*[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 accessory 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.

There are some stoma accessories which are clinically required for your stoma care routine, however, there are several types of accessories that may be masking, rather than solving stoma related issues. The latest guidance means that certain stoma accessory products will no longer be available on prescription.

Here is the list of products thatwill no longer be prescribed.

1. DEODORANTS

If wearing a correctly fitting stoma bag, odour should not be present at any time other than on changing or emptying your stoma bag. If odour is experienced other than at the above times, you should discuss this with your local stoma nurse.

For odour when emptying or changing your stoma bag, please consider buying an inexpensive air freshener. These can be purchased from any supermarket. If you would prefer a specialised deodorant, you could purchase this online, searching under ‘ostomy deodorants’.

1. SKIN CLEANSERS

Water (or soap and water) is recommended to cleanse your stoma and the surrounding skin. Ensure soap residue is rinsed before drying your skin and consider using non-perfumed soaps. Skin cleansers are not clinically required.

1. FILTERS

Most new stoma bags are already fitted with an integral filter which also reduces odour. Older style stoma bags used to require a stoma filter to be added to the stoma bag to allow ‘air/flatus/gas’ out of the bag and prevent the bag from ballooning. If you are using a bag that requires a filter to be added, please contact your local stoma nurse for a review. This is especially important if you are experiencing odour whist wearing a bag or the bag is ballooning (inflating with wind/flatus/gas.

1. BRIDGES

A stoma bridge is a square piece of sponge looking material that was designed to keep the plastic films that make up a stoma bag apart and prevent pancaking of stoma output inside the bag. There is no clinical evidence that this works. For more advice on pancaking please discuss this with your stoma nurse at your next stoma review appointment.

1. STOMA BAG COVERS

All bags are now available with a covered (opaque) option often with a viewing option/window should you want to be able to check the contents of your bag. Consequently, bag covers are no longer needed and will not be prescribed any more. Helpful websites are [www.respond.co.uk](http://www.respond.co.uk) and [www.ostomycoversbylinda.co.uk](http://www.ostomycoversbylinda.co.uk).

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,