

Ostomy Supplies

You are not alone

Over a half a million North Americans have ostomies and over 100,000 ostomy operations are performed each year in Canada and the United States. Two-thirds of all ostomies are colostomies (involving the colon), 20-25% are ileostomies (involving the ileum or small intestine) and the remaining 10-15% are urostomies (involving the urinary tract).

Ask your Pharmacist

Some Medicine Centre pharmacies carry a wide variety of appliances (pouches) and equipment for all of your ostomy needs. And, if by chance we do not carry the product you are looking for, they can order and have it for you as soon as possible.

It is important that your ostomy supplies meet your specific needs. The appliance should fit well and be comfortable. Some of the appliances and equipment include:

- appliances (pouches): one and two piece, closed ended and open ended, different flange shapes and sizes



- skin barriers: pastes, powders, sprays, adhesive barriers
- skin creams and lotions
- pouch deodorants
- appliance covers
- books or pamphlet on ostomy care

Food - Friend or Foe?

Unless problems occur, you should eat a normal, varied diet. The following outlines some foods and their effects on people with colostomies. Talk to your pharmacist for more details.

- Gas Producing Foods: cabbage, beans, turnips, onions, cucumber, radish, dairy products, carbonated beverages, nuts and beer.
- Odor Forming Foods: fish, eggs, asparagus, onions, garlic, cabbage, broccoli, turnips and baked beans.
- Diarrhea Causing Foods: raw vegetables, fresh fruits, green leafy vegetables, seasoned foods, beer, prunes and milk
- Foods that Could Obstruct the Stoma: nuts, seeds, popcorn, corn and fibrous foods.
- Foods/Drugs Causing Change in Color: strawberries, beets, jello (red), licorice, iron pills, bismuth preparations, ASA, senna and antacids containing aluminum.

- Foods that Control Odors: tomato juice, orange juice, cranberry juice, parsley and yogurt.
- Foods that Control Diarrhea: bananas, boiled rice, peanut butter, boiled milk, applesauce and tapioca.

Tips for Ostomy Care

- Anyone with an ileostomy lacks a normal reserve capacity for absorption of water, sodium, and potassium, and should take extra fluid during and after exercise and in hot weather.
- Soap and water will not injure a stoma, but bath oils and some fragrant soaps may leave

a greasy film that can prevent the application from adhering properly. Make sure the skin is clean and dry before the appliance is applied.

- When traveling, you should always carry your supplies with you in your carry-on luggage.
- Talk to your pharmacist about the medication you take. Some medications may cause adverse effects, others may not be absorbed properly if they have a coating.
- Avoid using alcohol to clean around the stoma. It can leave skin dry and irritated.
- Look for creams and lotions that are made specifically for the ostomy area. These products are usually less irritating and do not interfere with appliance adhesion.

Notes: