



# A guide to **Stoma** Appliances



[www.fittleworth.com](http://www.fittleworth.com)

**Opening Hours:**  
8 am to 8 pm Monday to Friday  
9 am to 1 pm Saturday

**National: 0800 378 846**  
**Scotland: 0800 783 7148**

## A guide to stoma appliances

This leaflet aims to guide you through the different types of stoma products that are available to you on prescription in the UK. To support you, we have a team of experienced Customer Service Advisors who are available to answer any non-clinical questions, and an in-house Clinical Liaison Nurse team who are available to discuss confidential clinical issues.

Whether you require advice or are investigating alternative products, our Customer Service Advisors are always willing to help. To ensure that you receive appropriate samples, we will contact your specialist stoma nurse to discuss and gain consent prior to sending. If you are not in contact with your specialist stoma nurse, our team of Clinical Liaison Nurses will contact you to discuss your request.

At Fittleworth, we pride ourselves on being able to offer a discreet, reliable and convenient home dispensing service. If your stoma pouches require personal customisation, we have a skilled team of operatives that are able to offer this service.

### Stoma Pouch:

There are a number of different types of stoma pouch, but they all have the same job description, which is to hold waste in a secure waterproof, odour protective pouch. The fabric outer covering reduces noise and prevents the pouch from sticking to the skin. Some pouches have a clear covering which allows for ease of location in the application process, others are opaque or have a window providing visibility. Pouches can be drainable or closed, one or two-piece.



### Closed Pouch:

A closed pouch is not intended to be drained or emptied, it is designed to be discarded when full.

### Drainable Pouch:

Drainable pouches have some form of sealable opening on the bottom, that can be easily released by the user to empty the bag, without having to change 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.

## Skin Barrier:

Also called a flange, wafer or base plate.

The skin barrier is designed to attach and seal the stoma pouch to the body, and protect your skin from the output of your stoma. It is important to make sure that it meets your needs by being cut correctly, and ensuring that it fits the contours of the body.

Skin barriers come in various sizes and shapes. They are 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 are easy to apply and remove. They lie flatter against the skin, showing less under your clothes and are considered to be more discreet.

They come in either closed, drainable or tap end.

## Disadvantage:

Skin irritation can occur due to the regular removal of the product.



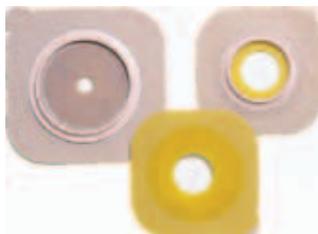
One-piece closed pouch



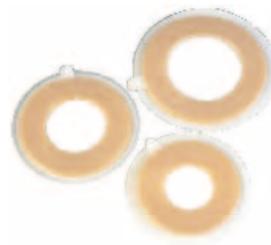
One-piece drainable pouch



Skin barrier



Two-piece flanges



Seals

### 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 designed to be applied to the skin and then the pouch is stuck, locked or clipped to the skin barrier. The pouches come in either closed, drainable or tap end.

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.

### Advantages:

The 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 is needed.

### Disadvantage:

Some of the two-piece systems can be more bulky than the one-piece system, and there are two possible areas for leaks to occur.

### 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 be disposed of normally in a waste bin.

### Advantage:

Easily disposable and discreet.



Two-piece closed pouch



Two-piece drainable pouch



Flushable pouch

### Paediatric Pouches:

These are available in either one-piece or two-piece. They are 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:

The Convex skin barrier is designed to manage a stoma that is flush to the skin, or sits in a recess or has folds or similar surrounding it. They come in variable depths and firmness and some are now softer.

The degree of convexity varies and needs to be carefully selected for each individual by a specialist stoma care nurse.



Two-piece urostomy pouch



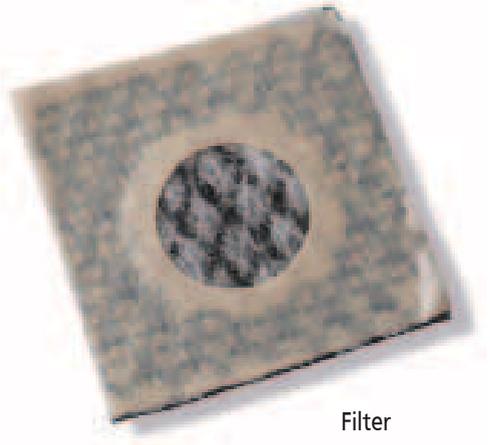
Convex skin barrier

### Filters:

Wind 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 wind 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.



Filter

### 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.



Night drainage bag

## Accessories:

These are products that make life a little easier and improve your stoma management. They include things like adhesive removers, deodorisers and creams to ease soreness. There is a large selection of accessory products available, 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

## Barrier Products

Help to protect your skin against the output of your stoma

## Seals

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.



Seals

Fittleworth is the leading home delivery company for stoma products that specialises in getting your medical appliances to you, discreetly and quickly. We are not a manufacturer and as a result, we are able to provide you with an unbiased service for your stoma products.

Whatever product you require, if it is available on prescription, listed in part IX of the drug tariff or the Scottish stoma tariff, we can supply it.

Fittleworth has over 38 local Care Centres in the UK and stock all products available on prescription.

B. Braun	Dansac	Pelican
Bullen	Hollister	Salts
Coloplast	Oakmed	Welland
Convatec	Opus	



## WORLD ASSIST ALLIANCE

Fittleworth is the exclusive UK member of the World Assist Alliance; a network dedicated to helping stoma and continence customers with **emergency goods** when abroad on holiday or business.

### World Assist Alliance Network Coverage

To find out which countries are part of the World Assist Alliance network, please call our Customer Service team on 01903 731244.

### How World Assist Alliance Works

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

Terms and Conditions apply, please see our leaflet for full information, or contact our Customer Services team on **0800 378 846**.



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