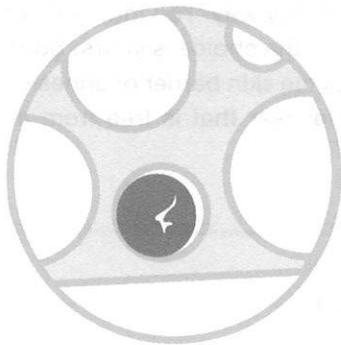


Top 6 Questions Asked

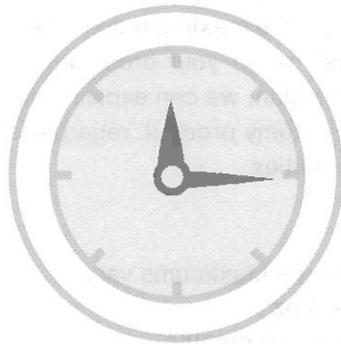
by Ostomy Patients After Discharge

When people need answers to something as personal as living with an ostomy, they want to talk to a real person. At Hollister Secure Start services, we get that. We also get a variety of questions from both clinicians and patients, and here are the most commonly asked after a patient leaves the hospital:



1 | How do I measure my stoma, and why is it important?

If the skin barrier doesn't properly fit around a stoma, this may cause leakage and skin irritation. Measure the stoma using a stoma measuring guide before every barrier application. The skin barrier should fit where the skin and stoma meet. Verify that no skin is showing between the skin barrier and the stoma to help prevent leakage and skin irritation.



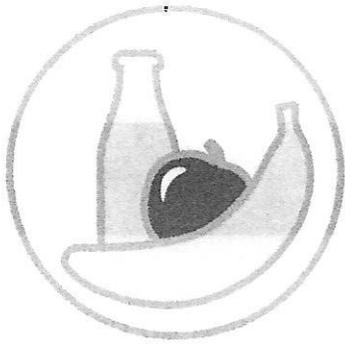
2 | When do I empty my ostomy pouch?

Each person has a unique daily schedule depending on the type of ostomy and amount of output they have. The pouch should be emptied regularly throughout the day, usually when it is 1/3 to 1/2 full.



3 | How do I prevent leakage?

Make sure the ostomy pouch adheres and fits properly around the stoma; you should not see any skin between the stoma and skin barrier. Remember to take special care when removing the skin barrier too, as this can cause skin stripping if rapidly removing. Ostomy skin health is important since damaged skin can be hard to manage if you need to place a pouching system over an irritated area.



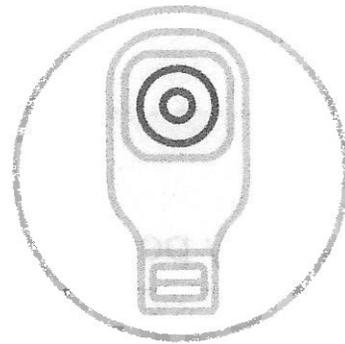
4 | What can I eat now?

Right after colostomy or ileostomy surgery, the output will often be loose or fluid-like, therefore it's important to stay hydrated. In a few weeks, your stoma output should become consistent. You'll start to feel more like yourself when your body is ready. Once you feel good, and have settled into a routine, you can start trying your favorite foods. Generally, most people can eventually return to their pre-surgery diet with few, if any, limitations. Consult with a healthcare professional on a diet plan that's right for you.



5 | Can I bathe or shower with an ostomy?

You can shower or bathe with an ostomy just as you did before. Soap and water will not flow into your stoma or hurt it in any way. You may shower or bathe with your pouching system on or off – the choice is yours. Soap residue can sometimes interfere with how well the skin barrier or adhesive sticks to your skin. So choose a soap or cleanser that is free from all moisturizers, oils, and residue.



6 | How do I get supplies?

We can provide you with information about supplier options who accept your insurance and who can provide you with your requested product. The amount of supplies you need may vary from the maximum quantities. This is determined by a physician and must be on your order and in your medical record. Based on your insurance plan, we can explain your options and help you determine whether any ostomy product, regardless of brand, is covered, as well as allowable quantities.

Medicare Product Allowables on Selected Hollister Products:

One- or Two-Piece Drainable Pouches – 20 / month

One- or Two-Piece Closed Pouches – 60 / month

Urostomy Pouches – 20 / month

Barrier Rings – Maximums vary

Lubricating Deodorant – Maximums vary

Skin Barrier Paste – 4 oz

Stoma Powder – 10 oz / 6 months

Skin Protective Wipes – 150 / 6 months

Hollister Secure Start services is here for you with ongoing support for as long as and whenever you need us. We will always do our best to give you the information you need, provide options, and make your needs our first priority. Feel free to call us at **1.888.808.7456** or visit **www.securestartservices.com**.

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