

# Ileostomy What's Right for Me?



Hollister

Attention to Detail. Attention to Life.



If you have just had ileostomy surgery, we know that you have experienced a life-changing event.

You are now deciding which ostomy products will work best for you. At the same time, you are developing skills and routines to help manage your life.

In this booklet, Hollister has highlighted options for you to explore - along with features that can help you make an informed choice.

Our goal is to help you feel in control and resume the lifestyle you want. Hollister has the products for you.

# Ileostomy

## What's Right for Me?

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# About Your Ileostomy



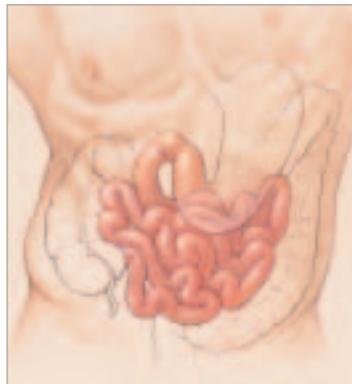
The stoma is normally red and moist, bleeds easily, and has no feeling.

After your food has begun to be digested in your stomach, it reaches your small intestine (shown below). Your small intestine is about 24 feet long. With an **ileostomy**, a portion of the small intestine and the entire large intestine (colon) have been removed or bypassed.

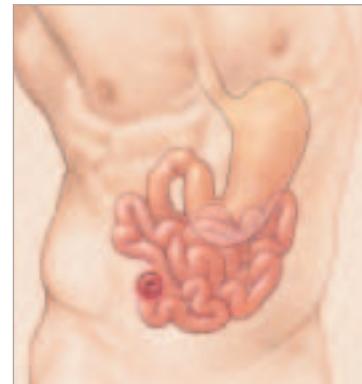
The place where the ileostomy opens onto your skin is called a **stoma**. The stoma is normally red and moist, bleeds easily, and has no feeling.

Drainage from your ileostomy stoma will be watery or mushy. It will be green or brown in color, and it can irritate your skin.

The skin next to your stoma should not have rashes or sores. The most important thing you can do to keep your skin healthy is to use ostomy products that fit well and stay in place.



This is the small intestine.



With an ileostomy, the large intestine (colon) has been removed or bypassed.

## Your Stoma Size and Shape



Contact Hollister if you need a stoma measuring guide.

Every stoma is a little different in size and shape. Your stoma may get smaller during the first six weeks after surgery, so it's good to measure it frequently. Measure your stoma until it stops changing or if you are having problems with leakage or skin irritation next to your stoma.

To choose the correct size Hollister skin barrier, pick one that fits closely around your stoma.

# Skin Barriers

You will want the best fit possible with your skin barrier. Hollister skin barriers come with or without tape around the edges. Both types adhere well to the skin.



## **Flat Skin Barrier** (left)

If your stoma sticks out at least an inch from your body, a **flat skin barrier** may work well to seal the pouching system securely to your body.

## **Convex Skin Barrier** (left)

If your stoma is flat against your skin, or protrudes less than an inch, you may need a **convex skin barrier**. It also may be your best choice if you have a soft abdomen with a dip or indented area around your stoma.

## **Pre-sized Skin Barrier** (left)

If your stoma is round and is no longer changing size, you may want to choose a skin barrier that is already cut to the proper size. You'll see the term, pre-sized, next to the appropriate products in this booklet.

## **Cut-to-fit Skin Barrier** (left)

If your stoma is oval, oblong, or still changing size, you may need to cut the product yourself and create the size and shape that's correct for you. Measure the stoma where it is the largest to select the correct size skin barrier. You'll see that term, cut-to-fit, next to the appropriate products in this booklet.

## **Flextend Skin Barrier**

This is the best choice for use with an ileostomy. **Flextend skin barriers** are resistant to breakdown and are a good choice if you change your barrier once or twice a week.

# Pouching Systems



You can choose between Hollister one- and two-piece pouching systems. Each has its advantages. Your pouching system should be secure, odor free and comfortable, no matter what type you select. The skin barrier should be changed regularly, once or twice a week.

## One-Piece System

In a one-piece system (shown left) the skin barrier is already attached to the pouch. The one-piece is simple to apply—just peel and stick.

A one-piece pouch lies flat against the skin and may show less under clothing. If you happen to have a bulge or hernia near your stoma, you may get the best fit with a one-piece pouch.

## Two-Piece System

A two-piece system (shown bottom left) is the most versatile. The skin barrier is separate from the pouch. The pieces snap together with a **flange**, a part that looks like a plastic ring. It is easy to unsnap the pouch and discard the pouch as often as you like.

Two-piece systems allow you to apply a new pouch without removing the skin barrier from your body each time. You can wear different pouches depending on your activity level, for example, a smaller pouch for sports or intimacy.

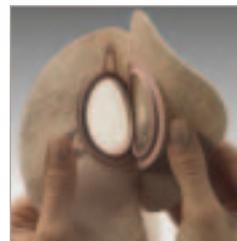
Your two-piece system has a **floating flange**. You can put your fingertips under the flange for support while you attach the pouch to the barrier. This helps eliminate pressure on the abdomen when applying your pouch.

If you want to change your pouch more frequently than the skin barrier, choose a two-piece system.

**New Image** floating flange eliminates pressure when you apply the pouch.



With a floating flange, your pouching system remains flexible and comfortable.



With a two-piece system, the pieces snap together with a flange.

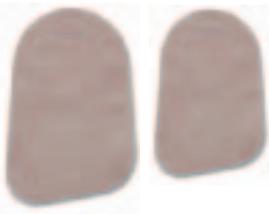
## It's Your Choice!

You have many options as you discover which Hollister products work best for your needs.

# Ileostomy Pouches



**New Image**  
Two-Piece Drainable Pouches

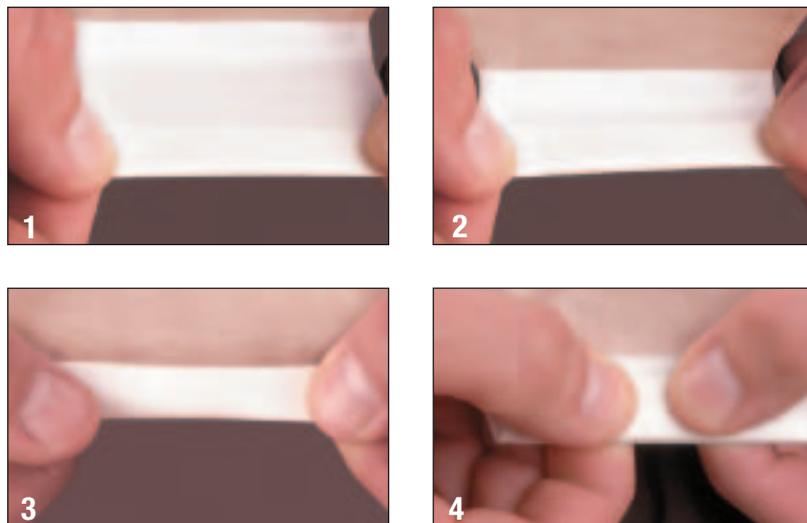


**New Image**  
Two-Piece Closed Pouches

You have a choice of two types of Hollister pouches - **drainable** and **closed**- for use with your ileostomy. However, the main type of pouch that is most appropriate for day-to-day use is the drainable pouch.

## Drainable Pouch

Because you have frequent discharge throughout the day, a drainable pouch is best for you. Drainable pouches feature the integrated **Lock 'n Roll** closure system or a separate pouch clamp. Either way, emptying the pouch is quick and easy. Drainable pouches are available in several lengths and you can choose transparent or beige.



**Lock 'n Roll Closure.** Simply roll the patented plastic fastener three times in the same direction to lock it in place. Press from the middle out and Feel the Seal. A separate clamp is not needed.

## Closed Pouch

Closed pouches must be removed and replaced rather than drained. You may want to use a closed pouch for short periods during sports and intimacy, for example.

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## Choices

Every Hollister pouch is made with an odor barrier material to increase your confidence level when wearing a pouch.

Hollister pouches offer:

- clear and beige options
  - soft **ComfortWear** panels for added comfort
-

# Decision Guide

<b>Situation</b>	<b>Consider...</b>
Your stoma is round. The size is not changing.	<b>Pre-sized Skin Barriers</b>
Your stoma is oval. The size is still changing.	<b>Cut-to-fit Skin Barriers</b>
You want a skin barrier that performs well with an ileostomy.	<b>Flextend Skin Barriers</b>
Your stoma sticks out or you have a deep crease or hernia.	<b>Flat Skin Barrier</b>
Your stoma does not stick out. Your skin is soft or you have a slight crease in your skin.	<b>Convex Skin Barrier</b>
You are sensitive to tape.	<b>Tapeless Skin Barrier</b>
The standard drainable pouch is too long.	<b>Drainable Mini-Pouches</b>
You want to see your stoma and/or pouch contents.	<b>Clear Pouches</b>
You do not want to see your stoma or pouch contents.	<b>Beige Pouches</b>

# Routine Care of Your Ileostomy

When your doctor says it is appropriate, you can resume your normal activities. You will become comfortable with your Hollister pouching system and develop a schedule that fits your lifestyle. Here are a few guidelines for successful care of your ileostomy.

- Empty your pouch when it is one-third to one-half full.
- Replace the skin barrier, the waxy part that sticks to your skin, every three to seven days.
- If you use soap, make sure your soap doesn't contain oils or lotions that can interfere with adhesives.
- Rinse your skin with water, and dry it completely before you apply the new pouch.
- After you apply your skin barrier, hold it against your body for 30-60 seconds. The pressure and warmth help activate the adhesive.
- If you wear a two-piece system, try putting your skin barrier on at an angle, making a diamond shape, for a smoother fit.
- You can shower or bathe with your skin barrier and pouch in place, or you can remove them before bathing. Water will not harm or flow into your stoma.
- If your skin becomes red and sore, or your pouch is not staying in place, be sure to see your doctor or WOC (Wound, Ostomy, Continence) Nurse.



New Image is comfortable, has good wear time, and is very, very flexible.

— Sheila Simonsen

## About Wear Time

Many factors will affect how long you can wear your Hollister skin barrier and pouch:

- Type of stoma drainage – liquid or paste-like
- How much your stoma sticks out from your skin
- Climate, your activity level and how much you perspire
- Skin condition around your stoma
- Creases, folds and wrinkles in areas around your stoma
- Type of skin barrier used
- Skin products used underneath the skin barrier\*

Usually, a skin barrier is changed about twice a week, but every person has their own routine. If your wear time becomes unpredictable, consult your WOC (Wound, Ostomy, Continence) Nurse.

Plan your pouch change for a time that works well for you. Don't wait until your pouch begins to leak or pull away from your skin.

If you have trouble getting your skin barrier to stay in place on your skin, you may need to get some help with fitting and product selection. The best source of help is a Wound, Ostomy, Continence Nurse (WOC Nurse / ET Nurse). If you need help locating an ostomy nurse in your area, call our Customer Service Center at 1.800.323.4060.

\*Please do not use Skin Gel Protective Dressing Wipes, Stock No 7917, or other skin prep agents under a FlexTend extended wear skin barrier as they may decrease wear time.

# Reimbursement Information

Most insurance carriers pay for ileostomy supplies. If you have Medicare, the supplies are covered under Part B.

## Supply Quantities

The quantity of ostomy supplies you need depends on the type of ostomy you have and other things, like the condition of the skin around your stoma. This may change over time.

## Medicare Quantities

For many billing codes, Medicare has set a maximum number of items that are usually necessary. The actual quantity you need may be more or less than that amount. Medicare allows up to 20 drainable pouches or 60 closed pouches (or a combination of both) and /or 20 standard wear skin barriers per month. They have not set a maximum quantity for extended wear barriers. Suppliers usually provide up to 10 extended wear barriers per month. If you need more than 10, talk to your doctor about providing written medical justification and a written order for what you need. Give that information to your supplier.

## Find a Supplier

Shop around for a supplier. Some suppliers bill Medicare (and other insurance providers) for you. Some suppliers agree to accept Medicare's approved amount as payment in full. This means you will only pay your deductible (and co-insurance, if you do not have any other coverage). Other suppliers may ask you to pay for the supplies when you receive them. This could lead to higher payment amounts for you. Ask specifically about the products you want to receive.

If you are covered by a private insurance plan or your state Medicaid plan, check with your insurer to make sure that the products you want are covered. Also, ask if there are any limits to the number of pouches, barriers or other items, you can receive monthly.

# Hollister Two-Piece Ileostomy Products

A two-piece system is the most versatile. It comes with a skin barrier that is separate from the pouch. The pieces snap together with a flange, a part that looks like a plastic ring. (see page 4) It is easy to leave the skin barrier attached to your skin and unsnap the pouch and discard it as often as you like.

- Comfortable and flexible for active lifestyles
- Skin barriers available with or without tape
- New Image pouches are compatible only with New Image skin barriers

## Color Matching System

To help you select compatible New Image components, every box label and corresponding product, is color coded. First, select the proper skin barrier; then select a matching color-coded pouch. For example, a “red” skin barrier box label is compatible with a “red” pouch box label.



## New Image Two-Piece Pouching System



### New Image Flextend Flat Skin Barrier with Tape



	1-3/4"	2-1/4"	2-3/4"	4"
<b>Cut-to-Fit</b>	<b>14602</b> up to 1-1/4"	<b>14603</b> up to 1-3/4"	<b>14604</b> up to 2-1/4"	<b>14606</b> up to 3-1/2"
<b>Pre-Sized</b>	<b>14701</b> 5/8"	<b>14707</b> 1-3/8"	-	-
	<b>14702</b> 3/4"	<b>14708</b> 1-1/2"	-	-
	<b>14703</b> 7/8"	<b>14709</b> 1-3/4"	-	-
	<b>14704</b> 1"	-	-	-
	<b>14705</b> 1-1/8"	-	-	-
	<b>14706</b> 1-1/4"	-	-	-

If your stoma sticks out at least an inch from your body, you may be more comfortable with a **flat skin barrier**.



### New Image Flextend Convex Skin Barrier with Tape

		1-3/4" 	2-1/4" 	2-3/4" 	4" 
	<b>Cut-to-Fit</b>	<b>14802</b> up to 1"	<b>14803</b> up to 1-1/2"	<b>14804</b> up to 2"	-
	<b>Pre-Sized</b>	<b>14901</b> 5/8"	<b>14905</b> 1-1/8"	-	-
		<b>14902</b> 3/4"	<b>14906</b> 1-1/4"	<b>14909</b> 1-5/8"	-
		<b>14903</b> 7/8"	<b>14907</b> 1-3/8"	<b>14910</b> 1-3/4"	-
		<b>14904</b> 1"	<b>14908</b> 1-1/2"	<b>14911</b> 2"	-

If your stoma is flat against your skin or less than an inch, consider a **convex skin barrier**.

Sensitive to Tape? Contact us for tapeless options at **1.800.323.4060**.



### New Image Drainable Pouches

		1-3/4" 	2-1/4" 	2-3/4" 	4" 
<b>Lock 'n Roll</b>	<b>No Filter</b>	<b>18132</b>	<b>18133</b>	<b>18134</b>	<b>18006*</b>
	Transparent, 12" length Beige, 12" length	<b>18112</b>	<b>18113</b>	<b>18114</b>	-

A drainable pouch is most appropriate for an ileostomy.

\*Ultra-clear pouch film

If looking for a **pouch with an integrated filter**, contact us at **1.800.323.4060** for the appropriate stock numbers.

# Hollister One-Piece Ileostomy Products

In a one-piece system the skin barrier and tape are already attached to the pouch. This means the pouch is easy to apply. You just peel and stick.

Consider a **one-piece pouching system** if you want a low profile, flexibility, and ease of use.

## Premier One-Piece Pouching System



- Flextend skin barriers
- Cut-to-fit convexity option
- ComfortWear panels
- Beige, porous cloth tape
- Lock 'n Roll closure available



### Premier Drainable Pouches with Flextend Flat Barriers

Lock 'n Roll	No Filter	Transparent, 12" length	Beige, 12" length

Cut-to-Fit up to 2-1/2"	Pre-Sized 1"	Pre-Sized 1-1/4"	Pre-Sized 1-1/2"
8531	8532	8538	8533
8551	8552	8558	8553

If your stoma sticks out at least an inch from your body, you may be more comfortable with a **flat skin barrier**. If looking for a **pouch with clamp closure**, contact us at **1.800.323.4060** for the appropriate stock numbers.



### Premier Drainable Pouches with Flextend Convex Barriers with Tape

Lock 'n Roll	No Filter	Transparent, 12" length	Beige, 12" length

Cut-to-Fit up to 1"	Cut-to-Fit up to 1-1/2"	Cut-to-Fit up to 2"	Pre-Sized 3/4"
8524	8528	85211	8510
8504	8508	85011	8590

If your stoma is flat against your skin or protrudes less than an inch, consider a **convex skin barrier**.



## Hollister Accessories Solve Problems, Add Comfort

There may be times when you need to protect your skin from adhesives, or treat a minor skin irritation. Perhaps you are looking for a way to reduce odors or enhance the performance of your pouching system. The chart of Hollister accessories (below) can help you solve these issues without compromising comfort.

<b>If...</b>	<b>Then use,</b>	<b>Comments for use*</b>
You want to fill in an uneven skin surface or there is a gap between the stoma and the skin barrier opening on your pouch.	<b>Adapt</b> Barrier Rings to protect the skin, fill in uneven skin areas or provide an alternative to paste.	Rings may be stretched to fit your stoma size. Apply to clean dry skin or to adhesive side of skin barrier on pouching system.
You need to add depth to your convex product or you need flexible convexity.	<b>Adapt</b> Convex Barrier Rings to create a custom shape and improve the fit of your products.	Rings may be stretched slightly to fit your stoma size. Apply to clean dry skin or to adhesive side of skin barrier on pouching system. Do not overstretch.
You want to fill in a crease to prevent leakage.	<b>Adapt</b> Barrier Strips to fill in uneven areas.	Strips may be cut to various lengths.
You want to seal around the skin barrier opening.	<b>Adapt</b> Paste as a caulk.	This is not an adhesive or glue. Too much paste can interfere with a good pouch seal.
Your skin is slightly irritated** and moist.	<b>Adapt</b> Stoma Powder to help dry up moist skin.	Dust on. Brush off excess powder. Stop using when your skin heals.

\*See product for specific instructions for use.

\*\* Consult your healthcare professional for skin and stoma problems.

Product Picture	Stock No	Description	HCPCS	Quantity
		<b>Outer Diameter</b>		
	7805	2"	A4385	Box of 10
	7806	4"	A4385	Box of 10
		<b>Inner Diameter</b>		
	79520	13/16" can be stretched to 1"	A4411	Box of 10
	79530	1-13/16" can be stretched to 1-3/8"	A4411	Box of 10
	79540	1-9/16" can be stretched to 1-3/4"	A4411	Box of 10
	79400	<b>Length</b> 5-1/8"	A4385	Box of 10
	79300	2 oz. tube	A4406	Box of 1
	79301	0.5 oz. tube	A4406	Box of 20
	7906	1 oz. puff bottle <b>New Product name and packaging</b>	A4371	Box of 1

# Hollister Accessories Solve Problems, Add Comfort

<b>If...</b>	<b>Then use,</b>	<b>Comments for use*</b>
You have significant adhesive residue remaining on your skin or you want to ease the removal of your tape or skin barrier.	Universal Remover Wipes to remove adhesive residue.	Usually not needed with each pouch change. Must be washed off of skin with soap and water after use.
You want to eliminate odor when you empty or change your pouch. You want to more easily empty the contents of your pouch.	<b>Adapt</b> Lubricating Deodorant to eliminate odor and make emptying easier.	Add approximately 1 tsp. or one packet to your pouch, then rub to coat the inside of the pouch.
You prefer room spray to eliminate odors when you empty your pouch.	<b>m9</b> Spray to eliminate odor.	Spray in room as needed. Serves as an odor eliminator, not a cover up.
You want the added security of a belt, or your healthcare professional has recommended it to enhance convexity.	Ostomy Belt to help secure an ostomy pouch.	Belt tabs face outward from body. Should be worn in line with stoma. Can only be used with a pouch that has belt loops. Washable. Reusable.

\*See product for specific instructions for use.

Product Picture	Stock No	Description	HCPCS	Quantity
	<b>7760</b>		A4365	Box of 50 wipes
	<b>78500</b>	8 oz bottle	A4394	Box of 1
	<b>78501</b>	0.27 oz. single use packet	A4394	Box of 50 packets
	<b>7732</b>	2 oz. pump spray, Unscented	No Code	Box of 1
	<b>7733</b>	8 oz. pump spray, Unscented	No Code	Box of 1
	<b>7734</b>	2 oz. pump spray, Scented	No Code	Box of 1
	<b>7735</b>	8 oz. pump spray, Scented	No Code	Box of 1
	<b>7300</b>	26" - 43" Medium	A4367	Box of 1
	<b>7299</b>	29" - 49" Large	A4367	Box of 1

# Glossary

<b>ComfortWear (Pouch) Panels</b>	ComfortWear (Pouch) Panels provide a soft cloth between the pouch film and the skin.
<b>Convex Skin Barrier</b>	May be used when the stoma does not protrude from the abdomen. The skin barrier is shaped to press more deeply around the stoma.
<b>Drainable Pouch</b>	A pouch with an opening at the bottom. An integrated closure like Lock 'n Roll closure or a clamp is used to keep the pouch closed until it's time to empty it.
<b>Flange</b>	The plastic ring in a two-piece ostomy system that connects the skin barrier and pouch.
<b>Flat Skin Barrier</b>	May be used when the stoma does protrude from the abdomen.
<b>FlexTend Skin Barrier</b>	FlexTend is a synthetic skin barrier which is designed to be the most resistant to liquid discharge.
<b>Floating Flange</b>	You can put your fingers under the flange for support while attaching the pouch to the skin barrier.
<b>Ileostomy</b>	An ostomy (surgical opening) created in the small intestine.
<b>Odor-Barrier Pouch</b>	Odor-Barrier Pouch is highly resistant in allowing odors to pass through the pouch material. The odor-barrier quality increases confidence when wearing a pouch.
<b>Stoma</b>	The place where the drainage comes out of your body when you have an ostomy. The stoma is made of intestine, is red and moist, and doesn't have feeling.
<b>Wear Time</b>	Wear time is the length of time a product can be worn before failure. Wear time varies widely based upon many factors.

# Support Groups

## **Organizations that provide information**

For more information and a free Hollister product catalog, contact Hollister Incorporated.

### **Hollister Incorporated**

2000 Hollister Drive  
Libertyville, Illinois 60048 USA  
1.800.323.4060  
[www.hollister.com](http://www.hollister.com)

## **Consumer Support Groups**

### **United Ostomy Associations of America, Inc. (UOAA)**

An association of affiliated support groups that serve people with ostomies and other intestinal and urinary diversions.

P.O. Box 66  
Fairview, TN 37062  
1.800.826.0826  
[www.uoaa.org](http://www.uoaa.org)

### **American Cancer Society (ACS)**

Nationwide, community-based voluntary health organization dedicated to eliminating cancer.

1599 Clifton Road NE  
Atlanta, GA 30329 USA  
1.800.ACS.2345  
[www.cancer.org](http://www.cancer.org)

### **Crohn's & Colitis Foundation of America (CCFA)**

A non-profit, volunteer-driven organization dedicated to finding a cure for Crohn's disease and ulcerative colitis...to improve quality of life of those affected by these digestive diseases.

National Headquarters  
386 Park Avenue South, 17th floor  
New York, NY 10016-8804 USA  
1.800.932.2423 ext. 212  
[www.ccfa.org](http://www.ccfa.org)

## **Professional Organization**

### **Wound, Ostomy, and Continence Nurses Society (WOCN)**

WOCN, a group for professional nurses, may be one of your best resources because the WOC Nurse is the ostomy expert. WOC nurses can assist by selecting your stoma site, choosing appropriate products, and assisting with your education process.

When you have questions, be sure to write them down so when you talk to a clinician you get answers.

15000 Commerce Parkway, Suite C  
Mt. Laurel, NJ 08054 USA  
1.888.224.9626 (Toll free)  
[www.wocn.org](http://www.wocn.org)





# Hollister Support Network

Visit [www.hollister.com](http://www.hollister.com)  
for online education, product  
information and support.

## Want to Talk to an Expert?

Our Customer Service Center has an experienced team of representatives to assist you with your product selections and clinical concerns. Whether you need advice or samples, we can help! Call 1.800.323.4060.

## Secure Start Newsletter

Our **Secure Start** Newsletter, available quarterly, features new Hollister products and accessories, ostomy education articles, reimbursement updates, patient stories, ostomy chapter activities, and much more.

You can sign up for the Secure Start newsletter a variety of ways: register on the Hollister web site [www.hollister.com](http://www.hollister.com), or call Customer Service at **1.800.323.4060**, or if you are in the Secure Start Discharge Program you will receive a subscription automatically.



**Hollister Incorporated**  
2000 Hollister Drive  
Libertyville, Illinois 60048 USA  
1.800.323.4060

**Hollister Limited**  
95 Mary Street  
Aurora, Ontario L4G 1G3  
1.800.263.7400

[www.hollister.com](http://www.hollister.com)