A guide to Stoma Appliances

Simply... a secure home delivery service

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Opening Hours:
8am - 8pm Monday - Friday
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A guide to Stoma Appliances

There is a huge variety of Stoma products available in the UK, a choice so wide it can be confusing in itself. This situation is complicated by the fact that the same type of product may be referred to in different ways. This leaflet will guide you through the terminology of Stoma appliances, so that you will know a one-piece from a two-piece, what a flange is and why you might hear it called a skin barrier.

Your Specialist Stoma Care Nurse should always be your first point of call if you do not understand any aspect of your Stoma or the appliances and accessories you are using.

However at Fittleworth, we also have a team of experienced advisors in our Customer Service Team who can guide you through any terminology or provide examples of different products. As a company that focuses on discreet, reliable and convenient home delivery of Stoma products, you will get the widest possible choice of products, unbiased advice and we can send you samples to test in the privacy of your own home.

**Stoma Pouch:**
This is the pouch or bag that is used to store body waste. It is usually made with a waterproof inner liner that holds the waste and a fabric, outer covering that reduces noise and prevents the pouch from sticking to your skin. The pouch may be transparent, opaque or split film (a combination of both). Pouches can be drainable or closed, one or two-piece (see below).

**Drainable Pouch:**
A drainable pouch has some form of sealable opening on the bottom that can be released by the user to empty the bag, without having to change it or detach it.

The method of closing the pouch varies with the manufacturer, for example some roll up and close by a Velcro type fixing, while some fold and clip.
Accessories:
These are products that make life a little easier and improve your Stoma management. They include things like: adhesive removers, deodorisers, creams to ease soreness and rings. There is a very large selection of accessory products, for more information please feel free to contact us.

Adhesive Removers - For easy removal of adhesives and adhesive residue
Deodorisers - Helps minimise the risk of odours when changing the pouch
Wet Wipes - Our wet wipes are super soft with varying functions to cleanse, moisturise, deodorise and offer anti-bacterial and barrier protection
Scissors - Stainless steel for ease of use
Creams - Help keep your skin soft and supple
Seals - GX-tra seals are an ideal solution if the skin around the Stoma is uneven or creased. They can be moulded to fit and are designed to reduce the risk of leakage.

Fittleworth is the leading home delivery company for Stoma products that specialises in getting your medical appliances to you, discreetly and quickly. We supply all products available on prescription within the UK and are not a manufacturer. We are unbiased and happy to deliver whichever products you need.

Fittleworth has over 30 local Care Centres in the UK and large stocks of all products from over 50 manufacturers, including those from:

- B. Braun
- Oakmed
- Bullen
- Opus
- Coloplast
- Pelican
- Convatec
- Salts
- Dansac
- Welland
- Hollister
Filters:
Gas and odour is as inevitable for Colostomists and Ileostomists as it is for everyone. Unfortunately, because you cannot control your Stoma, you cannot control when gas and odour is produced.

To help, manufacturers supply pouches with filters incorporated, these vent the bag and filter the gas to remove any odour.

The filter is usually made of charcoal with microscopic holes and membranes. Performance varies and you may want to try a number of different manufacturers to see which one works best for you.

Drainage Bags:
These help to collect larger volumes of urine overnight by connecting to the Urostomy bag.

A night stand can be placed at the side of the bed which the drainage bag attaches to.
**Paediatric Pouches:**
These are available in either one-piece or two-piece, ideal for babies or children and can also be worn by adults who want a very discreet pouch as they are much smaller in size.

**Urostomy Pouch:**
These pouches are very similar to other pouches but are designed to store urine. They have a tap at the bottom that allows the pouch to be emptied or attached to a night drainage bag. The ability to attach a drainage bag is very useful as it increases capacity while sleeping.

**Convex Products:**
With a Stoma appliance, one of the key issues is to ensure a good close fit to the skin and so prevent leakage, skin problems and soreness. If your Stoma is flush to the skin, sits in a hollow, has a skin fold or similar, then achieving a close fit can be difficult.

To overcome this, a product with a convex skin barrier can be used. Rather than being flat, this has a semi rigid dish shape that “pushes” the Stoma through the hole and so improves the closeness of the fit.

The degree of convexity varies and needs to be carefully selected for each individual and is normally something a Specialist Stoma Care Nurse will provide advice on.
**Two-Piece Pouch:**
A two-piece pouch, or two-piece system, has the skin barrier and the pouch as separate items. The skin barrier is applied to the skin and then the pouch is stuck, locked or clipped to the skin barrier. There are various methods of locking the two pieces depending on the manufacturer.

You MUST use a skin barrier and pouch from the same system as it is rare to find a compatible fixing method from different manufacturers.

Pack sizes for the barriers will be different to those for the pouches, as you will use a number of pouches for each skin barrier, but do remember to keep a supply of both. Two-piece systems are generally less flexible than a one-piece due to the need to lock the skin barrier and pouch together, although those that use an adhesive locking device may not have this problem.

**Advantages:**
Two-piece systems can be beneficial if you have sensitive skin as the pouch can be changed without removing the skin barrier from the body. Another advantage is that they can be changed quickly and easily, perhaps when using a smaller pouch for playing sport or changing from a small bag to a large one when greater capacity may be needed.

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**Flushable Pouches:**
These are closed pouches which have a biodegradable inner liner. This can be peeled from the outer pouch and flushed down the toilet. The clean outer layer can then be disposed of normally in a waste bin.

**Advantage:**
Easily disposable and discreet.
**Closed Pouch:**
A closed pouch is not intended to be drained or emptied while attached to the body and is discarded when full.

**Skin Barrier:**
Also called a flange or wafer. The skin barrier attaches the Stoma pouch to the body. It may be square, rectangular or circular in shape with an adhesive applied to one side.

A protective cover keeps the adhesive fresh and is peeled off before the barrier is applied. There is a hole precut in the middle through which your Stoma lies when the skin barrier is applied.

The skin barrier’s role, apart from anchoring the pouch to the body is to seal the system and prevent waste from irritating or damaging the skin.

Skin barriers are available in a number of sizes and have holes pre-cut. The skin barrier is often marked with sizing circles to aid enlarging the hole if it needs to be personalised to the shape of your Stoma.

**One-Piece Pouch:**
A one-piece pouch, sometimes known as a one-piece system, has the pouch and the skin barrier manufactured as a single unit. The two cannot be separated.

**Advantages:**
Generally, a one-piece system can feel more flexible than a two-piece system and lies flatter against the skin, showing less under your clothes and is considered to be more discreet.
World Assist Alliance - Emergency Supplies Abroad:

We offer our customers access to the World Assist Alliance which can provide you with emergency supplies when you are abroad.

If you run out of appliances whilst abroad at any of the following countries due to illness, delayed flights or loss of luggage, then simply call us and we’ll organise supplies to be sent to your hotel.

The countries that are involved are:

Australia  Finland  India  Spain
Austria  France  Italy  Sri Lanka
Belgium  Germany  New Zealand  Switzerland
Bolivia  Greece  Portugal  Turkey
Denmark  Holland  South Africa  U.S.A.

Worry free travel, gives you peace of mind when abroad and there are no fees, charges and nothing to claim back.

Simply call your normal Fittleworth contact number with your details and we’ll do the rest.

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This leaflet has been produced with the kind assistance of the Stoma Care Nursing Teams at East Surrey and various other hospitals in the UK as well as the Clinical Nurse Advisors at Fittleworth.