The decision to use an accessory 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 accessories. 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 accessories to improve the seal between your skin and the barrier.

You may want to use an accessory 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 an accessory 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 (urine or stool) from sitting on your skin. Either ostomy paste or Brava® Moldable Ring can be used around the stoma opening, between your skin and the barrier, to provide a tight seal.

**Brava Moldable Ring** – The Moldable Ring is a very good option for creating an even seal right around the stoma. It can also be used to fill in uneven areas underneath the barrier by simply breaking off small pieces and shaping them to the size of the gap or crease in the skin. Rings are easy to handle and also easy to remove. Advantages: It can be used both to create convexity and to create an even skin surface. The Brava Moldable Ring is also made to hold up well to liquid output, so it would be a good choice for someone with an ileostomy or urostomy.

**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 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.

**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 sealant.

**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. Reminders: Powder is necessary only when your skin has healed.
Skin Barrier Wipe – This product will leave a breathable, plastic coating on the skin. When used over ostomy powder, the sealant bonds with the powder to create a dry surface. This dry surface 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 create a good seal. Reminders: If sealant is used on healthy, intact skin, the plastic coating may prevent the barrier from adhering. It may also prevent the barrier from absorbing 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.

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 colostomy or ileostomy 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 urine and/or 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.

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.

Products for urostomies
Urostomy Minicap – This is a very small pouch for short-term use. It’s an alternative to a standard-sized pouch. Depending on your fluid intake, it can be used for up to an hour before it fills. Advantages: It’s a good option for certain leisure activities, such as swimming, or intimacy with a partner.
Urostomy Micro-Pouch –
This is a smaller pouch than a standard-sized urostomy pouch. A standard-sized pouch can become twisted during sleep, due to the tubing that connects to a Night Drainage Bag. Advantages: A smaller pouch can be more comfortable while sleeping, and allows you to move around without twisting the pouch.

Urostomy Night Drainage Bag –
This is a large bag that can be placed on the floor or hung on the side of the bed. Tubing connects the bag to your pouch. You can choose from either disposable or re-usable styles. Advantages: Since it’s a large-volume bag, it won’t overfill and it prevents you from having to awaken at night to empty your pouch. Many people like the security of knowing that they can sleep through the night and still avoid leakage.

Products for colostomies

SenSura® Mio One-Piece Closed-End Pouch – This is a simple-to-use product, since the pouch is meant to be removed and disposed of. The SenSura Mio barrier on this pouch is elastic, which means it will fit to your body contours, and it will be very comfortable as you move throughout the day. Advantages: It’s simple to use, as well as flexible and waterproof. This makes it useful for many activities or sports. It’s also discreet under clothing.

Two-Piece Closed-End Pouch –
This pouching system consists of a barrier and a disposable pouch. Advantages: This style allows you to change pouches without changing the barrier. It also allows you to choose the right pouch size for your needs, and to snap on a new pouch easily. These pouches are lightweight, and the “click” you hear when you attach a new pouch lets you know it’s secure.

Two-Piece Colostomy Stoma Cap –
The stoma cap is a very small pouch that’s a good option with a two-piece system. It snaps on 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. Advantages: This is a good option for those who use colostomy irrigation. Irrigation is a way to control bowel movements by emptying the colon at a scheduled time. If you want to learn whether irrigation is an option for you, talk to your WOC Nurse.

Products for colostomies or ileostomies

Integrated Closure Pouches – These pouches allow you to open and close the pouch more easily. One type of closure, for instance, uses Velcro. 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.

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.

If you have any questions regarding stoma care or ostomy pouching systems, please contact your Coloplast Consumer Care Advisor at 1-877-858-2626.