*[Patient name] [Practice name]*

*[Patient address1] [Practice Address 1]*

*[Patient address 2] [Practice Address 2]*

*[Patient address 3] [Practice Address 3]*

*[Postcode] [Postcode]*

*[Date]*

Dear [PATIENT],

**Changes to your stoma support garment prescription**

In line with current national and local guidelines, we have carried out a review for all patients who are prescribed accessories for their stoma.

Following this review we are changing prescriptions for stoma support garments, including hernia support belts, girdles, waistbands and supportive underwear, and want to make you aware of how this may affect you.

Hernia level 3 support belts, girdles, waistbands or underwear may help prevent or manage symptoms of a hernia behind your stoma. According to the latest guidance, eligible patients may order up to a maximum of three support garments each year. This annual quantity is based on having one to wear, one in the wash and one as a spare. This could be:

* Three of one type of hernia support belts, girdles, waistbands, or underwear (level 3 support)

OR

* Three of a combination of these garments

If you would like more than three support garments in a year, you can purchase these yourself from specialist ostomy manufacturers:

<https://www.white-rosecollection.co.uk>

<http://vblush.com/>

<https://comfizz.com>

<https://www.suportx.co.uk>

<https://www.respond.co.uk/>

<http://www.cuiwear.com/>

There is no evidence that level 1 or 2 hernia support belts, girdles, waistbands or underwear are a clinical requirement for your stoma care, so you will no longer be able to obtain these items on prescription. This includes underwear that contains a pocket to support a stoma bag when worn. You can easily purchase support underwear from local department stores or online.

To assess your suitability for a level 3 hernia support belt, girdle, waistband or underwear, please contact your local stoma care nurse for an appointment. Their contact details are at the end of this letter.

This prescription change has been agreed with local stoma care specialist nurses and is in line with current local guidance.

**If you are experiencing leakage, odour or sore skin around your stoma, please contact your stoma nurse.**

Their contact details are:

|  |  |  |
| --- | --- | --- |
| Dacorum, Watford and St Albans & Harpenden Localities | Telephone: 01923 217489 (Monday-Friday, 8am-4pm) | Email: [westherts.stomacare@nhs.net](mailto:westherts.stomacare@nhs.net) |
| Hertsmere Locality | Telephone: 07901 118827  (Monday-Friday, 8:30am-4:30pm) | Email:  [nclicb.stomanurse@nhs.net](mailto:nclicb.stomanurse@nhs.net) |
| Stoma office for hospital and community care service, Lister hospital, Stevenage | Telephone: 01438 284133  (Monday-Friday, 7am-4.30pm) | Email:  [stomacare.enh-tr@nhs.net](mailto:stomacare.enh-tr@nhs.net) |
| West Essex Stoma Care Nursing Team | Telephone: 01279 827072 (Monday-Friday, 8am-4pm) | Email: [paht.stomacare@nhs.net](mailto:paht.stomacare@nhs.net) |

**The ideal aim is to have such a good bag fit that stoma accessories are rarely needed.  Please note that if you are prescribed more than one stoma accessory product, you may receive more than one letter for each of your different products.**

Yours sincerely,