**Managing**

**your stoma supplies**

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ABN 16 072 891 322

Stoma / Wound / Continence

* You may also be able to obtain supplies from other Australian State Associations – ask
* If flying, pre-cut baseplates (if applicable) and pack scissors in your checked luggage
* Divide supplies between cabin baggage and checked luggage in the event of delays / loss
* Carry the Association’s Travel Card (request from your Association)
* Carry the Disabled card authorising you to use the disabled toilet facilities

 (request from your Association)

For further information or help with any stoma questions contact

your STN or visit [**www.stomaltherapy.**](http://www.stomaltherapy.)**au**

**Disclaimer** *The information in this brochure:*

* *has been developed as a general guide only*
* *relates to adults only*

*Any concerns need to be discussed with your STN or doctor*

**Prepared by the** Australian Association of Stomal Therapy Nurses Inc. Education and Professional Development Committee [www.stomaltherapy.](http://www.stomaltherapy.com)au

**Acknowledgements**:

* Stoma Appliance Scheme
* Australian Council of Stoma Associations

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***Evidence (Expert Opinion)***

**Now that you have a stoma:**

* While in hospital your Stomal Therapy Nurse (STN) will have:
* Helped you choose the most appropriate pouch and accessories for managing your type of stoma
* Taught you to care for your stoma
* Organised initial supplies for use in hospital and for when you first go home
* Provided information about the Stoma Appliance Scheme which funds the cost of your supplies
* Discussed supplies and equipment care with you
* Joined you to an Ostomy Association – this membership is essential as it is the Association that distributes a **monthly** pouch and accessory supply to financial members
	+ **Note**: Neither doctors’ surgeries nor pharmacies stock stoma supplies
* Once you leave hospital you or your carer will be responsible for ordering your supplies. To do this you will need to:
* Pay a small **annual** membership fee set by the Federal Government and administered by your Ostomy Association
* Complete and submit a monthly order form (obtained from the Association) with your current details and listing the products you need
* Indicate, for **each product you need** the:
	+ Reference number (identified on the box or product itself) [NOT the batch number]
	+ Number of items required
* Identify whether the supplies are to be posted to you (a set postage fee will need to be paid) or collected from the Association directly, by you or your nominee
* Submit your order by post, fax or email
* If you go back into hospital for any reason, take your supplies with you as they are unique to your stoma care
* A need for any additional supplies requires an *Application for* *Additional* *Supply* form (valid for 6 months) to be authorised by a STN or Doctor
* A review of your stoma management will be required if this to be ongoing

**Storage of supplies**

* Keep regularly used products together in a carry kit or box
* Check all supplies regularly
* It is expected that you will keep a month’s supply on hand to reduce the concern about “running out”
* **DON’T STOCKPILE BEYOND THIS AMOUNT**
* Store supplies in a cool place, out of direct sunlight
* Develop a “change kit” for when you are out of the house – remember to rotate the stock in this kit and don’t leave it in a hot vehicle

**Points to consider before ordering**

* Most supplies are funded through the Stoma Appliance Scheme
* The Stoma Appliance Scheme is unique to Australia and costly – many countries offer **no** support to ostomates
* A set amount of each type of product is available monthly. This amount has been identified as the **optimum** number required for effective management each month
* Many members manage their stomas with much less than this optimal number
* ONLY ORDER WHAT IS NEEDED EACH MONTH
* Only one product from each category of products that **have the same purpose** can be supplied each month
* Some products are used with each change, others infrequently
* You DO NOT have to order all products each month
* Check with your Association about when to submit your order – some have a specific date for the following month, but generally it should be when your supplies are getting low and considering the time it takes to receive them
* Normally only one month’s supply can be ordered at a time
* Don’t over-order products in case you need to change them as you recover and your stoma and abdomen change over time
* If you are having problems, seek a STN appointment before your next order – the management may need to be changed
* If you have to change products or have your stoma closed, return unused supplies to the Association

**Going on holiday**

* If your usual monthly order is enough, no change
* An Association can provide a *holiday supply (*if on a protracted absence from home) which consists of two (2) months’ supply