

## Prescribing Guidelines for Stoma Accessories (Adult)

### 3<sup>rd</sup> Edition

#### Background

This guideline has been developed by a group of healthcare professionals including nurse specialists across the North of Tyne, Gateshead and North Cumbria area.

The guideline is intended for use by prescribers to give information on a list of recommended products and usual quantities to prescribe.

#### Principles

- All accessories to be used under advice of stoma care nurse (SCN) specialist – locality contacts on page
- If quantities ordered exceed those listed without good reason, refer patient to stoma care nurse specialist
- Stoma underwear should not be prescribed unless the patient develops a parastomal hernia and/or has been advised to wear support underwear by the stoma care nurse specialist
- Stoma will be oedematous for initial 6-8 weeks, reducing and changing shape during this time. Therefore products often need to be changed accordingly during this time. The stoma will be reviewed by SCN regularly and any necessary changes made.

Approval Date: September 2020

Review Date: September 2023

## Prescribing Guidelines for Stoma Accessories (Adult)

Accessories	Notes	Frequency of use	Quantity
<b>Adhesive remover</b>	To aid removal of appliance	Used each time stoma appliance changed	2-3 cans per month
<b>Barrier creams</b>	Barrier creams are not usually recommended as they reduce adhesion of bags/flanges	Apply when bag is changed as directed	1 tube alternate months
<b>Belts</b>	Usually worn with a convex appliance. Washable and reusable		3-6 per year
<b>Deodorants</b>	Should not be required. If pouch is correctly fitted, no odour should be apparent except when bag is emptied or changed. Household air freshener is sufficient in most cases	Not routinely required	Not routinely required
<b>Discharge solidifying agents</b>	To change consistency of stool within the pouch. A sachet that is placed into the pouch to thicken watery contents	Used each time stoma appliance emptied	1-2 boxes per month
<b>Drainable bag fasteners</b>	N/A	As required	1 box per month
<b>Flange extenders/retention strips</b>	Used for increased pouch wear time. Avoids use of tape	Used each time stoma appliance changed	1-2 boxes per month
<b>Powders</b>	Used for protection of excoriated/bleeding skin	Used each time stoma appliance changed	1 powder tube alternate months
<b>Protective rings</b>	Used for skin protection and useful to fill skin creases. To be used under advice of stoma care nurse only	Each time appliance changed	As per appliance
<b>Protective wafers</b>		Short term use only	Short term use only
<b>Skin fillers (pastes)</b>	Used to fill skin creases. Not usually for long term use	Used each time stoma appliance changed	1-2 tubes per month
<b>Skin protective wipes and sprays</b>	Short term use only (acute prescription): May be used on skin that is irritated/inflamed to promote healing. Sprays first-line option - Wipes useful for patients with limited dexterity. If used for > 3 months, refer patient to stoma nurse	Apply when bag is changed as directed	1 box every 1-2 months

## Prescribing Guidelines for Stoma Accessories – Recommended products (Adult)

Accessories	Company	Recommended products	Code	Quantity
Adhesive remover	CD Medical	Peel Easy 50ml spray	300714	50ml
	Coloplast	Brava Adhesive Remover Spray 50ml	12010	50ml
	CS Bullen	Trio Niltac Sting Free Medical Adhesive Remover Spray 50ml	TR101	50ml
		Niltac adhesive remover wipes	Tr102	30
	Clinimed	Clinipeel 50ml	4501	50ml
	Dansac	Easispray 50ml spray	083-01	50ml
	Salts	Adhesive remover 50ml spray Adhesive remover wipes	WAP WAP2	50ml
	Respond	Adhesive remover spray 50ml – Neutral Apple Mint Blackberry	OPN50 OPA50 OPM50 OPB50	50ml
Opus	Lift Plus	5506	50ml	

<b>Barrier creams</b>	3M	Cavilon Druable Barrier	3391G	
	Clinimed	LBF Barrier Cream	3823 60338	
	Medi	Derma S barrier cream	60628 60345	
	Ilex	Topical barrier cream 57g	IP51	
<b>Belts</b>	As per appliance	Use belts with recommended product		
<b>Lubricating gel</b>	Hollister	Adapt	78501	50 sachets
<b>Discharge solidifying agents</b>	Convatec	Trio diamonds	TR105	100 sachets
	Opus Healthcare Limited	Absorbogel	9900	150 sachets
	Trio healthcare	Pearls	TR205	100 sachets
	Pelican	Perform	130160	60 sachets
	Respond	Ostosorb	PFW6	150 sachets

<b>Flange extenders/ retention strips</b>	Coloplast	Brava	12070	20
	Salts	Secuplast hydro	SPHA2 SPH 1	30
	Respond	Comfort – small  large  wide	AFES30	30
			AFEL30	30
			AFEW30	30
	Dansac	X-tra strips	075-30	30
Clinimed	Ultraframe	UFWAH 33	20	
<b>Powders</b>	Convatec	Orahesive Powder Ostoseal	S106	
	Ostomart	Protective Powder	ABP1	
	Hollister	Adapt stoma powder	7906	
	Oakmed	Stoma Powder	OSP	
<b>Protective rings</b>		TRE Seals: 20mm 30mm 40mm	071-20 071-30 071-40	30 30 30
	Dansac	Seals 20mm 30mm 40mm 50mm	070-20 070-30 070-40 070-50	30 30 30 30

Protective rings	Salts	Mouldable 3mm (40) 3mm (70) 4.2mm(40) 4.4mm(70) 3mm (100)	SMSAT15 SMSAT35 SMSAS15 SMSAS35 SMSAL	30 30 30 30 10
	Salts	Aloe rings 25mm 32mm 38mm 45mm	SAR25 SAR32 SAR38 SAR45	30 30 30 30
Protective rings	Respond Plus	Astoa mouldable  Thin – 3mm Standard – 4mm	AMRT30 AMRS30	30 30

Protective rings	Hollister	Seals: Adapt Barrier Rings (48 mm) Flextend M Adapt Barrier Rings (98mm) Flextend M Adapt Convex Barrier Rings (17-26mm) Flextend Adapt Convex Barrier Rings (27-36mm) Flextend Adapt Convex Barrier Rings (37-46mm) Flextend Adapt Oval Convex Barrier Rings (22-38mm) Flextend Adapt Oval Convex Barrier Rings (30-48mm) Flextend Convex Barrier Rings (38-56mm) Flextend    Adapt Oval	7805 7806 79520 79530 79540 79601 79602 79603	10 10 10 10 10 10 10 10
	Hollister	CeraRing with ceramide Adapt 48mm Adapt slim 48mm  Convex ring 17-26 Convex ring 27-36 Convex ring 37-46 Oval ring 22-38 Oval ring 30-48 Oval ring 38-56	8805 8815  89520 89530 89540 89601 89602 89603	10 10  10 10 10 10 10 10
Protective rings	Clinimed	Hyperseals with Manuka Honey 2.5mm 4.0mm 2.5mm large profile	MHWA300 MHWA400 MHWA350	20 20 5

Protective rings	Coloplast	Brava Rings		
		2.5mm (18mm)	12035	20
		4.2mm (18mm)	12045	20
		2.5mm (27mm)	12037	20
		4.2mm (27mm)	12047	20
		2.5mm (34mm)	12039	20
		4.2mm (34mm)	12049	20
		Mouldable rings		
48 x 2.0mm	12030	30		
48 x 4.2mm:	12042	30		
Protective wafers	Convatec	Duodern Extra Thin 10x10cm	S161	10
	Salts	Protective wafer 10cm by 10cm	PW1010	10
Skin fillers (pastes)	Convatec	Stomahesive Orabase paste	S105	
	Hollister	Adapt paste	S9300	57g



<b>Skin protective wipes and sprays</b> Sprays provide good first-line option. Wipes useful for patients with limited dexterity.	Convatec	Trio Silesse Sting Free Barrier Wipes	TR103	30 wipes
		Silesse barrier spray	TR104	1 spray
	3M Health Care	Cavilon Stoma Wipe		30 wipes
	Medi	Derma S barrier film – wipes	60307	30 wipes
		50ml spray	60819	50ml
	Salts	Barrier wipes	PPS1	30 wipes

## Prescribing Guidelines for Stoma Appliances (Adult)

Type of stoma	Type of appliance	Frequency of appliance change	Quantity prescribed per month
<b>Colostomy</b>  Large bowel stoma Usually formed stool	One piece closed appliance	Changed 1-3 times a day	30 - 90 pouches : Usually packed in boxes of 30 (1 - 3 boxes per month)
	Two piece closed appliance	Flange – changed 2-3 times a week	10 -15 flanges : Usually packed in boxes of 5 or 10 (1 - 3 boxes per month)
		Pouch – changed 1-3 times a day	60 - 90 pouches : Usually packed in boxes of 30 (1 - 3 boxes per month)
<b>Ileostomy</b>  Small bowel stoma Semi-formed or loose output Average volume 500-800 mls	One piece drainable appliance	Changed every 1-2 days	15 - 30 pouches : Usually packed in boxes of 10 or 30 (1 - 3 boxes per month)
	Two piece drainable appliance	Flange - changed 2-3 times a week	10 -15 flanges : Usually packed in boxes of 5 or 10 (1 or 3 boxes per month)
		Pouch - changed every 1-2 days	15 - 30 pouches : Usually packed in boxes of 10 or 30 (1 - 3 boxes per month)
<b>Convex Pouches</b>  <b>To be used only on recommendation of stoma care nurse specialist</b>  For flush/retracted stomas or those in a crease. Sometimes need a belt attachment	One piece closed appliance	Changed 1-3 times a day	30 - 90 pouches : Usually packed in boxes of 10 or 30 (3 - 9 boxes per month)
	Two piece closed appliance	Flange – changed 2-3 times a week	10 - 15 flanges : Usually packed in boxes of 5 or 10 (1 - 3 boxes per month )
		Pouch – changed 1-3 times a day	30 - 90 pouches : Usually packed in boxes of 10 or 30 (1 - 3 boxes per month)
	One piece drainable appliance	Changed every 1-2 days	15 - 30 pouches : Usually packed in boxes of 10 or 30 (1 - 3 boxes per month)
	Two piece drainable appliance	Flange – changed 2-3 times a week	10 -15 flanges : Usually packed in boxes of 5 or 10 (1 - 3 boxes per month)
		Pouch – changed every 1-2 days	15 - 30 pouches : Usually packed in boxes of 10 or 30 (1 - 3 boxes per month)
<b>Stoma Caps</b>	Used over a mucous fistula and in conjunction with colostomy irrigation	Stoma cap changed every 2-3 days	1 box alternate months

## Contact information for Stoma Care Nurse Specialists (Adult)

Organisation	Opening times	Contact information
Newcastle Foundation Trust, Acute Hospitals	Monday to Friday 8:30 to 17:00	Specialist Nurses: Allison Sharpe, Deborah Hall, Darren Vernon, Linda Archer, Kate McEntee. RVI: 0191 2824116 Freeman: 0191 2137665
Newcastle Community	Monday to Friday 8:30 to 17:00	Jacqui Clish: <a href="mailto:jacqui.clish@nuth.nhs.uk">jacqui.clish@nuth.nhs.uk</a> Walkergate Centre, 0191 2826346
Northumbria Healthcare NHS Foundation Trust	Monday to Friday 8:00 to 16:00	Julia Hall ( <a href="mailto:juliahall2@nhs.net">juliahall2@nhs.net</a> ) and Rachel Atkinson Tel: 07780004034 and 07468716080
Gateshead Health Foundation Trust	Monday to Friday 8:30 to 17:00	Specialist nurses: Heather Wilson and Alan Brown Tel: 0191 4453152 or 0191 4453153 Gateshead Community Stoma Nurse: Pamela Rourke, Tel: 07850204836
North Tyneside Community	Monday to Friday 8:30 to 17:00	Hazel Moore, Diane Thomson, Angela Bell Tel: 0191 2828095
North Cumbria Integrated Care NHS Foundation Trust (NCIC)	Monday to Friday 9:00 to 17:00	Jill Coulthard, Gillian Harker, Ruth Hetherington, Nicola Armstrong, Emma Ludi Tel: 01228814179