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 can consist of two (2) months’ supply or more – ask
- 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
- Ask for and carry the Association’s Travel Card
- 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.com](http://www.stomaltherapy.com) and click on “Find a STN”

**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 Subcommittee [www.stomaltherapy.com](http://www.stomaltherapy.com)

**Acknowledgements:**
- Stoma Appliance Scheme
- Australian Council of Stoma Associations

**Review due 2019**

*Level 1V 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 or lot 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 (which can be valid for up to 6 months) to be authorised by a STN or Doctor
- A review by your STN or Doctor of your stoma management will be required if this need is 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
- **Up to 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
- 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 – or the full amount
- 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 skin or leakage problems, seek a STN appointment before your next order – the management may need to be changed
- If you have to change products or when you have your stoma closed, return unused supplies to the Association