

Ostomy supporting products



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The decision to use a supporting product is mostly a matter of personal preference. Some people have a good seal between the skin and the barrier, and they may never need supporting products. Other people face challenges in getting a tight seal and avoiding leaks. In such cases your Wound, Ostomy, Continence (WOC) Nurse may recommend that you try one or more supporting products to improve the seal between your skin and the barrier.

You may want to use a supporting product if:

- Your stoma is flush with the skin (at skin level)
- Your stoma is retracted (below skin level)
- The skin around your stoma is not flat
- The skin around your stoma is red or irritated
- Creases in your skin don't allow the barrier to adhere tightly
- Your abdomen around your stoma is very soft
- You notice leaks regularly

Before using a supporting product, it's best to read the following and talk to your WOC Nurse about your options.

Creating an even surface

You might notice that gaps, creases or an uneven skin surface may sometimes cause the barrier to not stick tightly to your skin. A tight seal is important to prevent output (stool) from sitting on your skin. Either ostomy paste or a Brava® Protective Seal can be used around the stoma opening, between your skin and the barrier, to provide a tight seal.



Protective Seal – The Brava® Protective Seal is a moldable, extended wear protective seal, and a good option for creating an even seal and secure fit between the stoma and ostomy barrier. It is durable and resistant to breakdown, even when it

comes in contact with caustic output. **Advantage:** The seal helps to maintain healthy skin by absorbing moisture from the skin surface, while maintaining its' shape, adhesion to the skin, and secure seal around the stoma. It is easy to mold, so it can be applied over skin with dips, creases and folds, stays where you put it, and removes cleanly and easily away from the skin. The Brava® Protective Seal comes in several different sizes and two different thicknesses to offer a custom moldable, extended wear solution.



Strip Paste – This product is very cohesive; even more cohesive than ostomy paste. It's a good choice for filling in uneven gaps or creases, to help provide a better seal. **Advantages:** It helps create a mild convex (curved) shape for a flat barrier, or it makes a

convex barrier more convex, to help it fit lightly against your skin. Strip Paste is alcohol-free, so it won't irritate your skin.



Ostomy Paste – This product is used like caulking to fill uneven gaps or creases and provide a tight seal. It's most often used around the barrier opening next to the stoma to create a better seal.

Advantages: A small bead of ostomy paste is all that's needed. **Reminders:**

Do not use more than a small bead of paste, and don't spread it over the entire adhesive barrier. Ostomy paste is not the best choice if you have a urostomy; this type of paste, if it comes in contact with urine, may not bond well to your skin.

Added security

It is important to make sure your barrier stays sealed to your skin and does not start to lift up. If you have any lifting occurring, this can lead to other issues, such as leakage. To keep a tight seal to the skin, there are a couple of good accessory products that can help you.



Elastic Barrier Strips – These elastic strips are used to make sure the outside edges of the barrier don't start to lift. They are a skin-friendly alternative to using an aggressive tape on your skin. Because they are made of an elastic material, they will

stretch and move with your normal body movements throughout the day, and still create a secure seal for your barrier.

It is not recommended to use these strips to patch a leak. Instead apply these strips around a newly applied pouch to help prevent the edges of the barrier from lifting.



Ostomy Belt – Using a belt can help strengthen the seal between the barrier and your skin.

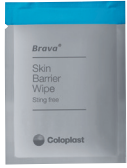
Advantages: A belt can give added security with hard-to-manage situations: irregular contours in the abdomen, frequent leakage or a stoma that doesn't protrude from the skin. It is also helpful when using convex barriers.

Protecting your skin

If you have open areas of skin around your stoma, a two-step solution is helpful: applying ostomy powder, followed by skin protectant.



Ostomy Powder – This product is often used on open skin or denuded skin. (Denuded skin has lost its outer skin layer.) **Advantage:** The powder provides an absorptive and protective layer, allowing the wet skin to dry for a better seal.



Skin Barrier Wipe – This product will leave a breathable, thin, protective coating on the skin. When used with ostomy powder, the skin barrier bonds with the powder to create a dry surface. This dry surface protects

the skin and helps the barrier stick, even if there is moist, open skin underneath the powder. **Advantages:** Protects the skin from body waste and adhesives. For open or denuded skin, it can help create a better seal and protect the skin from output. **Reminders:** If your skin is healthy and intact you may not need to use a skin barrier wipe as it may affect the adhesion and how the barrier absorbs perspiration.

Removing the adhesive from your skin

Each time you change your pouching system, it's important to remove all of the adhesive from your skin. Otherwise your skin may become irritated. Usually you can do this with warm water and gentle cleansing with a cloth. If some adhesive remains, however, you might use ostomy adhesive remover. If you are unable to remove all of the adhesive or residue be sure that the entire area is wiped clean and is dry prior to new pouch application.



Ostomy Adhesive Remover – An adhesive remover helps to remove any of the remaining adhesive still on the skin after removing the barrier.

Advantages: Useful for anyone using adhesives. It's also available in no-sting, quick drying silicone formula. **Reminder:** Remember adhesive removers are non-alcohol based and are intended for removal of adhesive residues. In some cases paste residues may be more difficult to remove. Cleanse the skin after use of an adhesive remover.

Preventing odor

To help prevent odor, you might try an ostomy deodorant. If you have a fecal diversion and are concerned about gas odor, there are also pouch filters you can use.



Lubricating Deodorant – This is an accessory that you put in the ostomy pouch when changing or emptying the pouch. **Advantages:** A lubricating deodorant ensures that your stoma's output slides to the bottom of the pouch, makes the pouch easier to empty, and neutralizes odor from stool.



Pouch Filters – These filters use charcoal to neutralize odor as it is passed from the pouch. One type of filter is within the pouch itself. No matter what style of pouch you use, you'll be able to find the same pouch that comes with a filter. A second type of filter can be attached to the outside of any pouch. Ask your WOC Nurse which type of filter might be better for you. **Advantage:** The filters remove odor from gas.



Ostomy Support Belt – An ostomy support belt may help to alleviate the heavy sensation of your pouch, help with concealment, support a hernia or bulge around your stoma and can prevent hernia development (when coupled with exercise).

Pouching options for all stoma types

Deciding which ostomy pouching system is right for you will depend on various factors – the type of ostomy you have, your personal preferences and your lifestyle. You might also consider different accessories to make your life easier. Again, the place to start is to talk to your WOC Nurse about her/his recommendations. The following list may also give you helpful information.



Stoma Cap – The stoma cap is a very small pouch that’s available as a one-piece or two-piece system. It can be used if you want to be discreet (for instance, in intimate situations), and it’s easy to remove when you need to return to a standard-sized pouch.



Integrated Closure Pouches – These pouches allow you to open and close the pouch more easily. One type of closure, for instance, uses VELCRO® Brand closures. **Advantages:** It’s a good option if you still use the older type of closures and you find yourself fumbling with clips or clamps. The integrated closure is also very useful for anyone with arthritis or limited hand dexterity.



High Output Pouches -

Depending on where your stoma was created on the small intestine, and whether you have a double barrel or end ileostomy, can vary how much and the type of output you have.

If you have a high output ileostomy, your output may be very liquid, so a spout on your pouch may be helpful. This would also allow you to connect to a night drain system.

Additional thoughts

If the first product you try doesn’t work well for you, don’t be discouraged. There are many options, as you can see from this list. You will very likely find an accessory that is right for you. It’s helpful to get some suggestions from your WOC Nurse before you try a product. She or he may know just the right product for you, or may have other good suggestions to help make your life easier.

Call your healthcare provider if you have any medical concerns about managing your ostomy. You may also contact your Coloplast® Care Advisor for product usage and availability questions at [1-877-858-2656](tel:1-877-858-2656).

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