

Paige,
has an ileostomy

Teen life with an ostomy



Coloplast

About Paige

Paige is 16 years old and has been living with her ostomy since she was 12. Paige had a parasite, cryptosporidium, which destroyed her colon and she was also diagnosed with ulcerative colitis. After multiple surgeries, Paige received a permanent ileostomy. Paige is currently a sophomore in high school, plays volleyball, and is a very active teenager. While her ostomy may make her different from most other teenagers, it is also part of her identity. Paige provides her tips and suggestions throughout this booklet because she wants to help and inspire other teenagers. Finding the right products and being comfortable with her ostomy was life-changing for Paige, and she wants to help you get there too!



Photographs of Paige were taken and permitted for use by Christine Myers at Finley & Grace Photography (Omaha, NE)

This booklet was specifically written for teenagers to provide information and to answer many of the questions you might have about ostomy care. Questions are normal! - so we've covered many of the basics, like basic anatomy and types of ostomies, what to expect after surgery, how to keep the skin around your new stoma healthy, and types of pouching systems - as well as some of the pressing concerns you may have ("what clothing can I wear?" "will this restrict my activities / sports?" and other topics). We've also included a detailed list of teen resources - as learning from ostomy nurses, other organizations, and especially other teens may be helpful. We encourage you to use this information to help you talk to others and learn how to care for your ostomy.

This information is for educational purposes only. It is not intended to substitute for professional medical advice and should not be interpreted to contain treatment recommendations. You should rely on the healthcare professional who knows your individual history for personal medical advice and diagnosis. Call your healthcare provider if you have any medical concerns about managing your ostomy. You may also contact your Coloplast® Care Advisor for product usage and availability at 1-866-293-6349.

IF YOU THINK YOU HAVE A MEDICAL EMERGENCY, CALL 911.

Introduction

Being a teenager is a very special time in your life - it's a time when you are moving from being a kid to an adult. It is a fun but often challenging time and now, having a surgery that has changed your body, it can also be overwhelming. You will probably experience many different thoughts and feelings, and that is okay. You will have good days and not-so-good days. Sometimes you may feel like this happened at the worst possible time because you had plans with friends, you play sports or even began dating - not to mention you just bought that cool dress, shirt or perfect pair of jeans. Now you must figure out how to do everything with a pouch on your stomach.

The good news is that you can do many of the same activities you did before your surgery. You might even find new activities to try that you didn't think about before surgery. Having the support of family, friends and healthcare providers can make coping with your ostomy easier.

Did you know?

Ostomy surgery happens more than you think. Other teenagers tell us that once you become more at ease with caring for your ostomy, the more comfortable you will be having one.

The following is information about your ostomy.



What is an ostomy?

An ostomy is done surgically to remove or bypass part of the intestine and a piece of the intestine is brought through the skin and a stoma is formed. If the surgery was done with part of the small intestine, it is called an **ileostomy**. If surgery was done on the large intestine, it is called a **colostomy** and if you had your bladder removed and a stoma was made for urine to pass, it is called a **urostomy**.

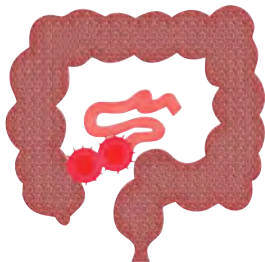
Why do teenagers have an ostomy?

Some teenagers may have an ostomy because they have been diagnosed with inflammatory bowel disease ("IBD"). Other teenagers may have had an injury to their small or large intestine and require an ostomy to heal or remove the injured intestinal part. Some teenagers have had their ostomy since childhood.

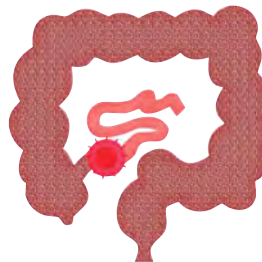
Types of ileostomies

Ileostomies typically are formed on the right side of abdomen

Loop
ileostomy



End ileostomy



Types of colostomies

Colostomies are typically formed on the left side of abdomen

End colostomy

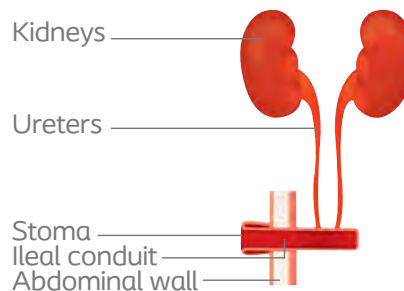
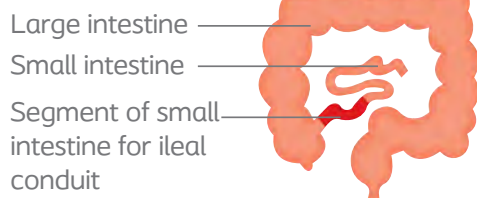


Loop
colostomy



Urostomy

Often called an "ileal conduit" because of the piece of intestine used to make the stoma





Alyssa, ileostomate

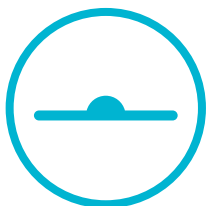
What is a pouching system?



The most important part of the entire pouching system is the skin barrier, may also be called flange/wafer, since it protects your skin from the ostomy output. The barrier is a removable, pressure-sensitive adhesive - just like applying packing tape to a package, it takes some gentle pressure to seal the adhesive to your skin. The goal in selecting the right barrier for your ostomy type is finding one that maintains an effective seal, so that the stoma output does not leak under the barrier. A little moisture is in everyone's skin. As the moisture from the stoma and skin is absorbed, the inner edge of the adhesive swells, creating a protective seal. The barrier should provide a secure, protective seal around the stoma while keeping the skin underneath it healthy and dry.

Talking to your stoma care nurse can be immensely helpful, since they know about products available that can match your needs. Other teenagers with an ostomy can give you advice on different ostomy products and supplies.

What does “barrier shape” mean?



There are a variety of barrier shapes to fit different body shapes and different types of stomas. **Flat barriers** are often used in the hospital. But as your activities increase or your body shape changes, a flat barrier may not fit your needs. **Convex barriers** are designed to “push” against the skin around your stoma—providing greater skin contact and a more secure seal. Occasionally a convex barrier is also useful when there is frequent leakage, even for someone with a stoma that sticks out above skin level.

Your Stoma Care Nurse may suggest that you wear a convex barrier if any of the following apply to you:

- Your stoma opening is flush with your skin or is below skin level
- The skin around your stoma is not flat
- There are dips or deep creases near the stoma
- You have a very soft belly



6



Keagan,
ileostomate

Options for activities

As you start feeling better, you'll likely want to get involved in activities again as you perhaps did before. Seek advice from your stoma care nurse or other teenagers with ostomies, regarding using stoma guards or support belts for sports and pouching options such as using a stoma cap for activities like swimming.

Other accessories to consider include Brava® Protective Rings, belts, Brava Elastic Barrier Strips and lubricating deodorant. Your healthcare provider may suggest these depending on your needs, your body and stoma profile.



Choosing your pouching system

1-piece vs. 2-piece

Ostomy pouching systems are comprised of a sticky adhesive patch, called the ostomy barrier, or may also be called a flange or wafer - that adheres to your body to protect your skin from stoma output and fasten the pouch to your body, and the pouch - which collects the output from your stoma.

1-piece systems are just that - a pouch and barrier that are welded together into one piece. They go on and off the body connected. A 1-piece pouch can be simple to use, flexible, is available in various sizes and types (drainable, closed end for colostomy, caps for activities such as swimming) and is discreet under clothing.

2-piece systems consist of a separate barrier and pouch. The two parts are securely clicked or sealed together depending on the type of system. 2-piece systems give the convenience to change your pouch depending on your activity while leaving the ostomy barrier in place - for example, some teens choose to wear a smaller pouch for sports, or might switch to a high output pouch at night if they have to empty their pouch a lot at night. (Note, however, that you'll still have to change your barrier on a regular schedule).

2-piece systems use different attachments (couplings) to attach the pouch to the barrier. Each offers different features that may meet your preferences:

Mechanical coupling – is like the way a lid snaps snugly onto a plastic container. The barrier is more rigid than flexible. However, a rigid barrier may help support loose skin around the stoma. There are different types of mechanical couplings available - some allow you to rotate the pouch while you're wearing it to easily tuck under a stoma wrap or navigate your sleeping positions at night.

Adhesive coupling – like tape, the adhesive design allows it to be a very flexible two-piece pouching system. Compared to the mechanical coupling system, it lays flatter against the body making it less noticeable under clothing. Soiled pouches can be disposed of more neatly by folding the adhesive onto itself and placing in a trash bag.

Types of pouching systems

1-piece



Barrier and pouch combined

2-piece mechanical coupling



Barrier and pouch are separate
(two plastic pieces snap together)

2-piece adhesive coupling



Barrier and pouch are separate
(flexible coupling sticks together)

Additional options



Drainable pouch with integrated closure



High output pouch and night drain system



Mini pouch size 13 cm



Can I hang out with friends, go to school and work?

Yes! However, there are some things that you must think about now that perhaps you hadn't thought about before - such as where bathrooms are located and what to do with your supplies.



Once you have ostomy surgery you become even more aware of your bodily functions and how your body works in regulating a stoma. So, locating the nearest bathroom when at school, work, or out with friends is very important.



You'll want to make sure you empty your pouch when needed, as this can help to avoid leakage. Some other tips that teenagers with an ostomy would tell you are:

- **Be prepared:** In addition to knowing bathroom locations, always have extra supplies handy. These include: extra pouches, a small pair of scissors, cleansing wipes, any accessories you may use, and sealable baggies (or other disposable bags to throw your used pouch away).



- **Keep supplies in several places:** Gals, you can keep supplies in a makeup bag, and keep it in your purse or a backpack; Guys, you can keep supplies in your backpack or locker. If you have a car, you can also keep extra supplies there (if the temperature inside the vehicle doesn't get too hot or too cold).



- **Keep an extra set of clothes:** Consider keeping an extra change of clothing in your locker or car in case you experience unexpected leakage.
- **Going back to school:** Talk to your school/school nurse/teachers about what accommodations might be helpful with your ostomy - consider asking the school to work with you on a "504 plan" to accommodate your needs. Examples of accommodations:
 - Being allowed to sign-out for the washroom without explanation
 - Extended time for examinations
 - Permission to record class lecture



- **Planning to attend college/university:** It is strongly encouraged that you reach out to the college/university's Accessibility and Accommodation Office (depending on the school, it may be entitled Student Disability Services) to talk about possible challenges you may face during the school day. Speaking with this office will provide you with the necessary steps you will need to take to register for any accommodations you may need. Examples of accommodations:
 - Bathroom breaks during examinations (stop-the-clock breaks)
 - Extended time for examinations
 - Permission to record class lectures
 - Requesting a private dorm room or private bathroom within student housing, if desired



Mesha,
ileostomate

Can I exercise or play sports?



Yes, you can! When you do start exercising or participating in sports again, build up your activity level over time. Make sure you drink plenty of fluids before, during and after your activity. Low-calorie sport drinks are a good option since they replace not only water but minerals that may have been lost during the activity*. If you ever feel lightheaded, at any point, STOP the activity, drink fluids and rest. You may also want some sort of protection for your ostomy. There are many companies that sell wraps or belts that can be worn over the ostomy to provide increased protection when playing sports.

**Follow your provider's recommendations on hydration and whether or not sports drinks are right for you.*

Can I date with an ostomy? Should I tell my friends?



Yes, you can. Remember your ostomy is just another part of you. Telling friends or someone you are dating about your ostomy is up to you. You decide who to tell, when to tell them, and how much information you want them to know. Sometimes it is good to talk with your parents, other teens with an ostomy, or even your healthcare provider about when and how to share information.

Keep in mind that most people's reaction to your ostomy is based upon your own feelings about your situation. If you are confident and positive about your ostomy, the person you are telling is more likely to have a positive reaction as well. They might even have some additional questions for you. It is entirely up to you how much you want to share! **Remember, everyone goes to the bathroom one way or another!**



Tips from Paige:

Purchasing ostomy covers have helped me feel more confident when dating.



Can I travel?



Yes, you can! When you travel you will want to make sure you have plenty of extra supplies (especially if you will be traveling internationally). Keep them close to you, for example in your carry-on if flying. If you normally cut your pouches, consider pre-cutting them prior to your trip - otherwise, ostomy scissors are allowed (as long as the blade is less than 4" in US; 2.4" in Canada). Carry a card that says you have an ostomy or get a note from your doctor. This will help you communicate with airport security during screening. It may be helpful to empty your ostomy pouch prior to going through security so it does not appear you are carrying liquids. It's always a good idea to allow extra time for security to ensure you have plenty of time to overcome any hiccups!

Did you know?

Coloplast offers free travel resources to help you prepare!



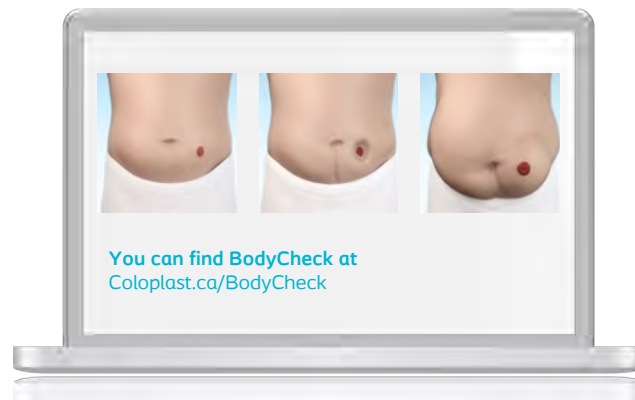
Paige:

If you feel comfortable, it may help to contact the airline you are flying with beforehand, so they can alert security in advance. You might also be able to bring an extra carry on at no cost, as a medical bag. If you want, many airlines will offer assistance with a wheelchair.

What about my body?



Physically adjusting to life with an ostomy depends on several factors. How easy is it to keep your skin dry? How easily can you manage the ostomy pouches and barriers? One decision that can affect both factors is the type of pouching system you choose. Following surgery, you will go home with one type of pouching system—but over time you may find that a different system may work better for you and your lifestyle. The pouch you leave the hospital with may be large and see-through. Once you are comfortable with caring for your skin and changing the pouch you may want something more flexible, opaque, a different size, or more discreet.



Visit Coloplast.ca/BodyCheck and take a short questionnaire which can help you find the best pouching system, and possibly accessories, to provide a secure fit to your body.

What about my skin?

It's important to remember the importance of maintaining healthy skin around your stoma. Skin that's healthy is less likely to become irritated. Your pouching system will adhere better to healthy skin. Leakage is the main cause of skin irritation around the stoma. The only way to know if the skin is irritated is to look. Get in the habit of looking at your skin each time you change your barrier.

Healthy Skin



Not Healthy Skin



Tips from Paige:

I got into the habit of taking a picture of my stoma and skin every time I changed my pouch. I would review the pictures and compare to my last pouch change to see if it had become more red or irritated. Having these photos helped me when I met with my stoma care nurse.

Follow a few simple rules to keep your skin healthy:

1. Examine the barrier before and after removal. Has the adhesive melted or washed away? If so, the skin may be exposed to stool or urine which could cause skin irritation.
2. Examine the skin around your stoma for color changes or adhesive residue left on the skin.

Keeping the skin healthy and restoring skin health requires only a few simple steps.

1. Cleaning

- Use water when cleaning the skin around the stoma. If there is any minimal adhesive residue on the skin after cleaning, leave it alone. Do not over scrub.
- Discuss with your stoma care nurse about skin safe adhesive removers.
- Avoid using alcohol, bath oils, or soaps with moisturizers and perfumes, since they can make it harder for the barrier to adhere to your skin.
- Make sure your skin is clean and completely dry.

2. Fit

- Cut the hole in the barrier so that it fits exactly to the diameter of your stoma.
- Don't leave exposed skin that can become irritated.
- Check the size of your stoma at each pouch change for the first 2 months after surgery and then on a regular basis thereafter (such as once a month).
- Adjust the hole size if there are changes in your stoma size.

3. Application of pouch

- Take at least an extra minute to warm the barrier between your hands prior to application.
- Be sure the barrier and your skin come in full contact by using your hand(s) to put light pressure over the barrier for two to three minutes after application.
- Prevent wrinkles by smoothing it down, starting near the stoma first and smoothing toward the outer edges.

4. Care

- Change your barrier as soon as possible if you notice any discomfort such as itching or if leaking occurs.
- Empty your pouch when 1/3 to 1/2 full as a full pouch gets heavy and will pull on the barrier and cause either leaking or skin irritation.
- If the pouching area causes you pain or continues to red/irritated despite your skincare, contact your stoma care nurse.

What about clothing?



Since you want to look your best, there is no reason your unique sense of style should change because you have an ostomy. Having an ostomy doesn't mean you have to wear totally loose, baggy clothes unless that is your preferred style. For the most part you can wear the same clothing styles unless your pouch is above your waistline. In this case you may choose to wear clothing that does not tuck in to your pants or skirt. It is okay to wear snug-fitting undergarments as they have the tendency to flatten the pouch, which will spread out pouch contents and provide a flat profile. There are websites listed at the end of this booklet that have clothing options, sport support and stoma protection gear. Here are some helpful tips from other teenagers with ostomies regarding clothing:

Support Garments

- Spandex support garments, bike shorts, high-waisted underwear are great clothes to wear to help you feel more secure with the bag/pouch while wearing your favorite clothing and even tight-fitting jeans.
- Camisoles, T-shirts or tight tank tops may also be worn under a blouse or shirt to keep your pouch concealed which can help you feel more comfortable.

Swimwear

- One-piece bathing suits, high-waisted bikini bottoms, trunks, board shorts, T-shirts and beach cover-ups are all ways for you to conceal your pouch and still be able to enjoy the pool, lake, or beach. There are also items you can purchase such as special swimwear or swimsuit material bands to wear around your waist to keep your pouch intact and hidden while in the water or participating in water sports. Keep in mind, showing your ostomy pouch is not something you should feel ashamed of. If you feel comfortable wearing a swimsuit that shows your pouching system, go for it!

Pouch covers

- Pouch covers are a fun option and can be made to go on the outside of your pouch to coordinate with your clothing and reflect your personal fashion style. Alternatively, some teens recommend decorating the pouch with colorful duct tape - to give it your own personal flair while keeping it flat against your body.



What about eating with an ostomy?



Your diet initially after surgery may be different compared to your diet weeks later. This is because the stoma can be swollen and more narrow so avoiding high fiber foods which can cause a blockage of stoma output will be important. Adding high fiber foods in small amounts and monitoring tolerance is possible in time under the supervision of your stoma care nurse. Adequate fluid intake is important in promoting elimination of the faecal residue. Chewing your food adequately can also help prevent blockages.

In addition, everyone worries about odor whether from gas, stool or just body odor in general. The only time you or anyone else should notice odor is when you are emptying your pouch. You can add Brava® Lubricating Deodorant drops into the pouch after emptying it. This will reduce the amount of odor and make emptying the pouch easier. There are foods that will create more odor and/or gas. That does not mean you can't eat these foods, it might mean just reducing or changing the amount you eat or drink.

Dietary Advice for People with an Ostomy

Coloplast Recommendations

TO THICKEN FLOW TRY EATING MORE:

Banana	Marshmallows	Potatoes
Boiled Rice	Noodles	Rice
White Bread	Pasta	Noodles
Crackers	Apple sauce	Sago
	Peanut butter	Tapioca



TO SOFTEN FLOW TRY EATING MORE:

Beans	Vegetables	Fruits
Cabbage	Bran Products	Whole Grain Products
Fluid	Prunes	Spicy Foods
Oatmeal	Warm Soup & Beverages	



TO REDUCE ODOUR TRY EATING MORE:

Apples	Vegetables	Yogurt / Live
Buttermilk	Parsley	Cultured
Green Leafy	Whole Foods	



FOODS THAT MAY CAUSE GAS:

Beer	Cucumber	Peas
Broccoli	Legumes	Radishes
Cabbage	Melons	Soft Drinks
Cauliflower	Milk /	Spicy Foods
Chewing Gum	Milk Products	
Corn	Onion	



FOODS THAT MAY CAUSE BLOCKAGE:

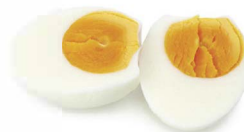
Bean Shoots	Mandarins	Seeds & Skin
Celery Coconut	Nuts	Stir Fry Veg's
Corn	Oranges	Whole Grain
Fruit with Seeds	Pineapple	Foods
Salad greens	Popcorn	Zucchini Skin
Tough meats	Tomato	Dry Fruits
Casing on sausage	Mushroom	



*For Ileostomates only - it is important to chew well!

FOODS THAT MAY INCREASE ODOUR:

Asparagus	Certain Meds	Fish
Beans	Cheese	Onions
Beer	Coffee	Garlic
Cabbage	Eggs	



Please note: The information provided is to be used only as a guide and should not be relied upon as medical or dietary advice. Please consult your health care professional for further information.

My Food Diary

Monday:

Time	Meals (include both food & fluids)	Symptoms (Physical, Emotions, & Output)
Breakfast Time: _____		
Snack Time: _____		
Lunch Time: _____		
Snack Time: _____		
Dinner Time: _____		
Snack Time: _____		

Friday:

Time	Meals (include both food & fluids)	Symptoms (Physical, Emotions, & Output)
Breakfast Time: _____		
Snack Time: _____		
Lunch Time: _____		
Snack Time: _____		
Dinner Time: _____		
Snack Time: _____		

Tuesday:

Time	Meals (include both food & fluids)	Symptoms (Physical, Emotions, & Output)
Breakfast Time: _____		
Snack Time: _____		
Lunch Time: _____		
Snack Time: _____		
Dinner Time: _____		
Snack Time: _____		

Saturday:

Time	Meals (include both food & fluids)	Symptoms (Physical, Emotions, & Output)
Breakfast Time: _____		
Snack Time: _____		
Lunch Time: _____		
Snack Time: _____		
Dinner Time: _____		
Snack Time: _____		

Wednesday:

Time	Meals (include both food & fluids)	Symptoms (Physical, Emotions, & Output)
Breakfast Time: _____		
Snack Time: _____		
Lunch Time: _____		
Snack Time: _____		
Dinner Time: _____		
Snack Time: _____		

Sunday:

Time	Meals (include both food & fluids)	Symptoms (Physical, Emotions, & Output)
Breakfast Time: _____		
Snack Time: _____		
Lunch Time: _____		
Snack Time: _____		
Dinner Time: _____		
Snack Time: _____		

Thursday:

Time	Meals (include both food & fluids)	Symptoms (Physical, Emotions, & Output)
Breakfast Time: _____		
Snack Time: _____		
Lunch Time: _____		
Snack Time: _____		
Dinner Time: _____		
Snack Time: _____		

Notes:



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Can I try other or new products?

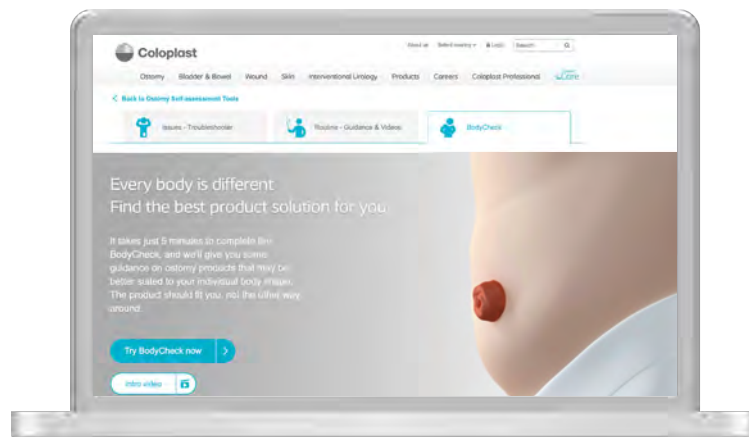
When you are ready to try new products—or if you feel your current product may not be appropriate for you—don't hesitate to try something new. The willingness to explore different options will help you find something that works best for your lifestyle.

Consider trying a new pouching system in the comfort of your own home, maybe over a weekend or when you have several days off from school.

You can order free samples from all the major ostomy supply companies. However, if you are unsure of the products—or if you want general advice for your type of ostomy—talk to your stoma care nurse or you can try Coloplast's BodyCheck™.

BodyCheck

*Understand your body profile
for a better product fit*



Coloplast.ca/BodyCheck



After surgery, many people feel unprepared for what's to come. That's why Coloplast has designed Coloplast® Care — a free patient support program specifically designed to help prepare you for situations you may encounter or answer any questions you may have. Coloplast Care advisors are available to assist you with questions regarding insurance coverage of ostomy supplies and locating product suppliers. Getting one-on-one advice can be very helpful as you determine what's most appropriate for your needs.

Even when you find a system that works well, you are not locked into that choice forever. Our bodies change over time because you might lose or gain weight. Ostomy products are available for whatever changes might happen.

Remember: there is no right or wrong choice, just the choice that works best for you.

Call: 1-866-293-6349

E-mail: casupport@coloplast.com

Visit: www.coloplast.ca/care

What is a medical emergency?



Contact your stoma care nurse or doctor immediately or go to the nearest emergency room if there is:

- A severe change in the color of your stoma (from bright red to dark purplish red)
- A large amount of continuous bleeding (more than 4 tablespoons) in the pouch
- A deep cut in the stoma
- You are continually nauseated or vomiting or have diarrhea
- If you feel severe cramping and no signs of stoma output for 4-6 hours for an ileostomy, or 12-24 hours for a colostomy
- Repeatedly finding blood in the pouch or around the stoma edges



Tips from Paige:

I always have a packed bag ready with extra ostomy supplies. If you are admitted it's nice to bring with or have a family member bring your supplies - this helps especially if where you are admitted doesn't use the products you like.



Pictures courtesy of Ostomy Canada Society. Used with permission.

Ostomy Youth Camp

The Ostomy Canada Youth Camp provides an opportunity for children between the ages of 9 and 18, from across Canada who have had or will have bowel or bladder diversionary surgery (such as an ostomy) or who have related special needs (i.e. self catheterization, bowel and bladder incontinence, internal pouch, cecostomy tube, mitrofanoff), due to birth defects, trauma or disease (IBD, Cancer, Spina Bifida etc.) to attend camp and participate in camp activities under professional supervision.

Camp takes place for six (6) days each summer in the beautiful foothills of the Rocky Mountains in southern Alberta. Activities include arts and crafts, swimming, rafting, archery, outdoor education and both formal and informal education sessions. Camp mentors and specialized nurses encourage independence and self-confidence with personal care and camp activities. Additionally, camp can provide individual mentorship on stoma care and ostomy related needs (physical and psychosocial).

No child is ever denied the opportunity to attend camp due to financial limitations, and full or partial sponsorship is available.

For camp information & application forms, please contact Ostomy Canada Society Inc.

Email: info1@ostomycanada.ca

www.ostomycanada.ca/camp

Resources

Ostomy Canada Society is a non-profit volunteer organization dedicated to all people with an ostomy, and their families, helping them to life to the fullest through support, education collaboration and advocacy.

Use the contact information below to find the support group most suitable for you.

Ostomy Canada Society

5800 Ambler Dr., Suite 210
Mississauga, ON L4W 4J4
1-888-969-9698
www.ostomycanada.ca

Nurses Specialized in Wound, Ostomy and Continence (NSWOC)

1-888-739-5072 office@nswoc.ca
and to find an NSWOC visit <https://memberscaet.ca/find.phtml>

Ostomy Canada Youth Camp

A summer camp for young people, between the ages of 9 and 18, with an ostomy or related special needs. www.ostomycanada.ca/camp

Crohn's and Colitis Canada

www.crohnsandcolitis.ca

International Foundation for Gastrointestinal Disorders

404-964-1799
www.iffgd.org

Ostomy Canada Parents' Group

Join the Facebook group here <https://www.facebook.com/groups/OstomyCanadaParentsGroup>



Coloplast Consumer Care Advisor

A team of dedicated, trained individuals prepared to answer a broad range of questions about Coloplast ostomy products.

Coloplast Consumer Care Advisors are available to assist you with questions regarding insurance coverage of ostomy supplies and locating product suppliers. They can also send samples to your home.

For further assistance, call 1-866-293-6349 or email casupport@coloplast.com



Online resources for teenagers

Newbie Ostomy – www.newbieostomy.com

UOAA Teen Network - <https://www.uoaa.org/forum/index.php> and click on “Teen Network” (requires creating a free account)

Youth Rally - www.youthrally.org

Ostomy clothing – www.ostomysecrets.com

Swim/sports – www.stealthbelt.com

Coloplast® Care – www.ostomy.coloplastcare.ca

Girls with Guts - <https://www.girlswithguts.org/>

Friends of Ostomates Worldwide - <https://fowc.ca/>

Vegan Ostomy - <https://www.veganostomy.ca/>

International Ostomy Association - <http://www.ostomyinternational.org/>

Inflammatory Bowel Disease Mt.Sinai Hospital Toronto - <http://www.zanecohencentre.com/ibd>

The J-Pouch group - <https://www.j-pouch.org/>

Ostomy pouch covers, stoma guards, ostomy lingerie swimwear and more can be found on amazon.ca or other suppliers online

You can also search Instagram for hashtags such as #ostomy to find accounts that may be of interest to you.

Coloplast develops products and services that make life easier for people with very personal and private medical conditions. Working closely with the people who use our products, we create solutions that are sensitive to their special needs. We call this intimate healthcare.

Our business includes ostomy care, continence care, wound and skin care and urology care. We operate globally and employ more than 13,000 employees.

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