Your Guide to Stoma Appliances
Have you been told by your healthcare professional that you’ll need a stoma or have you just had your stoma surgery? Then everything might still seem very overwhelming. No need to worry, though! We’re here to help you navigate your way through the stoma appliance jungle.

If you’re unsure about anything or just need a little reassurance, feel free to get in touch with our lovely Customer Care team. They will be more than happy to support you with every step of the way and will help you find the best option for your individual needs. Have you got any medical questions? Our in-house nursing team is there when you need it. Should you find yourself in an emergency situation, please call your GP or the NHS helpline on 111.

Your stoma appliances

Your stoma pouch

There are lots of different stoma pouches available out there so it can be a little bit confusing to begin with. But don’t worry, they all do the same thing! Your stoma pouch is a waterproof bag that is made to hold the output that’s leaving your body via your stoma. Some pouches are clear, some are opaque, and others simply have a little clear window at the front. They are generally available as drainable or closed pouches and come as one-piece or two-piece systems.

Closed pouches

As it can’t be emptied, a closed pouch is generally single-use and will have to be taken off and thrown out when it becomes full.
**Drainable pouches**

A drainable pouch, on the other hand, has a resealable opening at the bottom. This means that you’ll be able to empty your pouch without having to change it. How do you close a drainable bag? This really varies from manufacturer to manufacturer. Some use Velcro, others a simple fold and clip mechanism. They are all equally as secure, though, so you can choose whichever works best for you.

**Skin barrier**

The skin barrier, or base plate, is the part that sits directly on your skin and protects it from output. There are many options out there and you might have to try a few different ones to find the one that works best for you. They all have one thing in common, though: They need to be cut to size in order for them to do their job properly!

**One-piece pouch**

A one-piece system simply means that your skin barrier and stoma pouch are one single unit that can’t be separated. They are often easier to apply and also flatter which makes them more discreet. Because it’s all one unit, however, the skin barrier has to be removed with every pouch change. This can easily irritate your skin, especially if it’s sensitive.

**Two-piece pouch**

With two-piece systems, your skin barrier and our stoma pouch are two separate units. Generally, the skin barrier will be applied to the skin and then your stoma pouch is attached to it. If you are using two-piece systems, always use skin barrier and pouch from the same manufacturer as different manufacturers are likely using different mechanisms.

Two-piece systems are great if you’ve got sensitive skin as you don’t have to take the skin barrier off every time your pouch needs changing. This also makes it much easier for you to change your pouch.
Because skin barrier and pouch are two separate units, however, they tend to be a bit bulkier and are more likely to show underneath your clothes.

Flushable pouches

As the name suggests, flushable pouches can be flushed down the toilet which makes disposing of them super discreet. How? They have a biodegradable inner lining that can simply be peeled away from the outer liner. The only thing left to do is to throw the clean outer liner in the general rubbish and you’re all done!

Paediatric Pouches

These are special stoma pouches designed for babies and children and are available as one-piece or two-piece systems. Although they’re made for children and infants, you can also use them as an adult if you want a super discreet pouch (when you’re off for a night out, for example!).

Urostomy Pouches

Urostomy pouches are very similar to a ileostomy or colostomy pouches, except that they’ve been designed to hold urine. They generally come with a tap at the bottom, so you can empty the pouch into a toilet or similar. During nighttime, you can also attach a 2L overnight drainage bag so you don’t have to interrupt your beauty sleep. Just make sure to switch your tap to open before dozing off!

Convex barrier

If your stoma is flush against your skin or has sunken in, a convex barrier might be perfect for you. If you think you could benefit from curved baseplate, have a chat with your stoma care nurse as you will need to be assessed first.
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Filters

Wind and unpleasant smells are two things no one can escape. With a colostomy or ileostomy, however, it can be especially uncomfortable as you can’t control when you’re passing wind. To help prevent unpleasant smells, stoma pouches are generally designed with built-in filters that will remove any unwanted odour. As with most things, there are many different options out there and you might have to try a few to find the one that works best for you.

Accessories

There are different additional products out there that can make living with a stoma a little bit easier and might help you with looking after your stoma. If you’re looking for anything specific or need some advice, give our lovely Customer Care team a ring on 0344 225 1519. They’ll be more than happy to talk you through your options!

Here are some examples of things that you can incorporate into your daily stoma care routine:

• Adhesive removers: If you’re struggling to remove your adhesive or have sensitive skin, adhesive removers might be a great option for you. They make removing your baseplate and any adhesive residue on your skin super easy!

• Deodorisers: If you’re worried about unpleasant smells when changing your pouch, deodorisers can give you some peace of mind.

• Barrier products: If you’re have sensitive skin, you can use barrier products which will prevent any output from leaking onto your skin.

• Seals: If the skin around your stoma is uneven or you have creases, seals might be a good option for you. They can be moulded to fit your individual needs and help to reduce leakage.
How to get in touch
If you have any further questions or just want a little chat, our lovely Customer Care team is here for you.

Opening hours:
Monday – Friday: 8am to 8pm
Saturday: 8am to 1pm

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