

# Ostomy supporting products



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**T**he 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.

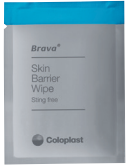
**Advantages:** A belt can give added security with hard-to-manage situations: irregular contours in the abdomen, frequent leakage or a stoma that doesn't protrude from the skin. It is also helpful when using convex barriers.

## 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 wipes 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.

### 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 overflow 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.

## **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 a supporting product 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 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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