



Visit the Peristomal Skin Assessment Guide for Consumers  
<http://psag-consumer.wocn.org/#home>

## Skinister Prosthetic Medical Adhesive (1-4oz)

Great replacement for the discontinued Hollister 7730 Medical Adhesive Spray. This product is not available through insurance at this time. It is available on [skinister.com](http://skinister.com) or [amazon.com](http://amazon.com)



**-Based Medical Grade Adhesive:** Skinister Medical Adhesive is formulated with silicone, making it a high-quality adhesive suitable for medical applications.

**\*Skin-Safe Application:** This adhesive is safe for use on the skin, making it suitable for a wide range of applications, including attaching breast forms, ostomy appliances, body jewelry, eyebrows, and more.

**\*Sprayable Application:** Available in 2oz and 4oz bottles with a spray top, making it easy to apply with precision, ensuring a thin, even coat for effective adhesion.

**\*Gentle Removal:** You can easily remove the adhesive using [Skinister Medical Adhesive Remover](#), ensuring a clean and gentle removal process.

**\*Multiple Uses:** Skinister Medical Adhesive is versatile and can be used for various purposes, including: wound closure, surgical dressings, ostomy care, medical device attachment, insulin pump attachment, cosmetic applications, prosthetic adhesion, emergency first aid and veterinary applications

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Support group meets the 3rd Sunday of each month 3 p.m.  
4836 Victor Street  
Next Meeting: **November 19th**  
Also join us by Zoom  
<https://us06web.zoom.us/j/94640600811>  
Meeting ID: 946 4060 0811  
or call +1 301 715 8592 US

**The Villages Ostomy Support**  
We meet on the 2nd Tuesday evening of each month at 6:00 PM at (except July & August)  
Linda Manson  
[tvostomy@gmail.com](mailto:tvostomy@gmail.com)  
865-335-6330  
Next meeting **Nov 14th @ 6 pm**  
Saddlebrook Rec Center (near Polo Field)  
Masks Required  
**Contact Linda [tvostomy@gmail.com](mailto:tvostomy@gmail.com)**

**Medical Care Products, Inc.**  
(904) 733-8500  
(800) 741-0110

**Ostomy Discounts** offers ostomy supplies at great prices to uninsured or underinsured ostomates:  
<https://ostomydiscounts.com/>

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Find all the past issues of the MailBag at <http://ostomymcp.com/id6.html>

## Ostomy Accessories – When and How to Use Them

If you have recently had ostomy surgery or are just getting used to living with a stoma, you may be feeling a little overwhelmed by all the different ostomy products. In addition to your pouching system – which includes the ostomy skin barrier and a pouch – you may require the use of an ostomy accessory to enhance the performance of your system.



Ostomy accessories may enhance the wear time of the skin barrier, prevent leakage, reduce odor, and make pouch emptying easier. These are products like skin barrier pastes, barrier rings, adhesive removers, and ostomy belts. For many people with ostomies, these accessories form a crucial part of their daily hygiene and ostomy care routine.

In this article, we will walk you through some products from our Adapt™ accessories range and tell you more about how they work. In each section, you will also find a link to a guide that has more information about using that particular ostomy accessory.

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### Adapt™ Flat Barrier Rings



Barrier rings are designed to protect the skin around your stoma. The barrier ring will help fill in uneven skin surfaces to enhance the fit of the skin barrier and help prevent leakage of stoma output under the skin barrier.

These barrier rings are flexible in design, meaning you can cut, stretch, or stack them together to help improve the fit of your pouching system. They can be applied to the adhesive side of the skin barrier or directly to clean dry peristomal skin. They are available in different sizes and different thicknesses.

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### Adapt™ Convex Barrier Rings



Hollister also offers a convex barrier ring accessory. Convex barrier rings help to provide a gentle convexity to a skin barrier, which can improve the fit of your barrier, minimize leakage, and protect your peristomal skin.

The Adapt™ convex barrier ring comes in a variety of sizes and two different shapes – round and oval – to accommodate many different shape stomas. The convex barrier rings should be applied to dry peristomal skin convex side down or to the adhesive side of the skin barrier flat side down.

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### Adapt™ Lubricating Deodorant



One problem many people living with an ileostomy or colostomy experience is pancaking. This is a term used to describe stool that gets stuck at the top of a pouching system around the stoma. Because the contents can't drop to the bottom of the pouch, they attach to the top and may cause leakage issues or interfere with the function of the integrated ostomy pouch filter.

A lubricating deodorant works by making pouch emptying easier and can help minimize stool from sticking to the pouch. It lubricates the inside of the ostomy pouch and helps the stool to flow to the bottom of the pouch. This product also helps to minimize odor upon emptying and with pouch change.

Adapt™ lubricating deodorant is colorless, odorless, and available in bottle or packet form. You can use it with each pouch change and after the pouch is emptied to neutralize odor and help stop your output from sticking.

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## Adapt™ No Sting Skin Protective Wipes



Living with an ostomy means having to wear an ostomy skin barrier for prolonged periods, and having to remove the barrier from your skin with pouch changes. This may result in irritated or sore skin.

Adapt™ no sting skin protective wipes provide a protective film on the skin that acts as a protective interface between your skin and the ostomy skin barrier – helping to protect the skin when it comes in contact with stoma fluid and when removing adhesive products.

Apply the skin protective wipe to intact skin and allow to completely dry before applying the ostomy skin barrier. It is not recommended, however, for use with extended wear skin barriers, as this may decrease wear time.

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## Adapt™ Ostomy Belt

If you are looking for enhanced security with your pouching system, an ostomy belt may give you added confidence. Clinicians often recommend adding an ostomy belt (when used with a pouching system) to enhance convexity and ensure a better fit with the skin barrier.



You can use our Adapt™ elastic belt with pouches that have belt tabs. Be sure that the belt tabs face outward to your body and the belt is worn in line with your stoma. Be sure that the belt is snug but equally not too tight. Proper fitting will allow for two fingers to slide comfortably between the belt and the skin.

This accessory is also adjustable and washable.

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## Adapt™ Skin Barrier Paste



Adapt™ paste helps to provide a good seal between the stoma and the ostomy skin barrier. This can prevent stoma output from getting under the barrier and in contact with your skin.

It acts as a caulk to fill in uneven skin surfaces and to help minimize the risk of leakage. Adapt™ paste is NOT an adhesive, and too much paste may interfere with a good seal.

Adapt™ paste comes in easy-to-squeeze tubes in two different sizes.

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## Adapt™ Stoma Powder



Stoma powder is a non-medicated powder used to absorb moisture from slightly irritated or moist skin around the stoma. By absorbing moisture from skin around the stoma, the powder allows for better skin barrier adhesion.

There is no medication in stoma powder; it merely absorbs excess moisture, giving a skin barrier a better chance to adhere to the skin. Dust the powder on your affected peristomal skin but be sure to brush off any excess powder, as this may affect the barrier adherence. Be sure to discontinue the stoma powder once your skin has healed. Some clinicians may recommend the use of a skin barrier protective wipe over the powder but this is not always necessary. Reprinted from Hollister.com

## Travel Prep - 5 To Do's If You Have a Stoma

If you've had a colostomy, an ileostomy, or a urostomy, you may worry about traveling. Prepare for travel with a stoma with these handy tips.



### Get ready for your travels with these preparation tips.

Does the thought of traveling make you concerned? Maybe you're worried about not having a clean place to change your pouch? Or stressed about possibly running short on your ostomy products, or losing them in transit?

There's a great solution for those worries and many others: preparation. Preparation will put your mind at ease, and you'll quickly realize that you can indeed travel— not just a few miles from home, but anywhere in the world.

Prepare for your next trip with the following guidelines.

**Prep tip #1 – Create a checklist:** Don't wait until the day before your trip to make a list of supplies. Make it a few weeks before, in case you need to order more. Count the number of pouch changes you would normally need to make, and then double the number. That way you're ready for anything, even the unexpected. That's especially important on cruise trips, where you won't have access to suppliers (you may even want to pack a little more). Travel delays, lost ostomy supplies, or frequent changes due to hot climates won't be a problem either. Items to bring may include:

- Pouches – different lengths for different activities
- Skin barriers
- Ostomy accessories such as barrier rings and stoma powder
- Disposal bags
- Toilet paper or tissue
- Cleansing wipes
- Medications (if necessary)
- Hand wipes, in case running water isn't available
- Handheld mirror

**Prep tip #2 – Have a backup plan:** Even if you pack more than you think you'll need, anything can happen. The good news is that most manufacturers have products available around the world. Before you leave home, find out where you can buy supplies near your travel destination. Start with [The United Ostomy Associations of America \(UOAA\)](#) for information on suppliers abroad, or at ports of call on a cruise. Check with your ostomy manufacturer for suppliers in your area of travel. It's also a good idea to find out where the nearest medical facility is, and have your emergency contact information ready.

**Prep tip #3 – Get an ostomy travel card from your healthcare provider:** This should explain why you need pouches, skin barriers, and medications to customs and security personnel at checkpoints. In the U.S. [a travel communications card from UOAA](#) is available in a variety of languages (helpful if you need supplies while traveling abroad too). Even with such a card, it's also a good idea to have a letter from your healthcare professional explaining your medical condition.

**Prep tip #4 – Check your travel insurance:** Some policies may have age or pre-existing medical condition limits. Be sure you are fully covered before you leave. Check with your insurance or travel agent to avoid any unwanted surprises.

**Prep tip #5 – Make a final change:** It's a good idea to change your skin barrier and pouch just before you leave your home. This minimizes the possibility of leaks, and gives you a boost of confidence as you venture out.



## Cruise Trips With an Ostomy

Thinking about taking a cruise? Go ahead. With a little preparation, your voyage with a stoma will be easy and trouble-free.



### Prepare for your cruise travel with a stoma

If you have an ostomy, being apprehensive about going on a cruise is natural. That's because you may be in a small space, and away from the mainland for days. But don't let that stop you from cruising if you have a stoma. All you have to do is follow a few guidelines:

- **Pack double the supplies (or more):** Be **smart about how you pack**. You may want to pack double the number of supplies, possibly more, when going on a cruise. The ship's pharmacy or clinic is not likely to have everything you need, and there's no guarantee they'll be suppliers at the ports you visit. Also, there's always the possibility of unforeseen delays.
- **Stop by the ship's clinic:** Although it's not required, it's a good idea to stop by the ship's clinic and meet the staff and physician. Tell them about your ostomy, and ask about availability of supplies, and any pouch disposal protocols.
- **Manage pouch disposal:** Many cruise lines provide sanitary bags. Simply place your normal disposal bags inside them and throw them in your bathroom waste bin. Trash is likely emptied once or twice a day. If you're in a small cabin and worried about odors, pack scented disposal bags, or trash bags for an extra barrier. And ask your steward to have your trash emptied more often.
- **Get ready to dive in:** Don't let your stoma keep you out of the ship's pool, or off the beaches at ports of call. Check out some **tips for fun in the sun**, including information about what to wear and specially-designed swimsuits for people with stomas.

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#### UOAA COVID-19 UPDATES

UOAA will update this blog post with any information that may affect our community.

<https://www.ostomy.org/coronavirus-effects-on-the-ostomy-community/>



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