

**NHS Northamptonshire Comprehensive Stoma Care Guidelines**

**Information for General Practitioners**

**Stoma Care Department, Northampton General Hospital**

**Lorraine Batty, Angie Dillon, Melissa Downing and Sam Kightley.**

Direct Line: Telephone: 01604 545570

Please leave a message on our answer phone, messages left before 1pm will be returned the same day, excluding weekends and bank holidays, messages left after 1pm will be returned the following working day.

Bleep: 08.30-14.00 Mon-Fri, excl. bank holidays via NGH switchboard 01604 634700

Clinics are held on various days in the Integrated Surgical Department by appointment only.

**Stoma Care Department, Kettering General Hospital**

**Sarah Hargreaves, Julie Smith and Jan Robinson**

Direct Line: 01536 492011 - please leave a message on our answer phone.

Bleep: 08.30-16.30 Mon – Fri, via KGH switchboard 01536 492000, bleep 208.

Drop in Clinic, by appointment only: every Tuesday in the Out Patient Department, Kettering General Hospital

## Ileostomy

Usually formed in the terminal ileum.

Either end or loop stoma and the output is liquid faeces, variable from porridge like to watery consistency

Requires emptying on average 4 to 6 x day.

Patients require a drainable appliance.

Ileostomy pouches should be changed every second day, sometimes the pouch has to be changed daily.

Each box contains 10 to 30 pouches, 30 pouches should last the patient 1 - 2 months.

**COSTS PER 30 BAGS RANGE BETWEEN: £48.80 - £133.18**

**Additional information:** If an ileostomate is experiencing watery stool they are encouraged to eat a diet rich in refined carbohydrates to encourage a porridge consistency stool, this reduces the likelihood of dehydration. Some ileostomates require Loperamide and/or Codeine Phosphate either intermittently or long term to assist with thickening their stool.

## Colostomy

Formed in the sigmoid, descending or transverse colon.

Either end or loop stoma, the output is semi-formed/formed faeces.

Patients should require a closed pouch, on occasions a drainable pouch is a more appropriate option. Some colostomates choose to use a drainable pouch if their stool is soft or unpredictable.

Closed pouches are, on average, changed twice a day, but may be three times a day.

Each box contains 10 - 30 pouches, 30 pouches should last the patient two weeks.

**COSTS PER 30 BAGS RANGE BETWEEN: £43.20 - £98.88**

## Urostomy

Formed to divert the flow of urine to bypass the bladder or after bladder removal.

Always an end stoma, the output is always urine.

Patients require a drainable pouch (with a tap), which requires emptying every 2-3 hours during the day.

Urostomy pouches should be changed every 2-3 days, but some patients may need to change daily.

Each box contains 10 - 30 pouches, 30 pouches should last the patient 1 - 2 months.

A night drainage system is required.

Each box of night bags contains 10 systems, as night systems should be changed weekly a box should last the patient 10 weeks.

**COSTS PER 30 BAGS RANGE BETWEEN: £123.96- £186.08**

**COSTS PER 10 BAGS OF NIGHT DRAINAGE BAGS RANGE BETWEEN: £11.44 - £17.06**

## Convexity

If a stoma of any type is problematic, usually flush or retracted, a patient may be required to use a convex product to prevent leakage, sore skin and promote continence.

The frequency of change should remain the same as above.

Each box contains 10 pouches.

Ileostomy – 1 box should last 10 - 20 days

Colostomy – 1 box should last 5 days

Urostomy – 1 box should last 10- 30 days

### **COSTS PER BOX OF POUCHES RANGE BETWEEN**

**ILEOSTOMY: £23.16 - £43.55**

**COLOSTOMY £20.22 - £29.94**

**UROSTOMY - £41.32 - £60.41**

NB: A convex appliance should only be used if recommended by a Stoma Care Nurse.

Some patients requiring a convex pouch will also require a belt.

Belts are issued as a single item. These can be washed and reused by patients.

**AVERAGE COST PER BELT: £3.29 - £7.49**

## 2 Piece Appliances

Some ostomists choose to use a 2-piece appliance. This is where the flange and the pouch are separate.

An ileostomate will change the flange every 3-5 days and the pouch every 2-3 days.

A colostomate will change the flange every 3-5 days and the pouch twice daily.

An urostomate will change the flange every 3-5 days and the pouch every 2-3 days or daily if mucous blocks the outlet.

A box of flanges contains 5 -10 products, this will last all ostomists 2-4 weeks.

A box of pouches contains 10 or 30 products.

For an ileostomate/urostomate a box of pouches should last 2 months/30 pouches or 20 days/10 pouches.

For a colostomate a box of pouches should last 2 weeks/30 pouches or 5 days/10 pouches.

### **COSTS RANGE BETWEEN:**

**ILEO/COLO/UROSTOMY (10) FLANGES: £26.03 - £42.12**

**ILEOSTOMY (30) POUCHES: £35.73 - £88.70**

**COLOSTOMY (30) POUCHES: £30.51 - £55.02**

**UROSTOMY (30) POUCHES: £35.00 – £106.11**

## Accessories

### **Creams, pastes and skin barriers**

All types of ostomists will never require a cream – it would prevent flange adhesion.

All types of ostomists may require paste to promote continence.

**COSTS PER TUBE OF PASTE RANGE BETWEEN: £3.54 - £8.17**

All types of ostomists, although more commonly ileostomates/urostomates, may require skin barriers to treat or prevent excoriation but **only for short-term use**. If used for > 3 months refer patient to stoma nurse.

Formulary choices - Cavillon spray, Cavillon wipes, Coloplast skin barrier.

**COSTS PER BOX OF WIPES RANGE BETWEEN : £13.53 - £22.93 please note that the amount of wipes in the box vary dependent on the manufacturer.**

## Seals and flange retention strips

A Stoma Care Nurse will recommend these only if required.

Seals and washers are used to apply around a problematic stoma to build up the peristomal skin, aiding application of the pouch and preventing leakage.

Retention strips are used over and around the secured flange for extra protection and security.

**COSTS PER BOX OF SEALS RANGE BETWEEN: £16.75 - £54.88 please note that the amount of seals in the box vary dependent on the manufacturer.**

**COSTS PER BOX OF RETENTION STRIPS RANGE BETWEEN: £3.81 - £18.50 please note that the amount of strips in the box vary dependent on the manufacturer.**

## Adhesive removers

These are used to ease the removal of the pouch from the skin; they have proven to be invaluable in the prevention of skin stripping. They are also used to remove any residual adhesive from the skin. Available as a spray or wipe.

**COST PER BOX OF 30 WIPES RANGE FROM: £8.56 - £12.95**

**COST PER SPRAY RANGE FROM: £8.42 - £13.60 please note that the volume in the sprays vary dependent on the manufacturer, therefore a more expensive spray may well be better value.**

## Deodorants

**Should not be required.** If correctly fitted, no odour should be apparent except when bag is emptied or changed. Household air freshener is sufficient in most cases. Ostomart product if necessary.

**COST PER DEODORANT: £3.21 - £8.69 please note that the volume in the deodorants vary dependent on the manufacturer.**

## Undergarments

**'Stoma underwear' should not be prescribed, unless a patient develops a parastomal hernia and/or has been advised to wear 'support underwear' by the stoma nurse**

Underwear is available on prescription for ostomates, sometimes this is recommended for patients that have a problematic stoma and/or if the stoma site is above the patients waistline, as shop bought underwear are not always appropriate.  
**COST PER GARMENT: £7- £25**

## Support Garments

Abdominal exercises and support garments are offered to patients with a permanent stoma as a means to preventing parastomal hernias. Support garments are also recommended to patients who develop a hernia.

Dependent on the hernia patients are fitted for their support garments either by ourselves, an outside agency specializing in support garments for ostomates or the surgical appliance dept at the hospital.

**COSTS VARY, BUT CAN BE BETWEEN: £42.84 – £83.10**

**Prices correct at March 2012**

## Chemist or delivery company?

Patients are given the choice of using a dispensing chemist or a delivery company (DACS). The majority of patients choose to use a DAC as they provide a cutting/product preparation service, the products are delivered to their home discreetly at a time convenient to them, they also provide complimentary items such as wipes and disposal bags etc.

Please refer to "Guidance on third party requests for appliance and nutritional feed prescriptions".

The information contained within this leaflet are general guidelines only. All patients are assessed regarding their requirements by the stoma care nurse.

Any patient with a problematic stoma that necessitates multiple accessories are reviewed regularly, appropriate changes are made with a view to reduce product requirements.

If you have any concerns regarding individual patients please refer to the stoma care team for assessment/evaluation of their requirements. Please contact the relevant stoma care department details of which are at the front of this leaflet.

Leaflet adapted from: Stoma Care Guidelines, Information for General Practitioners  
Stoma Care Team, Great Western Hospital, Swindon. Courtesy of Dansac Limited.

March 2012

<b>COMPANY</b>	<b>PRODUCT</b>	<b>AMOUNT</b>	<b>COST</b>
<b>Washers</b>			
Coloplast	Mouldable Rings – 3mm 4.2cm	30	£54.88
		30	£55.95
Dansac	G xtra Seals	30	£41.16
	Dansac Seals	30(new)	£64.50
<b>Hollister</b>	<b>Adapt Rings</b>	10 X 3 boxes	<b>£17.04</b> <b>£51.12</b>
Pelican	Cohesive	30	£55.46
	Cohesive Slims	30	£54.40
<b>Salts</b>	<b>Secuplast Mouldable</b>	<b>30</b>	<b>£48.84</b>
	“ Thin	<b>30</b>	<b>£48.08</b>
<b>Belts</b>			
Coloplast	0421	1	£6.53
<b>Convatec</b>	<b>S210</b>	<b>1</b>	<b>£3.34</b>
Pelican	133006	1	£7.42
Salts	AB01	1	£7.43
<b>Dansac</b>	<b>090-01</b>	<b>1</b>	<b>£7.35</b>
	<b>Larger (longer) use if S210 not long enough</b>	<b>1</b>	<b>£7.35</b>
Ostomart	(normally to go with ostoshield Belt on its own)	1	£3.50
<b>Adhesive Removers</b>			
		Wipes (30)	Sprays (50ml)
Bullen Niltac		£13.96	£8.42
<b>CD Medical Peel Easy</b>		<b>£11.66</b>	<b>£7.10</b>
Clinimed Appeel		£14.83	£8.94
Coloplast Adhesive Remover		£14.20	£8.57
Convatec – concare (100)		£17.48	
Dansac Non sting		£14.54	£8.97
Hollister (50)		£13.17	
Oakmed		£12.06	
Opus – Lift Plus		£14.45	£8.80
Pelican Release		£15.05	£9.08
Prosys Independence		£15.08	£9.11
<b>Salts Wipeaway</b>		<b>£8.74</b>	<b>£7.05</b>
<b>Flange Extensions</b>			
Clinimed	Hydroframe	20	£12.77
Ostomart	Ostofix forty	40	£18.82
	Ostofix eighty (smaller)	80	£18.50
Prosys	Acubond Strips	30	£17.45
<b>Salts</b>	<b>Secuplast Hydro</b>	<b>30</b>	<b>£11.60</b>
	“ “ Aloe	30	£12.57
	Secuplast Circular Micropore	10	£11.05
			(all size)

<u>COMPANY</u>	<u>PRODUCT</u>	<u>AMOUNT</u>	<u>COST</u>
<b>Skin Protection</b>			
<b>SHORT TERM USE ONLY (acute prescription):</b> may be used on skin that is broken, sore or weepy to promote healing. If used for >3 months, refer patient to stoma nurse. Barrier creams are NOT recommended as they reduce adhesion of bags/flanges			
3M	Cavilon Wipes 28ml spray (5x) 1ml applicator	30	£22.93 £6.54 £4.88
Clinimed	LBF	30	£23.97
Coloplast	Skin Barrier	30	£21.12
Dansac	Protective Wipe	30	£22.69
Opus	Safe Skin	50	£36.34
Pelican	Protect Plus	30	£24.39
Prosys	Independence	30	£24.44
<b>Deodorants</b>			
<b>Should not be required.</b> If correctly fitted, no odour should be apparent except when bag is emptied or changed. Household air freshener is sufficient in most cases.			
Clinimed	Limone	50ml	£4.86
Ostomart	Apple,Blackberry, etc.	50ml 100ml	£3.94 £7.68
Pelican	Citrus Fresh	50ml	£4.15
<b>Paste and Powders</b>			
Convatec	Orahesive Powder	25g	£2.35
	Orabase Paste	30g	£2.02
	Stomahesive Paste	60g	£7.46
Pelican	Paste	100g	£7.80
	Cohesive Paste	60g	£8.32
Salts	Stoma Paste	60g	£3.63
Ostomart	Ostoseal Powder	25g	£2.32

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