

How can I make my stoma life as comfortable and problem free as possible?

What about smells?

When you first start out - worrying about odours can make you feel stressed. BUT there are several solutions to try:

- First it is useful to know that controlling smells inside the bag is a good first step
- Some foods seem to make smells worse - it's worth working out which ones seem to affect you
- Eating specific foods can help to reduce odours - some people swear by parsley!
- Solidifying bag contents can help with neutralising odours - AbsorbaGel turns loose pouch contents into a manageable gel & neutralises odours
- The enzymes in dual-action DeoGel actively break down odour, helping to eliminate bad smells when pouches are changed or emptied
- Our Naturcare Deodorants come in unscented, lightly perfumed, vibrant citrus & fresh mint for odour elimination when wearing or changing a pouch
- NaturCare In-Pouch Deodorant is an odour neutralising powder that comes in sachets - to reduce or eliminate smells when emptying or changing your pouch



Funny noises, leaks and pancaking?

- Pancaking happens when the front and back of the pouch stick together & can lead to leakage & sore skin
- ClearWay Stoma Bridge is a simple solution designed to keep the two plastic layers apart
- DeoGel dual action lubrication gel keeps the plastic films that make up your pouch apart & comes in a bottle for home use as well as sachets for when you are out & about



Skin comfort?

Keeping skin protected, moisturised & comfortable makes a big difference to your everyday life

- Lift Plus is a non-sting adhesive remover which helps to break down the adhesive bonds that the flanges and pouches form with your skin to make removal simple and less painful. The spray (also available in Citrus) is ideal for the instant removal of pouches and flanges, while wipes, containing aloe vera, can be used to remove any sticky residues left on the skin around a stoma.
- SkinSafe is a Non-sting protective film to protect your skin by preventing painful stinging. SkinSafe forms a barrier between the skin around the stoma and the adhesives incorporated into flanges and pouches. The barrier it forms helps to prevent skin damage such as skin stripping. SkinSafe also guards against harmful body fluids. Available as a handy spray or disposable wipe - doesn't sting on application
- LaVera Barrier Cream soothes sore skin, helps healing & protects against waste & fluids - with aloe vera & lavender



Who can I ask for advice?

Your stoma nurse is the first port of call with questions but there are also a range of organisations who can help:



The Urology Association was founded in 1971 to assist people facing or having undergone surgery leading to a urostomy
www.urologyassociation.org.uk
Tel: 01889 563191



The IA is a support group run by and for people with ileostomies with the primary aim of helping them to return to a full and active life as soon as possible after surgery
www.iasupport.org
Tel: 0800 0184 724



The Bladder & Bowel Foundation has a range of information and a confidential helpline for those affected & their families & carers
www.bladderandbowelfoundation.org
Tel: 0845 3450165



The Colostomy Association are experts in living with a colostomy with a helpline & access to volunteer colostomates for support and advice
www.colostomyassociation.org.uk
Tel: 0800 328 4257



Beating Bowel Cancer offers support & information and have their own team of nurses to answer your questions
www.beatingbowelcancer.org
Tel: 020 8973 0011



Ostomy Lifestyle is a charity dedicated to providing support & advice to anyone affected by stoma surgery
www.ostomylifestyle.org
Tel: 0800 731 4264



Crohn's and Colitis UK aims to improve life for everyone affected by Inflammatory Bowel Disease (IBD) - the main forms being Crohn's Disease and Ulcerative Colitis
www.crohnsandcolitis.org.uk
Tel: 0845 130 2233

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