STOMA CARE GUIDANCE AND FORMULARY

Introduction
The following formulary has been developed by Aneurin Bevan University Local Health Board to support primary care prescribers in ensuring that patients with stomas receive consistent, evidence based, high quality, clinically and cost effective appliances and accessories in line with their clinical need.

The formulary will ensure continuity of product selection between primary and secondary care based on the needs of the patient. In turn this should reduce over-ordering, wastage and inappropriate use.

New stoma products should only be prescribed on advice of the Stoma Care Nurse Specialists, who are available to assess/ re-assess all stoma patients and provide appropriate support and advice.

The formulary will be updated on an annual basis.

New patients
On discharge from hospital, all patients will be supplied with a minimum of 14 day supply of stoma products. Following discharge, patients will be reviewed by the stoma care specialist nurses on a regular basis and several products may be tried during this period. GPs will be notified of the prescription the patient requires once the Stoma Care Nurse Specialists are satisfied that the product is clinically effective and meets the needs of the patient. Patients will be given the choice of having their prescriptions supplied by either a dispensing appliance contractor (DAC) or through a local community pharmacy.

Patients should be advised to allow two weeks for their prescription to be processed and dispensed in order to ensure that they still have sufficient supplies. Equally, over-ordering should be avoided to reduce waste.

Existing Patients
Existing patients should be reviewed by a Stoma Clinical Nurse Specialist annually, or sooner if a problem has been identified (e.g. leakage problems, high product use).

Out-patient Clinics
Clinics are held on a regular basis and patients can self refer or can be referred via their GP or other health care professionals.

Royal Gwent Hospital
Wednesday afternoon
Friday morning

Nevill Hall Hospital (Drop in Clinic)
Thursday 2-4pm

Contact Details
If you have any concerns regarding individual patients please contact the relevant stoma team:

Royal Gwent Hospital
Anne Gibbon, Jayne Coyne, Karen Perry
Tel: 01633 234114

Nevill Hall Hospital
Gill Jones, Nancy Thomas
Tel: 01873 732690
PRESCRIBING OF STOMA APPLIANCES

Upon discharge, the Stoma Care Nurse Specialist will provide each patient with appliances suitable for their individual needs and will advise the GP accordingly.

Whilst the choice of appliance is specific to the individual needs of the patient and is therefore unrestricted, the table below provides guidance on the quantities that are expected to be used by the patient and will ensure that the appliances are supplied in the appropriate volume. Whilst it is recognised that some patients may require a higher or lower quantity than recommended (e.g. in times of diarrhoea) ongoing requests that are in excess of the recommended levels without good reason should be referred to the Stoma Care Nurse Specialist for advice.

All pre-cut stoma products are circular and as some stomas are irregularly shaped there may be a requirement for pouches to be cut to an individual template. All DAC’s offer a bespoke cutting service and is often the reason why patients choose their service. Whilst some community pharmacies also provide a cutting service, patients are advised to check that the pharmacy is able to provide this service in advance.

Both DACs and community pharmacies are required to supply bags and wipes when dispensing stoma appliances and are reimbursed for the supply of these items when they dispense these products.
<table>
<thead>
<tr>
<th>Appliance</th>
<th>Monthly Frequency</th>
<th>Guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colostomy Bags (one piece system)</td>
<td>Flat pouches: 60-90 bags (2-3 boxes of 30)</td>
<td>Remove and discard after use. Usual use 2-3 bags per day depending on frequency and volume.</td>
</tr>
<tr>
<td></td>
<td>Convex pouches: 60-90 (6-9 boxes of 10)</td>
<td></td>
</tr>
<tr>
<td>Colostomy Bags (two piece system)</td>
<td>Both flat and convex: 60-90 bags (2-3 boxes of 30) and 15 – 20 flanges (3/4 boxes of 5)</td>
<td>Change flange every 2-3 days  Change pouch twice a day  Remove and discard bag after use. Items ordered separately.</td>
</tr>
<tr>
<td>Illeostomy bags (one piece system)</td>
<td>Flat pouches: 30 bags (1 box of 30)</td>
<td>Replace bag every 1-2 days.</td>
</tr>
<tr>
<td></td>
<td>Convex pouches: 30 bags (3 boxes of 10)</td>
<td>Drain as required through the day. Usually replaced every day.</td>
</tr>
<tr>
<td>Illeostomy bags (two piece system)</td>
<td>Both flat and convex: 30 bags (1 box of 30) 10-20 15 – 20 flanges (3/4 boxes of 5)</td>
<td>Change bag every 1-2 days. Change flange every 2-3 days. Items ordered separately.</td>
</tr>
<tr>
<td>Urostomy bags (one piece system)</td>
<td>Flat pouches: 30 bags(1 box of 30)</td>
<td>Drain as required through the day. Replace bag every 1-2 days.</td>
</tr>
<tr>
<td></td>
<td>Convex pouches: 20-30 bags (2-3 boxes of 10)</td>
<td></td>
</tr>
<tr>
<td>Urostomy bags (two piece system)</td>
<td>Both flat and convex: 30 bags (3 boxes of 10) 15 – 20 flanges (3/4 boxes of 5)</td>
<td>Change bag every 1-2 days. Change flange every 2-3 days. Items ordered separately.</td>
</tr>
<tr>
<td>Night drainage bags</td>
<td>10 bags (1 box of 10) every 2-3 months depending on usage</td>
<td>Change bag every 7 days (Or sooner if required).</td>
</tr>
<tr>
<td>Stoma Caps</td>
<td>30 (1 box)</td>
<td>May be required in addition to stoma pouch.</td>
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<tr>
<td></td>
<td></td>
<td>Change every 1-2 days</td>
</tr>
</tbody>
</table>
PRESCRIBING OF STOMA ACCESSORIES

Some patients may have stoma complications and following advice from the Stoma Clinical Nurse Specialist may require accessory products. Patients with complex fistulas may also require duplicate accessories and products. If required, these products would have been prescribed on discharge from secondary care.

Any requests for accessories outside the formulary list, quantities/frequency greater than recommended or duplicate products within each group should be discussed with the Stoma Clinical Nurse Specialist. The Stoma Clinical Nurse Specialist will be able to provide telephone advice and where appropriate undertake an individual patient assessment.

The products highlighted in bold have been identified as offering the best value in terms of clinical and cost effectiveness.

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## STOMA ACCESSORIES

<table>
<thead>
<tr>
<th>Accessory</th>
<th>Recommended Products</th>
<th>Unit of Measure</th>
<th>Order Ref:</th>
<th>Price per UOM</th>
<th>Guidance</th>
</tr>
</thead>
</table>
| **Adhesive / skin pastes & fillers** | • ConvaTec Orabase Paste  
• Pelican Paste  
• Salts Healthcare SecuPaste No Sting Stoma Paste  
• ConvaTec Stomahesive Paste | 30g 100g 60g 60g | S103 130101 NSP1 S105 | £2.12 £8.10 £7.00 £7.61 | The majority are not for long term use and should only be prescribed on advice of Stoma Care Nurse Specialist. |
| **Adhesive Removers: sprays/liquid/ wipes** | **Spray/Solution:**  
• Ostomart OstoPEEL No Sting Medical Adhesive Remover Spray – Various fragrances | 50ml | OPA50/OPB50/OPM50/OPN50 | £6.49 | Sprays are more cost effective but wipes may be more useful for the elderly and those with limited dexterity.  
Frequency will depend on number of bag changes.  
1 sachet per pouch change  
Either spray or wipes – not both. |
|                            | • Dansac EasiSpray Adhesive Remover  
• Peak Medical Offmate Stoma Adhesive Remover  
• Coloplast Brava Adhesive Remover Spray | 50ml 50ml 50ml | 083-01 OM 50 12010 | £6.50 £7.05 £9.02 |  |
|                            | **Wipes/Sachets:**  
• Opus Healthcare Lift Medical Adhesive Remover  
• Salts Healthcare WipeAway Adhesive Remover  
• ConvaTec Niltac Sting Free Medical Adhesive Remover  
• Pelican Release Non Sting Adhesive Remover | 30 sachets 30 sachets 30 | 5500 WA1 TR102 130360 | £8.70 £9.07 £14.42 £15.62 |  |
| **Skin powders**            | • ConvaTec Orahesive Powder  
• Hollister Adapt Stoma Powder  
• Oakmed Stoma Powder | 25g 28.3g 30g | S106 7906 OSP | £2.44 £2.60 £2.89 | Some barrier protection may be required to treat excoriation but this should only be short term use. If used for more than 3 months please refer to Stoma Care Nurse Specialist to confirm indication for long term use. |

Stoma Formulary  
Version 0.9 – Endorsed by ABUHB MTC January 2016
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</thead>
</table>
| Skin barrier wipes & sprays | Spray/Solution  
  • Pelican Protect Plus Non Sting Barrier Film Spray  
  Wipes  
  • Salts Healthcare Peri-Prep Sensitive No-Sting Protective Film Wipes  
  • ConvaTec | 50ml | 130261 | £9.34 | Barrier wipes or spray should not be routinely required for colostomy patients.  
  May be required by Ileostomy / Urostomy patients but only on the advice of the Stoma Care Nurse Specialist.  
  Either spray or wipes – not both. |
| Discharge solidifying agents | • Ostomart OstoSORB (3g sachets)  
  • Clinimed Morform (1.64g sachets) | 150 | PFW6 3837 | £40.66 | £19.27 | Please seek advice from Stoma Care Nurse Specialist before prescribing.  
  May be required regularly for high output stomas but only on advice of Stoma Care Nurse Specialist. |
| Seals / Washers | | | | | Choice of products governed by type of problem. |
| Flange extenders / retention strips | • Ostomart Astoa Adhesive Flange Extender small  
  • Salts Secuplast Hydro  
  • Coloplast Brava Elastic Tape  
  • Pelican Contour Flange Extender | 30 | AFES30 12070 130860 | £11.72 | £12.04 | £12.97 | £19.95 | For use only on advice of Stoma Care Nurse Specialist.  
  May be used to extend adhesive area of appliance adding security i.e. large stomas or parastomal hernias if alternative product does not suit. |
<table>
<thead>
<tr>
<th>Accessory</th>
<th>Products NOT ROUTINELY RECOMMENDED</th>
<th>Unit of Measure</th>
<th>Order Ref:</th>
<th>Price per UOM</th>
<th>Guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deodorants / odour neutralising products</td>
<td>Should not be routinely prescribed.</td>
<td></td>
<td></td>
<td></td>
<td>This should not be required if pouch is correctly fitted. Household air freshener should be used when emptying or changing pouch.</td>
</tr>
<tr>
<td>Skin barrier creams/Foam</td>
<td>Should not be routinely prescribed.</td>
<td></td>
<td></td>
<td></td>
<td>For acute short term use only if recommended by Stoma Care Nurse Specialist. If patient requires for long term use please refer to Stoma Care Nurse Specialist for review.</td>
</tr>
<tr>
<td>Skin cleansers</td>
<td>Should not be routinely prescribed.</td>
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<td></td>
<td></td>
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<tr>
<td>Filters &amp; bridges</td>
<td>Should not be routinely prescribed.</td>
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<td></td>
<td></td>
<td></td>
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<tr>
<td>Protective wafers</td>
<td>Should not be routinely prescribed.</td>
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<tr>
<td>Support Garments</td>
<td>Should not be routinely prescribed.</td>
<td></td>
<td></td>
<td></td>
<td>May be required for some patients but only following assessment and advice of Stoma Care Nurse Specialist.</td>
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<tr>
<td>Support Belts</td>
<td>Should not be routinely prescribed.</td>
<td></td>
<td></td>
<td></td>
<td>May be required for some patients but only following assessment and advice of Stoma Care Nurse Specialist. Used to attach belt onto pouch for added security</td>
</tr>
<tr>
<td>Pouch covers</td>
<td>Should not be routinely prescribed.</td>
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<td></td>
<td>Can be purchased separately by patient if required.</td>
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<tr>
<td>Misc. accessories</td>
<td>Should not be routinely prescribed.</td>
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