- Summer Travel Tips - June 21, 2023. ■

### Run for Resilience (<https://www.ostomy.org/5k/>):

Celebrate **Ostomy Awareness Day** on Saturday, October 5, 2024, for the Run for Resilience Ostomy 5k. In-person events are scheduled in cities around the country. The Virtual run/walk/roll will return so you can

participate and gather with friends and family wherever you are. Spokane OSG will register as a virtual group fundraiser – Lilac City Pouchers - and host an informal Run/Walk/Stroll and picnic in Spokane’s **Manito Park**.

**Virtual Ostomy Clinic** (<https://www.ostomy.org/clinic/>): Ostomy care for those who do not have a local ostomy clinic. Give it a try! See the graphic below.

## DIVERSION INSPIRATION & HUMOR

(Submissions & ideas welcome)

Be patient.  
Sometimes  
you have to go  
through the  
worst to get the  
best.

www.bepositivewebpage.com



## Your Own Virtual Certified Ostomy Nurse

Via: <https://www.ostomy.org/clinic/>



**Many Thanks to Our Team Members For Their Helpful Contributions to and Editorial Reviews of This Newsletter**



Carol Nelson, Susie Weller, Lynn Brink, Cynthia Ford, Ted Langevin, Bill Brogan & Keith Alloway



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## REGIONAL-LOCAL OSTOMY SUPPORT GROUPS

### Activities & Announcements

Following are brief reports from each of the seven ostomy support groups in our Inland Northwest Region. Feedback from some groups may be limited depending on their individual circumstance with respect to COVID-19 and group leadership. *Contact your support group coordinator/leader for up-to-date information!*

- **Coeur D’Alene Ostomy Association, ID:** 03/13/2024 - Update from Stefanie Nissen, RN, BSN, WOCN – The Coeur d’Alene Ostomy Association holds in-person meetings on the 3rd Wednesday each month at 3 pm in the Kootenai Service Building, Bear Lake Conference Room, 2205 Kootenai Health Way, ID. If you have any questions, please reach out to Stefanie Nissen BSN, RN, CWOCN at [208-625-6944](tel:208-625-6944), Wednesday- Friday 7:30-5:00. We have a new CWOCN orienting to the clinic, Sarah Jenicek! She is a wonderful addition. Recent presentations included: Teresa Johnson, Stomagenie, in January; Jessica Wallace, Occupational Therapist and Ostomy Management Specialist in February; and “Nutrition with an Ostomy” by Stefanie Pettit. Upcoming meetings: April 17 - Kayla Hammond, Physical Therapist, discussing pelvic floor and core strength; May meeting canceled (Stefanie out of town); and June 19 – Ice Cream Social / Ostomy Bingo.
- **Lewiston, ID-Clarkston, WA United Ostomy Support Group:** 03/15/2024 - Update from Adrian Wilson, President – Our support group still meets at Canyon’s Church, 717 15<sup>th</sup> St. in Clarkston, WA, 12:30 to 1:30 pm every 2nd Monday of the month. In recent meetings we discussed parastomal skin care, how to attach air vents to pouches, and the need for balanced health in our guts.
- **Palouse Ostomy Support Group - Moscow, ID:** 03/2024 – Update from Linda Loomis – The Palouse Support Group has enjoyed meeting monthly via Zoom. We plan to continue via Zoom; meetings are usually held at 5:00 pm the first Wednesday of each month until further notice. Invitations with a specific date and time will be sent out monthly. The new ostomy nurse at Gritman Medical Center is Corinda Schembri RN, BScN, CWON, a dedicated nurse with 20 years of experience in medical/surgical ICUs. **Welcome Corinda!**
- **Spokane Ostomy Support Group - Spokane, WA:** 03/25/2024 - Report by Carol Nelson, Facilitator ([509-601-3892](tel:509-601-3892)) – It’s Spring! The clock sprung forward, daylight is staying longer, and I spotted some blooming crocuses and daffodils peeking through the ground.

Our first in-person meeting at Sacred Heart’s Mother Joseph Room held on March 5 was a huge success, four years to the month since our last meeting at the hospital. Amanda Boden from Hollister showed us a range of products and answered questions from members. A shout out to Hillary, one of the Ostomy Clinic WOCNs, who ran back to the office to get us some brochures and also answered questions throughout the meeting. And a big THANK YOU from all the attendees! In other BIG NEWS, our **meeting time has changed to 4:30-6:00 pm**. This allows the WOCNs to attend and our members can drive to and from the meetings in much lighter skies.

Another newbie, we now have an **Ostomy Supply Closet!** Check out the adjacent image on how to use it.

#### Upcoming Meetings:

**April 2<sup>nd</sup>** - Our speaker will be Brian Moriniti, our very own **Byram Healthcare** representative. Brian will cover Bryam’s current activities, products, and ordering via the Byram website. Welcome Brian!

Continued next page.








**May 7<sup>th</sup>** – Katherine MacNair, Nutritional Health Coach, will be sharing ‘**Natural Hacks for Memory Support.**’ I’m definitely looking forward to ways to improve my memory. **Due to scheduling issues, this meeting will be in the Leahy room behind the Thomas Hammer coffee shop in the cafeteria. Easiest access is to take the main hall off the elevator and enter from the back door. We will post signs to help you find your way to the meeting room.**

**June 4<sup>th</sup>** – “**Ask a WOCN**” night. Come get your questions answered by some of our local WOCNs.



**July 2<sup>nd</sup>** - It’s **Ice Cream Social** time! Meet us in the Mother Joseph Room for our annual ice cream social.

**DIRECTIONS TO THE MOTHER JOSEPH ROOM:** The Mother Joseph Room is located at the east end of the cafeteria on L3. You can park in the garage which is also on the east side of the building. Take the Star Elevators to 1 to access security and the Fish Elevators. Take the Fish elevator to L3. The Mother Joseph Room is to the right of the elevators, just past the restrooms in the hall. Follow the signs.

- **Mid-Columbia Ostomy Support Group - Tri-Cities, WA:** 03/25/2024 – Reported by Nancy Serna, RN, BSN, CWON - We finally held our first in-person meeting on February 26, 2024, since closing down for Covid. Our support group will hold quarterly meetings on the last Monday of the month (May 20, August 25, & November 25) in the afternoon from 3:30-4:30 pm based on conference room availability. We will move the meetings ahead one week if the meeting date falls on a holiday. The location for all meetings will be the Healthplex at 1268 Lee Blvd Richland WA 99352 in one of our conference rooms. The next meeting is slated for May 20<sup>th</sup> at 3:30- 4:30 pm (because of a holiday on May 27). We will have Byram present at this next meeting on supply ordering / issues. We are hoping to have a midlevel provider from Kadlec Colorectal Surgery Clinic present about parastomal hernias in the fall. We will typically also have vendors such as Coloplast, Hollister, & Convatec come and speak as well. Family and or support persons are also welcome to attend the meetings.
- **Confluence Health Ostomy Support Group - Wenatchee, WA:** 03/15/2024 – Reported by Tyree Fender, CWOCN – One of our staff retired, and our group is still dormant. I'm not sure when we will have any meetings.
- **Yakima Ostomy Support Group - Yakima, WA:** 03/14/2024 – Kanista Masovero, CWOCN – We are now officially Multicare Yakima Memorial Hospital. On March 13 we had Christian Datoon, a physical therapist, go over hernia prevention and safe exercises that ostomates can do. We also had one of our members bring samples of all the supplies Medicare will cover in a month to show people what they can get. May 8 will be Amanda Boden from Hollister. July 10 will be Brian Moriniti for Byram. All times will be 10-1100 and at North Star Lodge in the Cascade Community Room. Kanista ■



## WOC Nurse Week 2024 April 14-20



### Thank You WOC Nurses in Eastern Washington & Northern Idaho

A **WOC Nurse** is a Registered Nurse (RN) who holds a Baccalaureate Degree or higher and completes a formal, accredited WOC full scope or specialty education program. WOC nurses can specialize in wounds, ostomies, or incontinence, and provide acute and rehabilitative needs for individuals with select disorders of the gastrointestinal, genitourinary, and integumentary system. WOC nurses provide direct care to people with abdominal stomas, wounds, fistulas, drains, pressure injuries, and/or continence disorders, and can serve as an educator, consultant, researcher, or administrator.



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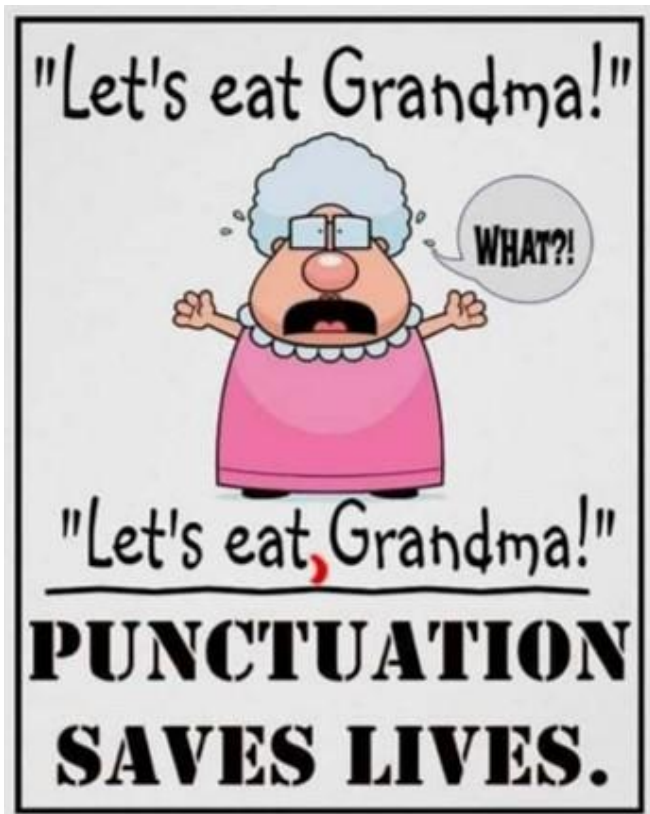


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### TIPS & TRICKS

SOURCE: Vancouver Ostomy HighLife

**Watch your weight!** A gain or loss of 10-15 pounds can affect the way your appliance fits.

**Posture matters!** When you return from the hospital you will be feeling sore and uncomfortable. You may be anxious about the front of your body getting bumped, or self-conscious about the stoma which can lead to a habit of hunching over to ‘guard’ that area. Try to focus on keeping your head up and your back straight.

**Walking Works!** Don’t lie or sit about all day. Walking helps restore lost muscle tone, gets your circulation going and just generally perks you up. Get up and walk several times a day, even if it’s just down to the corner and back.



## QUARTERLY ARTICLES & TIPS

### Emergency Room Pro Advises Use of Bracelets or Necklaces for ID

From The Ostomy Association of Houston, TX, The Austi-Mate Journal, Austin, TX, and The Ostomist, Great Seattle, WA

Wallet cards containing emergency medical information may seem like a good idea to people with chronic medical conditions, but they can be useless, say medical professionals, in the very situations they are designed for.

Body worn ID, such as the emblems or pendants that Medic Alert members wear, are still the safest choice, they say.

Emergency management officials and physicians say card-based systems are not likely to help if you have a medical condition that must be quickly identified in an emergency. “That is because people don’t always carry wallets or purses,” says Charlotte Yeh, MD, and Chief of Emergency Medicine at the New England Medical Center in Boston, “and even when they do, those items often fail to follow accident victims to emergency departments.”



An even bigger reason for the probable failure of wallet card-based systems is that paramedics are generally discouraged from searching wallets and purses. “**Paramedics are trained to respond first to the medical emergency at hand**, not to waste time looking for ID,” says Angelina Mendoza of California Emergency Medical Services Authority. In most states, finding ID can be delayed because another team member or a police officer has to be present when a wallet or purse is searched.

**The safest, most reliable way to communicate medical emergency information is through body-worn ID**, such as bracelets or necklaces, because they are what EMT’s are trained to look for. Medical alert jewelry can be purchased through several different companies. To get you started, check out *American Medical ID* at this link, <https://www.americanmedicalid.com/>, and then search elsewhere if needed to find your best fit. ■

## Ostomy Terminology – What Do You Know?

UOAA 2023 National Conference Program, page 12

Many of us find that we are unaware of various terms that are used in the field of ostomies. The following (below) is an Ostomy Terminology list (UOAA 2023 Conference Program) that I have found to be useful, especially when listening to presentations or discussions at ostomy support meetings or on-line presentations. Other terminology sources include the following:

Convatec’s “**Glossary of Terminology**” at <https://meplus.convatec.com/articles/glossary-of-ostomy-terms/>;

Coloplast’s “**Glossary-Short List of Terms**” at <https://www.coloplastcare.com/en-US/ostomy/the-basics/glossary/b4.1-glossary/>; and

Hollister’s “**Ostomy Glossary**” at <https://www.hollister.com/en/ostomycare/ostomylearningcenter/glossaryfaq/ostomyglossary> ■

See “**Ostomy Terminology**” list on next page.



## Ostomy Terminology

**Appliance** - A collection device consisting of a wafer and a pouch worn over the stoma to contain body waste (other terms include ostomy pouch system, ostomy pouch, ostomy bag).

**Closed-end pouches** - They must be removed completely and replaced. They tend to be worn by those with a colostomy. The output is generally well formed and would be changed once or twice a day.

**Colectomy** - A surgical procedure in which part or all of the colon is removed.

**Colostomy** - Surgical opening from the colon to the surface of the abdomen to form a stoma.



Colostomy

**Continent Diversion** - A continent diversion (CD) is one where the elimination of fecal waste or urine is controlled. The control is made possible through the creation of an internal reservoir.

**Convexity (Convex Pouching System)** - Convexity is defined as the outward curving of a skin barrier or wafer.

**Drainable/open pouches** - They have an opening at the bottom through which the contents are drained. This opening is usually secured using Velcro or a clip. They can be emptied without being removed.

**Flange** - The flange on the pouch and the flange on the skin barrier must match and fit together to create a secure pouching system.

**Filter** - Lets gas filter out of the pouch.

**Hernia** - This occurs when the intestine “bulges” through a weak area of the abdominal wall. When this happens next to an ostomy, it is called a parastomal hernia.

**Ileostomy** - Surgical opening from the ileum, the end portion of the small intestine, to the surface of the abdomen to form a stoma.



Ileostomy

**Irrigation** - Introducing water through a colostomy stoma to regulate bowel movements. The process is similar to taking an enema.

**Jejunostomy** - An opening created through the skin into the jejunum (part of the small intestine) that can be used for a feeding tube or as a bypass during bowel resection.

**Nephrostomy** - An opening between the kidney and the skin. A nephrostomy tube drains urine directly from the kidney.

**One Piece** - The pouch and wafer/barrier are combined as one item.

**Ostomate** – a person who has undergone a fecal or urinary surgical procedure, or a continent diversion surgical procedure.

**Ostomy** - A surgically created opening between the intestines and the abdominal wall. Ileostomy, Colostomy, Urostomy are different types of ostomies.

**Pancaking** - When stool output collects under the wafer/ barrier of a pouching system instead of going into the pouch causing leakage.

**Peristomal Skin** – The external skin that is around the stoma.



Stoma

**Stoma** - A portion of the large or small intestine that has been brought through the surface of the abdomen (belly) and then folded back like a sock cuff. A stoma provides an alternative path for urine (in the case of a urostomy) or stool (in the case of a colostomy or ileostomy) to leave the body.

- **Stoma Blockage** - When something obstructs the stoma preventing stool from coming out. A blockage can be partial (a small amount of stool is able to come out) or complete (no stool is able to come out).

- **Stoma measuring guide** - A card used to measure the stoma from the base. This is useful in selecting the correct pouch size.

- **Retracted Stoma** - Your intestine is pulling in and creating a concave effect, so that your stoma is below the surface of your skin. This may result in increased skin irritation.

- **Flush Stoma** - The stoma is at the same height, or flush, with the surface of the skin. This also may result in increased skin irritation.

- **Prolapsed Stoma** - The intestine is being pulled out of the abdominal opening, so that the stoma sticks out further than desirable. This can be uncomfortable and may cause the stoma to not work as efficiently.

**Two Piece** - The pouch and wafer/barrier are separate from each other and must be attached through either a mechanical or adhesive coupling system.

**Urostomy (Ileal conduit)** - ostomy surgery in which a passageway for urine (conduit) is made by attaching the ureters to an isolated piece of the small intestine (ileum) which is brought outside of the abdomen to form a stoma.



Urostomy

**Wear time** – Wear time of an appliance can vary depending on the product and body contour.



## Urology Concerns

Source: *The Courier, Ostomy Support Group – Tucson; Honolulu Ostomy Association, via UOAA*

Germs are all over the world, but when they are in the urinary tract, either in the conduit, the ureters, or the kidneys, they are in an abnormal location, and that is what causes an infection. What causes infection? Mostly, the reasons are unexplainable. Why do some people get more colds than others?

Infections can be caused by obstructions, kidney stones, tumors, cysts, or scar tissues. Almost synonymous with obstruction is infection, and then too often comes stone formation. Once you have stone formation, it's hard to get rid of the infection. It's a kind of a cycle that goes around and around.

Infection can be caused by urine being forced back to the kidneys through the conduit. This could happen if you fall asleep with the pouch full of urine and accidentally roll over on the pouch, causing urine to be forced back through the stoma and the urinary tract with tremendous pressure. Invariably, the urine in the pouch is contaminated.

In general, to prevent and treat infection, you need a good flow of urine, much like a stream. That not only dilutes the bacteria or germs in the urine but also helps wash them out. Two and one-half quarts of liquids daily are required for the average adult. Also, antibiotic therapy is used to fight infection.

Night drainage is recommended. Otherwise, you run the risk of urine backing up into the kidneys which can cause irritation or infection. This is especially important for urostomates with only one kidney.

It's important to be aware of the symptoms of a kidney infection: elevated temperature, chills, low back pain, cloudy urine, or decreased urine output. People with ileal conduits normally produce mucus threads in their urine which give a cloudy appearance, but bloody urine is a danger sign. You must see your doctor if any of these symptoms occur. ■

## Choosing Your Pouching System & Accessories

Modified from a UOAA Article – “Choosing your Manufacturer” and *Girls with Guts* Fact Sheet

After surgery you will leave the hospital wearing a particular brand of ostomy equipment, often called an “appliance” or “pouching system.” Many people stay with the initial brand provided by hospital staff and live happily. However, there are several manufacturers of ostomy supplies as well as more than one way to purchase them. It is sometimes necessary for individuals to have ostomy products (usually the wafer) custom-fitted for their particular situation (stoma size, shape, and configuration, etc.). It is suggested that you have a conversation with your Ostomy nurse (CWON), as they are a good source of information for your individual needs, suitable products, and supplier recommendations.

*Girls with Guts* notes that not all ostomy barriers/wafers are the same, and depending upon your specific needs, you may benefit from one ostomy barrier/wafer over another. Check out their associated fact sheet (next page) or for more info: Go to <https://girlswithguts.org/wp-content/uploads/2022/10/GWG-Fact-Sheets-Ostomy-Supplies.pdf>. ■

See “Ostomy Supplies” on next page.

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## Ostomy Supplies



### 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	Two piece ostomy systems	Urostomy
<p>One Piece Systems have a barrier directly connected to either a closed or drainable pouch.</p> 	<p>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.</p> 	<p>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.</p> 

## Ostomy Supplies Cont.



### 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

- Moldable 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	<a href="http://www.hollister.com/">http://www.hollister.com/</a>
Coloplast	(877) 858-2656	<a href="https://www.coloplast.us/">https://www.coloplast.us/</a>
ConvaTec	(800) 422-8811	<a href="https://www.convatec.com/">https://www.convatec.com/</a>
Nu Hope	(818) 899-7711	<a href="https://nu-hope.com/">https://nu-hope.com/</a>
Cymed	(800) 582-0707	<a href="https://cymed.us/">https://cymed.us/</a>
Safe n Simple	(844) 767-6334	<a href="https://sns-medical.com/products/">https://sns-medical.com/products/</a>

## Ostomy Supplies Cont.



### 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 [Pouri](#) are sprayed in the air before or after emptying to mask the scent.

## Ostomy Supplies Cont.



### Accessories Cont.

#### Vents

- Vents like the [Osto-EZ](#) vent attach to any manufacturers 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.

**Note** that there are a few minor spelling errors in the Girls with Guts ‘Ostomy Supply’ graphics shown above.





## Get Ostomy Answers!

The Phoenix magazine provides answers to the many challenges of living with an ostomy. From skin care to nutrition to intimacy, in-depth articles are written by medical professionals, ostomy experts and experienced ostomates. Subscriptions directly fund the services of the United Ostomy Associations of America.

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### IMPORTANT OSTOMATE SUPPORT CONTACTS & LINKS

**Providence Sacred Heart Outpatient Ostomy Clinic** - M-F 8:00-2:00 (509-474-4950). Leave a message if you don't reach someone live; appointments & MD referral required. No walk ins. Can be seen for follow up, checkup, questions, problems.

**MultiCare Deaconess Hospital - Wound Center** – Outpatient Ostomy Patients seen on Thursdays and Fridays, time slots at 1100, 1300, and 1415 (509- 473-7290); appointments & MD referral required.

**Spokane Ostomy Visitor Program** - If you would like to speak to someone who has an ostomy contact Carol Nelson (509-601-3892; [carol@nelsonwheat.com](mailto:carol@nelsonwheat.com)) to arrange a call or visit.

**Kootenai Health Medical Center – Outpatient Wound/Ostomy Care** – (208-625-3582) - 2003 Kootenai Health Way, Coeur d'Alene, ID.

**Gritman Medical Center – Ostomy Services** - 700 S. Main Street in Moscow, Idaho (208-882-4325); appointment needed.

**Kadlec Medical Center - Outpatient Ostomy Clinic**- M-Th 8:00-4:00 (509-946-4611 ext.: 1365562); appointments & MD/provider referral required.

**Ostomy Support Facilities - Lewis-Clark Valley –**

**Tri-State Wound Healing (Ostomy Clinic)**, Clarkston, WA – Call 509-758-1119 – referral not required.

**St. Joseph Wound Care/Ostomy Dept.**, Lewiston, WA - Seeing inpatient and outpatient ostomates, M-F with appointment - Call 208-750-7379

**United Ostomy Associations of America (UOAA)** - (800-826-0826); P.O. Box 525, Kennebunk, ME 04043-0525.

Link: <https://www.ostomy.org/>.

**Phoenix Magazine** - (800-750-9311); The Phoenix Magazine, P.O. Box 3605, Mission Viejo, CA 92690.

Link: <http://www.phoenixuoaa.org/> (get a free sample copy).

**Primary Producers of Ostomy Products:**

> **Hollister** 1-888-808-7456  
<http://www.hollister.com/>

> **Coloplast** 1-888-726-7872  
<http://www.coloplast.us/Ostomy>

> **ConvaTec** 1-800-422-8811  
<http://www.convatec.com/ostomy/>



**INLAND NORTHWEST OSTOMY SUPPORT GROUPS**  
**Regular Support Group Meeting Schedules\* and Contacts**  
**Eastern Washington & Northern Idaho**

(Also, check the “Inland Northwest Ostomy Support Groups” website: <http://inlandnwostomy.org>)

**Coeur d'Alene Ostomy Association, ID (# 409):**

- Contact: Stefanie Pettit BSN, RN, CWOCN at 208-625-3582 - Kootenai Outpatient Wound Clinic.
- Meetings: Support group meetings are held in person on the 3rd Wednesday each month at 3 pm in the basement conference room in Kootenai Clinic Interlake Medical Building, 700 Ironwood Dr., Coeur d'Alene, ID

**Lewiston-Clarkston Ostomy Support Group, WA/ID (# 134):**

- Contacts: Adrian Wilson, President at 509-254-3404; or Tri-State Memorial Hospital, Wound Healing (Ostomy Clinic), 1221 Highland Ave, Clarkston, WA.
- Meetings: Held monthly in person, January-November, 12:30 to 1:30 every 2nd Monday of the month, at Canyon's Church, 717 15<sup>th</sup> St. in Clarkston, WA.

**Spokane Ostomy Support Group, WA (# 349):**

- Contact: Carol Nelson - Facilitator, Visitation Program at 509-601-3892, [carol@nelsonwheat.com](mailto:carol@nelsonwheat.com).
- Meetings: Held on the first Tuesday each month; in person from 4:30-6:00 pm March-September in Mother Joseph Rm. at Sacred Heart Medical Center, via Zoom from 6:30-8:00 pm November-February, and in person in Manito Park on Ostomy Awareness Day, first Saturday in October, time TBD. See monthly announcements.

**Mid-Columbia (Richland) Ostomy Support Group, (TriCities), WA:**

- Contacts: Nancy Serna, CWON at 509-942-2266 or Wayne Pelly (Visitation Chairperson) at 509-943-3223.
- Meetings: Quarterly meetings (Feb., May, Aug., Nov.) on the last Monday of the month excluding holidays; 3:30-4:30 pm, at Healthplex at 1268 Lee Blvd Richland WA Check online at <https://education.kadlec.org/registration/11-wellness/94-support-group-ostomy>.

**Palouse (Moscow) Ostomy Support Group, ID (# 462):**

- Contacts: Judith (Judy) Reid, RN, MS, CWON, President at 509-330-1265; Linda Loomis, at 509-998-1309; or Frances Newcombe, volunteer, BSN, RN, CWON at 208-301-4981 or 208-882-4325.
- Meetings: Currently held first Wednesday each month via Zoom; February – December; 5:00-6:00 pm.

**Confluence Health (Wenatchee) Ostomy Support Group, WA (# 398):**

- Contact: Tyree Fender, RN, BSN, CWOCN at 509-433-3212.
- Confluence Health Central Washington Hospital, 1201 S. Miller St., Wenatchee, WA. Currently no meetings.

**Yakima Ostomy Support Group, WA:**

- Contact: Kanista Masovero, RN, CWOCN at 509-575-8266 Virginia Mason Memorial Ostomy/Wound Care Services.
- Meetings: Usually held second Wednesday bimonthly; 10:00-11:00 am in the Cascade Community Room at North Star Lodge, 808 N 39<sup>th</sup> Ave, Yakima, WA:

>> Please let us know of errors that need to be corrected or of changes need to be made to the ABOVE information:  
([SOSG.Input@gmail.com](mailto:SOSG.Input@gmail.com)).