

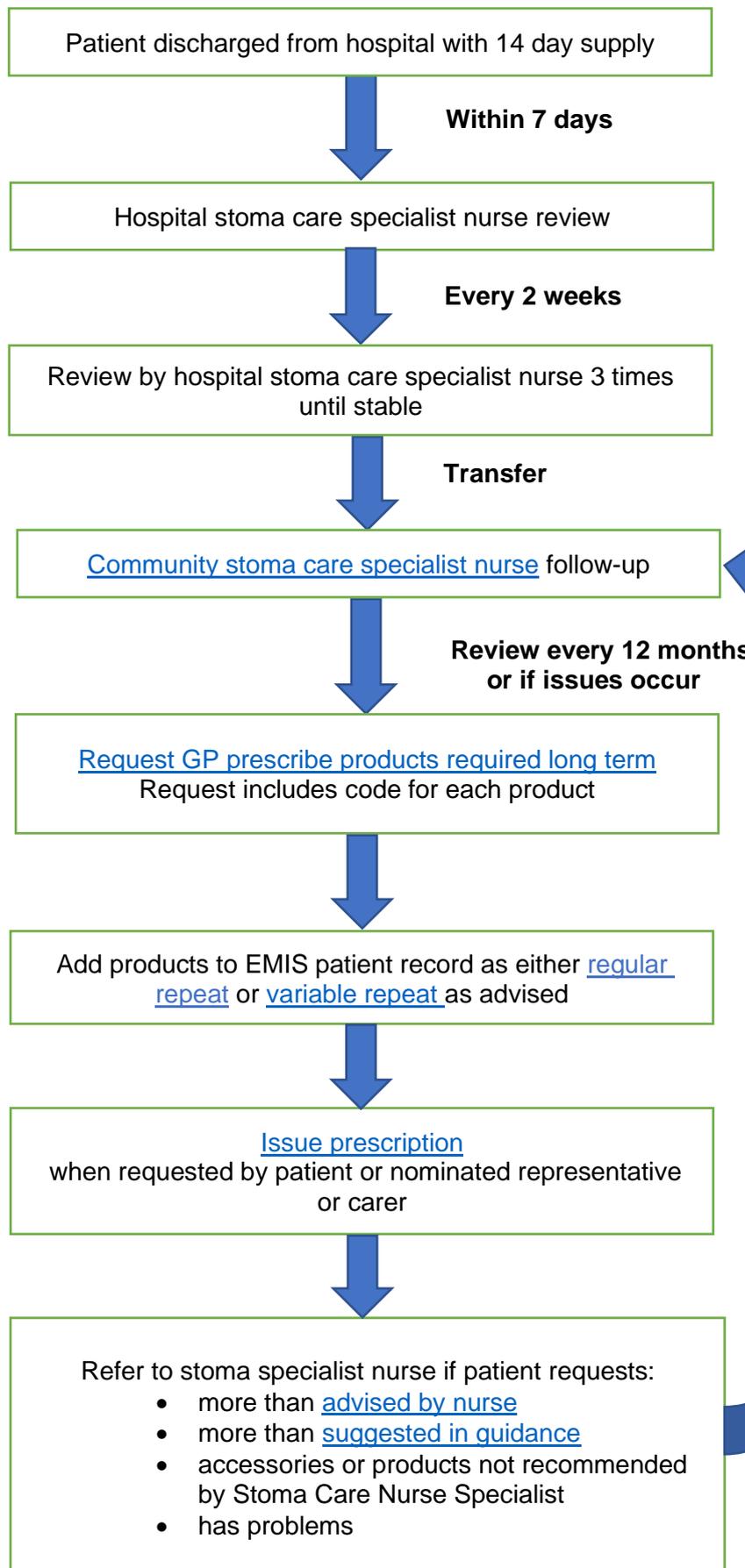
# Prescribing Guideline for Stoma Care in Adults across South Tyneside & Sunderland

---

Authors	Medicines Optimisation Team, Sunderland & South Tyneside (NENC ICB) Stoma Care Specialist Nurses, South Tyneside and Sunderland NHS Foundation Trust Community Stoma Care Specialist Nurse, Coloplast Nursing Service
Approved by	Sunderland Prescribing Group South Tyneside & Sunderland FT Colorectal Services
Version	1
Published	September 2023
Review Date	September 2025

This guideline is intended for use in primary care and only refers to the use of stoma products in adults

## Adult Stoma Care Pathway South Tyneside and Sunderland Summary



## NEW PATIENTS

### REVIEW

- New stoma patients will be discharged from hospital with a minimum of 14-day supply of stoma products.
- Patients are reviewed by the hospital Stoma Care Specialist Nurses within 7 days post-discharge, then on a fortnightly basis for three visits (dependent on patient needs) to manage the patient's product requirements until they become stable.
- Following this period, patients will then be transferred to the Community Stoma Care Specialist Nurse for ongoing follow up and support.
- GP practices will only be notified of the prescription items the patient requires once the Stoma Care Specialist Nurse is satisfied that the product will be prescribed longer term.

### SUPPLY

- All new patients are given the choice of having their stoma prescriptions supplied by a Dispensing Appliance Contractor (DAC) or local community pharmacy. The patient has the right to choose and to change whoever dispenses their products at any time.
- Stoma bags (pouches) and flanges need to be individually tailored and hence are not included in a formulary. For these prescriptions, GP practices should check the quantities being requested are reasonable as per Appendix 1.
- Stoma accessories and supporting products should only be prescribed after recommendation from a Stoma Care Nurse Specialist as per Appendix 2.
- Requests for prescriptions should come from the patient, their carer, or their nominated representative.
- Prescriptions should only be ordered by a DAC or a pharmacy contractor in exceptional circumstances.
- All recommendations for stoma products will contain the code of the product to be used, to enable prescribers to select the appropriate item from the prescribing system.
- All patients are advised to allow two weeks for their prescription to be generated and dispensed by either a DAC or local community pharmacy to allow for raising a prescription and dispensing to occur.

## EXISTING PATIENTS

- It is recommended that patients with a stoma have a review every 12 months, or sooner if there are problems.
- This review should be completed by the STSFT Stoma Care Nurse Specialists or the Sunderland and South Tyneside Community Stoma Care Nurse.

Please see Appendix 3 for an example discharge/review letter which will be sent to practices to advise on prescribing and which items should be added to the patients' *regular repeat*, *variable repeat* or *discontinued*.

Please see Appendix 4 for a guide to adding items to 'variable repeat'.

## COMMUNITY STOMA NURSING CLINICS & CONTACT DETAILS

Monday AM & PM weekly – Millfield Medical Group, SR4 7AF  
 Tuesday PM fortnightly – Washington Primary Care Centre, NE38 7QZ  
 Tuesday PM fortnightly – Cleadon Park Primary Care Centre, NE34 8PS  
 Appointments can be made via phone 07391866343 or via email [amanda.logan1@nhs.net](mailto:amanda.logan1@nhs.net)

Location	CHS		Primary Care	STSFT
Speciality	Colostomy/ Ileostomy	Urostomy/ Nephrostomy	All patients	All patients
Name	Maralyn Boyd Susan Rodda Rosemary Jobling Tamsin Collins Kate Mitton Melissa Campbell	TBC	Amanda Logan	Jane Barnes Teresa Liddle
Contact	0191 5656256 (ext.47221) <a href="mailto:stsft.sunderland-colorectal-nurse-specialists@nhs.net">stsft.sunderland-colorectal-nurse-specialists@nhs.net</a>		07391866343 <a href="mailto:amanda.logan1@nhs.net">amanda.logan1@nhs.net</a>	0191 2032908 <a href="mailto:teresa.liddle@nhs.net">teresa.liddle@nhs.net</a> <a href="mailto:jane.barnes7@nhs.net">jane.barnes7@nhs.net</a>

### Prescribing of stoma appliances (bags/pouches)

The Stoma Care Nurse Specialists will provide each patient with a choice of appliances suitable for their individual needs:

- **One-piece systems** consist of a pouch and a seal (adhesive flange) as one item which is placed around the stoma and attached directly to the skin and as such are easy to apply and are not bulky on the patient's abdomen. This system comes either with a pre-cut opening or an opening that can be cut to fit the stoma.
- **Two-piece systems** have two parts, a base plate (flange) which attaches to the skin onto which the patient can clip a separate pouch. The base plate is usually changed every 2-3 days, whereas the pouch is changed on average about 2 or 3 times a day. This system comes either with a pre-cut opening or an opening that can be cut to fit the stoma. This system has the benefit of protecting the skin because the base plate is changed less often than the 'one piece' systems.
- **Closed appliances** are used for colostomy patients. These bags cannot be re-used and are discarded once filled.
- **Drainable appliances** are used for ileostomy and urostomy patients and are either designed with Velcro or a clip fastening or "non-return" valve and tap for semi-liquid or liquid effluent respectively. These bags can be emptied as required and left in situ for up to 48 hrs dependent on output.

### Flange Cutting

- All pre-cut stoma products are circular. Some stomas are irregularly shaped and the product needs to be cut to an individual template.
- DAC's offer a bespoke cutting service. This is often a reason why an individual may choose their service.
- Not all community pharmacies offer a cutting service. They should be contacted on an individual basis to confirm.

### Bags & Wipes

- DACs and community pharmacies are required to supply bags and wipes when dispensing stoma appliances and are reimbursed for this, therefore bags and wipes should not be prescribed.

### Accessories / Supporting Products

- Stoma accessories should not be routinely required. Stoma patients should use a plain and simple procedure when changing their bag, thus avoiding the need for expensive accessories.
- Only accessories recommended by Stoma Care Nurse Specialist should be prescribed.
- High use of stoma accessories may indicate that the patient is struggling to manage their stoma and would benefit from a review with a Stoma Care Nurse Specialist.
- Most accessories are only required for short periods of time to combat a specific problem and once resolved, the accessory is no longer needed.
- Please see Appendix 2 for general guidance on the prescribing of stoma accessories to promote clinically appropriate use and to reduce waste and over-ordering.

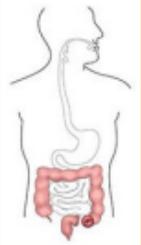
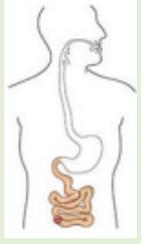
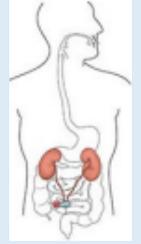
### Dispensing Contractors and Pharmacies

- A full list of dispensing appliance contractors can be found at - <http://www.nhs.uk/Service-Search/pharmacies/appliancepharmacies>
- A full list of pharmacies can be found at - <https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy>

Requests for prescriptions from appliance contractors without recommendation from a Specialist Stoma Care Nurse **should not** be accepted.

Patients who exceed quantities outlined in Appendix 1 should be referred back to the specialist who last reviewed them.

## Appendix 1 – Stoma Types & Appliances

Type of stoma	Type of appliance	Directions	Usual quantity per month*	Notes
<b>Colostomy</b> Large bowel (colon) brought to surface Usually formed stool 	One-piece closed appliance	Changed 1-3 times per day	30 – 90 pouches	Not reusable
	Two-piece closed appliance	Flange – changed every 2-3 days	10 – 15 flanges	The flange is not changed every bag change
		Pouch – changed 1-3 times a day	30 – 90 pouches	Not reusable
<b>Ileostomy</b> Small bowel (ileum) brought to surface Semi-formed or loose output Average volume 500-800mls 	One-piece drainable appliance	Drained as required. Changed every 1-3 days	15 – 30 pouches	Drainable Usage depends on output
	Two-piece drainable appliance	Flange – changed every 2-3 days	10 – 15 flanges	The flange is not changed every bag change
		Pouch – Drained as required. Changed every 1-3 days	15 – 30 pouches	Drainable Usage depends on output
<b>Urostomy</b> Ileal conduit Small bowel stoma for passage of urine Require additional night bags 	One-piece drainable appliance	Drained as required. Changed every 1-3 days	15 – 30 pouches	Drainable Usage depends on output
	Two-piece drainable appliance	Flange – changed every 2-3 days	10 – 15 flanges	The flange is not changed every bag change
		Pouch – Drained as required. Changed every 1-3 days	15 – 30 pouches	Drainable. Usage depends on output
	Night drainage bags	Use a new bag every 7 days	4 bags	Drainable Rinse as directed by stoma nurse

*\*The quantities mentioned above are guidelines only. Some patients may require a higher or lower quantity than stated. If there are any prescribing concerns please refer to the patient's Stoma Care Specialist Nurse for detail or further assessment*

## Appendix 2 – Stoma Accessories & Supporting Products

Table adapted from PrescQIPP

Only accessories recommended by Stoma Care Nurse Specialist should be prescribed.  
High use of stoma accessories may indicate that the patient is struggling to manage their stoma and would benefit from a review.

Accessory	Usual Quantity/month	Directions	Notes
<b>Adhesive Remover Spray</b>	Up to 2 sprays per month	Used every time bag is changed	Sprays should be used first line as they are more cost-effective than wipes. 'Non-sting' silicone-based products are recommended. Wipes may be useful for individuals with reduced or limited dexterity or where problems of excess adhesive residue exist.
<b>Adhesive sprays/solutions</b>	Not recommended for routine prescribing		<b>Not recommended for routine prescribing</b> Need for these are superseded by availability of newer bags, therefore patients still using these should be referred for a review
<b>Bag covers</b>			
<b>Barrier Creams</b>	Not recommended for routine prescribing		<b>Not recommended for routine prescribing</b> Barrier creams are NOT routinely recommended as they reduce adhesiveness of bags/flanges
<b>Belts (bag support)</b>	3-6 per year	1 to wear, 1 to wash, 1 spare	<b>Specialist initiation only</b> <b>One-off prescription – DO NOT ADD TO REPEAT</b> Belts are adjustable and are used to secure stoma products to skin in patients with problematic stoma's
<b>Belts (hernia support)</b>	3 per year	1 to wear, 1 to wash, 1 spare	<b>Specialist initiation only and MUST be measured.</b> <b>One-off prescription – DO NOT ADD TO REPEAT</b> Belts are used to prevent parastomal hernias or support existing hernias. Patients with manual jobs/hernia require a heavy-duty belt. Use a lightweight belt for sports.
<b>Deodorants</b>	Not recommended for routine prescribing		<b>Not recommended for routine prescribing</b> If correctly fitted, no odour should be apparent except when bag is emptied or changed. Household air freshener is sufficient in most cases. If odour present at times other than changing or emptying – refer for review. <i>Deodorants should only be prescribed where the use of an odour neutraliser is considered essential to the patient's acceptance of the stoma.</i>
<b>Discharge Solidifying Agents</b>	Quantity directed by specialist on initiation	Used each time bag is emptied	<b>Not recommended for routine prescribing. Specialist initiation only.</b> Output should be managed with medication to prevent dehydration and kidney injury.  If the patient has been reviewed and is on medication but output is still loose then this product can be considered. 1-2 sachets/strips to be used each time appliance is emptied

<b>Filters and bridges</b>	Not recommended for routine prescribing		<b>Not recommended for routine prescribing</b> Need for these is superseded by availability of newer bags, therefore patients still using these should be referred for review.
<b>Flange extenders</b>	Up to 3 packs a month (depending on pack size)	Changed every time bag is changed. May require 2-3 for each bag change	<b>Specialist initiation only</b> Sometimes required for extra support and adhesion. Use may vary and may not be needed every day.
<b>Gauze and wet wipes</b>	Not recommended for routine prescribing		<b>Not recommended for routine prescribing</b> These should not be prescribed. Dry wipes are supplied by DACs/pharmacies
<b>Lubricating deodorant gels</b>	Not recommended for routine prescribing  If required 1-2 bottles per month.	One squirt in stoma bag before use.	<b>Not recommended for routine prescribing</b> Only recommended if patients have difficulty with 'pancaking', which is often a short-term issue. Bottles are more cost effective than sachets. A few drops of baby oil or olive oil can be used as an alternative. A filter cover can also be helpful with pancaking and advise patient to increase fluid intake and assess diet.
<b>Pressure plates/shield</b>	Not recommended for routine prescribing		<b>Not recommended for routine prescribing</b> Need for these is superseded by availability of newer bags, therefore patients still using these should be referred for review.
<b>Powders</b>	Not recommended for routine prescribing Used for protection of excoriated/bleeding skin	Used each time stoma appliance change	<b>Not recommended for routine prescribing</b> <b>Specialist initiation only – for ACUTE prescription only</b> Quantity and use dictated by initiating specialist. Short term use only.
<b>Protective Rings</b>	Ileostomy and urostomy patients 1 pack per month  Colostomy patients 1-3 boxes	Change every bag	<b>Specialist initiation only</b> Create a leak resistant seal if there are dips and creases in skin. Protects skin from irritation. The patient should be reviewed to ensure the ring is the correct size before prescribing.  If colostomy patients are requiring three boxes then it may be more cost effective to consider a convex pouch – to be assessed by the specialist nurse.
<b>Protective Wafers</b>	Not recommended for routine prescribing		<b>Not recommended for routine prescribing</b> <b>Specialist initiation only – for ACUTE prescription only</b> Quantity and use dictated by initiating specialist. Short term use only.
<b>Skin Fillers (pastes)</b>	1 tube per month Not usually for long term use.	Used each time bag changed.	<b>Specialist initiation only</b> Fills dips or creases in skin around the stoma. Alcohol containing products may sting.
<b>Skin protective wipes and sprays</b>	Follow directions of stoma nurse	Apply when bag is changed as directed	<b>Specialist initiation only – for acute prescription only</b> May be used on skin that is broken, sore or weepy to promote healing. If used for over 3 months – refer. Barrier wipes or sprays should not routinely be needed for colostomy patients with healthy functioning stoma.

<b>Sports shield</b>	1-2 per year	Use as directed	<b>Specialist initiation only</b> <b>One-off prescription only, do not add to repeat.</b> For use during sporting activities
<b>Stoma caps</b>	15 to 30 per month depending on usage	Use as directed	<b>Specialist initiation only</b> A stoma cap is a small mini pouch used for discretion when a standard pouch is deemed unnecessary, for example if the patient has established a reliable bowel routine or uses irrigation.  They can also be used for short-time wear, e.g. while swimming, playing sports, intimate activity etc. They are designed to cover a stoma or mucous fistula but have little or no actual capacity. They are not suitable for ileostomy patients due the high activity of this type of stoma
<b>Support underwear</b>	Not recommended for routine prescribing		<b>Not recommended for routine prescribing</b> Commercially available support underwear is available and should be purchased by the patient.

**Appendix 3 – Example Discharge/Review Letter**



Clinical Nurse Division  
Coloplast Limited  
Peterborough Business Park  
Peterborough  
Cambs PE2 6FX

Date:- 23/06/2023

Test GP Email Practice  
Dr TEST DOCTOR  
PLEASE DO NOT SEND  
COLOPLAST TEST LTD,PETERBOROUGH  
TESTSHIRE

PE2 6FX

Dear Dr DOCTOR,

**Re: John Pelan      Hospital No:- test1      D.O.B:- 01/10/1970**  
**Coloplast Ltd Nene Hall Peretborough Business Park Test Estate Area Peterborough PE2 6FX**

The above patient has been seen by the Stoma Nurse and the products below have been recommended to be added for REGULAR/REPEAT PRESCRIPTION.

Company	Product Details	Code Number	Approx Qty P/Mth	Pack Size
Coloplast Ltd	SenSura® Mio 1-piece closed with BodyFit Technology™ and full-circle filter Neutral Grey with Inspection Window Starter hole 15-45mm Maxi	10681	2	30

The below products have been recommended as short term use and therefore should only be added to VARIABLE LIST.

Company	Product Details	Code Number	Approx Qty P/Mth	Pack Size

The patient has been advised these products will be issued for a **TIME FRAME** and further review has been arranged to assess these products further use.

**CLINIC DATE AND TIME**

The products below are to be discontinued:

Company	Product Details	Code Number	Approx Qty P/Mth	Pack Size

## Appendix 4 - How to add items to variable repeat on EMIS

1) Change Rx Type to 'Repeat'

TEST, Dennis (Mr) Born 16-Mar-1944 (79y) Gender Male  
Preferred Name Dennis George EMIS No. 17584 Usual GP SCHOFIELD, S (Dr)

Name Brava adhesive remover spray 12010 (Coloplast Ltd)  
Dosage  
Quantity ml Duration 28 Day(s)  
Rx Types Acute  
Acute  
Repeat  
Repeat dispensing  
Automatic  
Authorising Clinician SCHOFIELD, S (Dr)  Private  Personally-administered  
 Use DAC  For STI – free of charge

Warnings Drug Information Current Medication Past Medication Allergies Problems  
Selected Drug - Brava adhesive remover spray 12010 (Coloplast Ltd)  
No Warnings Found

Pack Details  
Optional Prescription Information  
Pharmacy Info Patient Info  
Review Date 28-Sep-2023  
Days Before Next Issue Min Max

Add Another Issue Issue Later Cancel

2) Tick 'variable use' and tick 'DAC' if the patient is using a direct appliance contractor for stoma products

Add a Drug

Generic / Trade Switch Online Visibility Drug Information Medication Review Local Mixtures My Record

TEST, Dennis (Mr) Born 16-Mar-1944 (79y) Gender Male  
Preferred Name Dennis George EMIS No. 17584 Usual GP SCHOFIELD, S (Dr)

Name Brava adhesive remover spray 12010 (Coloplast Ltd)  
Dosage  
Quantity ml Duration 28 Day(s)  
Rx Types Repeat  
Authorised Issues  
Authorising Clinician SCHOFIELD, S (Dr)  Private  Personally-administered  
 Use DAC  Variable use  
 For STI – free of charge

Warnings Drug Information Current Medication Past Medication Allergies Problems  
Selected Drug - Brava adhesive remover spray 12010 (Coloplast Ltd)  
No Warnings Found

Pack Details  
Optional Prescription Information  
Pharmacy Info Patient Info  
Review Date 28-Sep-2023  
Days Before Next Issue Min Max

Add Another Issue Issue Later Cancel

3) Once ticked either click issue or issue later