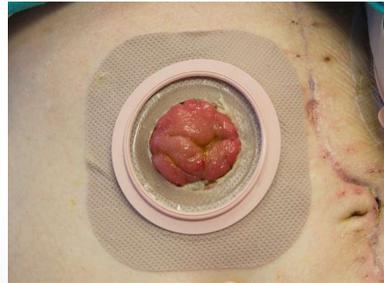


## How to measure a stoma



-Measure with guide for 1-2 mm all around stoma.

-Stoma can be rounded out for measuring and cutting

-No more than 1-2mm of skin should be visible beside stoma.

-It's ok if paste or ring touches the stoma

## How to measure an oval stoma



Length & Width



**Length:** Longest measurement.

**Width:** Measured at widest area perpendicular to length.

Measure the length of stoma, then the width, then trace on backing of flange.

## How to thicken stools

### Foods that may thicken stool:

- Applesauce
- Oatbran.
- Oatmeal.
- Potatoes.
- Marshmallows.
- Peanut butter.
- Soda crackers.
- Rice.
- Tapioca.
- Bananas.
- Pasta.
- Bread.
- Cheese.

Making stools thicker may help reduce the leaks.

Thickeners (e.g., psyllium where appropriate), meal timing, hydration, certain foods

Antimotility strategies (e.g., Immodium per prescriber)

Night drainage setups for urostomy/high-output patients

## Good habits

- ▶ -Empty pouch often – approx 2/3 full.
- ▶ -When go to urinate, take opportunity to empty ileostomy/colostomy.
- ▶ -Use overnight collection pouch if you have a urostomy or high output ileostomy.
- ▶ -Empty pouch before sports, outings, intimate moments.
- ▶ -If doing sports, gelling agents keep from sloshing in pouch, stoma shield can prevent impact on stoma.
- ▶ -If the peristomal skin is itchy, stool/urine seepage along edges or borders lifting change the flange.
- ▶ -Change flange every 2–3 days if there is peristomal skin breakdown until it clears up
- ▶ -Remove flange slowly with traction of skin and wet cloth running along.
- ▶ -Change flange every 4–7 days if no peristomal skin breakdown

## When to...

### Contact NSWOC

- ▶ If there is peristomal skin breakdown and it's not clearing up,
- ▶ If weartime is less than 48 hours or experiencing frequent leaks
- ▶ If your weight changed or stoma appearance changed and current pouching system is no longer working.

### Go to hospital/surgeon/doctor

- ▶ If stoma suddenly changes (prolapses, becomes violet/blue and cold, if obstruction is not resolving), if output is clear liquid (ileostomy) and not feeling well.
- ▶ Suspected hernia growth, sudden abdominal pain.

## Peristomal skin tips for change and treat leaks

- ▶ Ensure it's completely dry
- ▶ Change if possible when stoma is less active
- ▶ Crusting if moist and weeping
- ▶ Barrier films vs powders; fungal management
- ▶ Retracted peristomal skin- try convex flange
- ▶ Creases and dips - use fillers (paste or rings)
- ▶ Accessories can help (belt, gelling agents)
- ▶ Thicken high output

## Patient helpful information links:

- ▶ NSWOC For patient's guide: <https://www.nswoc.ca/>  
They also have a *Find an NSWOC* section
- ▶ RNAO Best Practice Guideline: Supporting Adults Who Anticipate or Live with an Ostomy (2nd ed.): April 2019. <https://rnao.ca/bpg/guidelines/ostomy>
- ▶ Peristomal Skin Assessment Guide for Consumers. Hollister. <https://psag-consumer.wocn.org/#analyze-result-green>
- ▶ Coloplast. <https://www.coloplast.ca/ostomy/people-with-an-ostomy/>
- ▶ Coloplast abdominal exercises. <https://www.coloplastcare.com/en-CA/ostomy/lifestyle/sports-and-exercise/12.7-4-great-abdominal-exercises/>
- ▶ Convatec. <https://www.convatec.com/en-ca/ostomy-care/right-after-surgery/using-your-product/>
- ▶ Hollister. <https://www.hollister.ca/en-ca/ostomycare/ostomylearningcenter>
- ▶ Salts, Westtechhealth. <https://www.westtechhealth.com/salts-ostomy-products>
- ▶ Ottawa Ostomy support Group. <https://ottawaostomy.ca/>

## Local NSWOC/clinics

- ▶ Contact NSWOC:  
Call the office at 1-888-739-5072 or email [office@nswoc.ca](mailto:office@nswoc.ca) to inquire about finding an NSWOC near you or <https://membersnswoc.ca/find.phtml>
- ▶ Ottawa Ostomy Support Group <https://ottawaostomy.ca/find-an-et/>
- ▶ Conval-aid, 2600 Lancaster Rd: once a month have a NSWOC clinic, must book in advance. By phone [613-738-2721](tel:613-738-2721). Or on-line <https://www.conval-aid.com/book-a-specialist-appointment/>
- ▶ Kim Hoggard: Hoggard Health Ottawa, (613) 477-8941, [www.hoggardhealth.com](http://www.hoggardhealth.com)  
Regularly holds fitting clinics at OMS and can make house calls, approx 125\$ initial visit can be partly covered by insurances, follow up visits are less. If visiting the fitting clinic, it's free.
- ▶ Montfort Hospital Nurse-led Wound, Ostomy and Continent services; out-patient clinic. Requires a medical referral from your physician; 613-746-4621, extensions 2733, 2715 or 2735.  
<https://hopitalmontfort.com/en/care-admin/nurse-led-wound-ostomy-and-continenec-service>
- ▶ Insight Healthcare: homecare stoma care – Unclear if they have NSWOC, free initial assessment: (613) 726-8949 <https://www.insighthealthcare.ca/ostomy-care-ottawa/>

## Parastomal hernia belts

- ▶ Ontario Medical Supply (OMS) – also has a satellite store at the General Campus  
OMS Ottawa Flagship Store  
1100 Algoma Road  
Ottawa, ON K1B 0A3  
Phone: (613) 244-8620, option 4  
Email: store56@oms.ca  
They can usually arrange for custom measurements/fit for the belt, need to book an appointment.
  - ▶ Conval-Aid  
2600 Lancaster Rd, Ottawa,  
Ontario K1B 4Z4  
Have a pay per service ostomy clinic and can usually arrange for custom measurements/fit for the belt, need to book an appointment.  
Tel: 613-738-2721  
Web site: <https://www.conval-aid.com/>
- Or they have ordered online (not a custom fit) from:
- ▶ Premier Ostomy Centre  
6607 Cote des Neiges  
Montreal (Quebec) H3S 2B3  
514-940-9666 Toll free: 1-877-809-8277  
Email: orders@premierostomy.com  
Web site: [www.premierostomy.com](http://www.premierostomy.com)
  - ▶ Myostomy.ca  
1-800- 883-5615  
Email: info@myostomy.ca  
Web site: <https://myostomy.ca/>  
Not custom fit but larger selection.

## Sources

- ▶ Pouching system leakage & PSCs—acute care cohort;. Journal of Wound, Ostomy & Continence Nursing, 2024.
- ▶ Convexity consensus & practical indications. Hoeflok et al., 2017; international consensus.
- ▶ Parastomal hernia & leaks—non-surgical supports: CADTH/Canadian J Health Tech rapid review (2024) and NIHR evidence profile; useful for setting expectations in clinic.
- ▶ Comprehensive PSC review. D'Ambrosio et al., 2022.
- ▶ Pre-op education lowers PSCs. WOCN WOCNext 2025 anticipatory guidance session.
- ▶ RNAO Best Practice Guideline: Supporting Adults Who Anticipate or Live with an Ostomy (2nd ed.): April 2019. <https://rnao.ca/bpg/guidelines/ostomy>
- ▶ [Nurses Specialized in Wound, Ostomy and Continence Canada \(NSWOCC®\)](https://www.nswoc.ca/), for patient section. <https://www.nswoc.ca/>