

Key principles of prescription issue:

- Always confirm with the patient what they already have in stock and what they actually need wherever possible.
- Do not issue any post-dated prescriptions.
- Do not issue or add new stoma items to a patient's repeat prescription (including care home patients) unless they have been initiated and approved by an NHS employed or NHS commissioned stoma nurse **and** there is written evidence/a clinic letter in the patients' notes with a written rationale for prescribing.
- Do not re-issue any missing prescriptions that have already been supplied to a dispensing appliance contractor (DAC) without investigating.
- Do not issue prescriptions >14 days before they are needed, except if the patient/carer states they need their prescription early for a valid reason (e.g. to cover a holiday) or the patient has been classed as a vulnerable patient.
- Do not issue higher quantities than those recommended in these guidelines, except on the **documented** advice of an NHS employed or NHS commissioned stoma nurse.
- If you are concerned about early prescription requests or high quantities being ordered, **query** the prescription request. Frequent requests for high quantities may indicate that the patient has a leakage problem and needs to be reviewed by a stoma nurse.
- Do not issue a prescription for any item that has *already* been supplied by a DAC in advance, except in an emergency where the DAC, or NHS employed / NHS commissioned stoma nurse has contacted your practice directly, explained the reasons why, and authorisation has been granted by a prescriber at your practice first. DACs sometimes dispatch the first order for new patients before receiving a prescription - it is entirely at your discretion whether you wish to issue a retrospective prescription for these items and you are not legally or contractually obliged to do so. DACs are contractually required to **only** supply appliances upon receipt of a valid prescription or an emergency request from a prescriber.

Note: *These guidelines highlight and recommend effective, high quality, cost-effective stoma products available to prescribe. Prescribers should note that from time to time stoma nurses may recommend alternative products; based on the clinical need of a patient and following a thorough assessment.*

When to refer to a Stoma Nurse

It is recommended that all patients with a stoma have their care reviewed every 12 months, but they should be referred sooner if there are problems:

- If a patient/DAC is ordering more than the normal maximum usage per month or prescription requests suddenly increase
- A patient is currently prescribed a non-formulary accessory (Table 2) where a stoma nurse has NOT previously approved the item for use
- A patient is experiencing leakage or sore skin
- A patient who is very distressed or is having difficulty managing their stoma.

Patients should be encouraged to telephone the stoma nurses themselves first to avoid a delay in receiving the appropriate support, using the contact numbers below.

North Bristol NHS Trust

Stoma Care Team
Southmead Hospital
Gate 26, Level 3
Westbury-on-Trym
Bristol BS10 5NB
Tel: 0117 4140250

nbn-tr.stomaprescriptions@nhs.net

University Hospitals Bristol and Weston Foundation Trust (UHBW)

Stoma Care Team
A911 Queens Building
Bristol Royal Infirmary
Bristol BS2 8HW
Tel: 0117 3427638

Stomacareprescribing@uhbw.nhs.uk

Table 1: Ostomy products that should NEVER be prescribed

Bridges	Not be used as products with different filtering/blocking options available.								
Cotton bag/pouch covers	Patients should be advised to purchase their own. The majority of bags already come with a fabric cover anyway and have an opaque option.								
Deodorants	Should not be required or prescribed. If a bag is correctly fitted no odour should be apparent except when the bag is emptied or changed. If odour is apparent at other times, refer patient for stoma nurse review. Household air fresheners are sufficient and should be purchased at a supermarket.								
Lubricating gels	Not usually required - a few drops of baby oil/olive/corn oil can be used instead.								
Skin cleansers	Cleansers and soaps are not clinically necessary and should not be prescribed.								
Underwear	These are not for hernia support - these are underwear for ostomates. Patients should be advised that they can purchase their own from the manufacturer or other retail outlet. <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">✗ Briefs</td> <td style="width: 50%; border: none;">✗ Shorties</td> </tr> <tr> <td style="border: none;">✗ Boxers</td> <td style="border: none;">✗ Shorts</td> </tr> <tr> <td style="border: none;">✗ Pantie Girdles</td> <td style="border: none;">✗ Trunks</td> </tr> <tr> <td style="border: none;">✗ Pants</td> <td style="border: none;">✗ Vests</td> </tr> </table>	✗ Briefs	✗ Shorties	✗ Boxers	✗ Shorts	✗ Pantie Girdles	✗ Trunks	✗ Pants	✗ Vests
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Table 2: Non-formulary ostomy products that should NOT be routinely prescribed except on the recommendation of a stoma nurse

The tables below outline the normal maximum usage . Requests for higher prescribing quantities should always be queried.				
Adhesive sprays/solutions	Newer-style stoma bags are available. Patients requesting these items would benefit from a review with a stoma nurse. Adhesives can build up on the skin and can stop a bag from sticking. Reasonable usage: 1 pack per month.			
Discharge solidifying agents	Only required for ileostomy/jenunostomy on the recommendation of a stoma nurse. Reasonable usage: 1-2 packs per month if necessary.			
Filters	Newer-style ostomy bags have built-in filters. Patients currently prescribed filters should be reviewed by the stoma nurse. Reasonable usage: 1 pack per month.			
Stoma Barrier Creams	Use for irritated skin with caution as can affect pouch adhesion. Reasonable usage: 1 Tube or pack per month.			
Manufacturer	Product	Code no.	Pack size	Cost
Respond Healthcare Ltd	Guard Barrier Cream	RMC1	60g	£5.35
Respond Healthcare Ltd	Guard Barrier Cream Sachets	RMC2	20	£8.86
Opus Healthcare	LaVera Barrier Cream Sachets	3300	30	£12.08

Note: Older products vs. newer products

Generally, older-style stoma products are more expensive than newer products in the same treatment area. Updating stoma care following review can improve the quality of patient care as well as increasing cost effectiveness.

Table 3: Ostomy products that CAN be prescribed

 The tables below outline the **normal maximum usage**. Requests for higher prescribing quantities should **always** be queried.

ADHESIVE REMOVER SPRAYS/WIPES

Use each time stoma bag is changed. Wipes may be more useful for patients with reduced dexterity.
Don't prescribe both – it's one or the other not both

SPRAYS: 1 spray can per 20 bags

Manufacturer	Product	Code no.	Pack size	Cost	
Opus Healthcare	Lift Plus 360	5506	50ml	£5.30	
Opus Healthcare	Lift Plus 360 (citrus)	5507	50ml	£5.30	
Rhodes Pharma Ltd	StoCare Remove medical adhesive spray	STC100	50ml	£4.95	
Respond Healthcare Ltd	OstoMart OstoPEEL No Sting Medical Adhesive Remover Spray	Mint	OPM50	50ml	£7.16
		Apple	OPA50	50ml	£7.16
		Blackberry	OPB50	50ml	£7.16
Peak Medical Ltd	Offmate Stoma adhesive remover	OM 50	50ml	£5.28	

WIPES: Colostomy: 30-90 wipes per month. Ileostomy/Urostomy: 30 wipes every 1-2 months.

Manufacturer	Product	Code no.	Pack size	Cost
Rhodes Pharma Ltd	StoCare Non Sting medical Adhesive remover wipes	STC 200	30 wipes	£8.50
Salts Healthcare	Salts Wipe Away non sting wipes	WAP2	30 wipes	£9.35

BAGS ('POUCHES')

No preferred brand – these are patient specific and should be decided by a stoma nurse.

Type	Normal usage
Colostomy (Non-drainable) bags	30-90 bags a month (Max usage x3 per day. If needing more consider altering stools/use of drainable bag)
Ileostomy (Drainable) bags	15-30 bags a month (1 bag every 1-3 days)
Urostomy (Drainable) bags	15 bags a month (changed alternate days)
Urostomy night drainage bags	Change weekly = 4 bags a month (1 box of 10 every 2-3 months) Or single use disposable - Prosys 2L night bag (PSU2)

BARRIER SPRAYS/WIPES (for barrier creams, refer to Table 2)

Should only be used if the skin around the stoma is sore when a bag is changed - no need to use these all the time. Not for prophylactic use. Sprays are more cost-effective than wipes and should be considered first-line. Short-term use and acute prescription only. Refer to stoma nurse if using for >3 months. *Don't prescribe both – it's one or the other.*

SPRAYS: Closed/ non-drainable: 1-3 cans per month. Drainable or Urostomy: 1-2 cans per month.

Manufacturer	Product	Code no.	Pack size	Cost
Rhodes Pharma Ltd	Stocare Protect No-Sting Protective Barrier Film Spray	STC 150	50 ml	£7.70

WIPES: Closed/ non-drainable: 30-90 wipes per month. Drainable or Urostomy: 30 wipes every 1-2 months.

Manufacturer	Product	Code no.	Pack size	Cost
Coloplast Ltd	Derma-Gard Skin Protective Wipe	6751101000	50 wipes	£18.73
Rhodes Pharma Ltd	StoCare Protect No Sting Protective Barrier Wipes	STC 250	30 wipes	£12.95

BELTS, WAISTBANDS AND ABDOMINAL TUBES

To support stoma bag or use with irrigation. Acute prescription only, no preferred brand – these are patient specific and should be initiated and sized by a stoma nurse. **Normal usage:** 2 per year, but when first initiated only prescribe 1 at a time to allow patient to trial. **Not to be confused with Hernia support belts.**

DRAINABLE BAG FASTENERS (CLIPS/TIES)

Patients may benefit from a stoma nurse review because newer bags have integral fastenings. No preferred brand – these are pouch brand specific and usually supplied together with the pouches. **Normal usage:** Clips: 2 a month (reusable). Soft ties: 1 per bag. (Both can be prescribed separately)

FLANGE EXTENDERS, STRIPS, SECURITY FRAMES AND TAPES

Irregular or sudden increase in prescription requests should trigger further investigation as to why. **Normal usage:** 1-3 boxes per month. (Should not be used with closed one-piece pouches)

Manufacturer	Product	Code no.	Pack size	Cost
Respond Healthcare Ltd	Comfort Flange Extender Small	AFES30	30	£12.92
Respond Healthcare Ltd	Comfort Flange Extender	AFEW30	30	£18.19
Respond Healthcare Ltd	Comfort Flange Extender Large	AFEL30	30	£20.67
Coloplast Ltd	Brava Elastic Tape	12070	20	£14.08
3M Healthcare Ltd	Micropore Tape 2.5cm	-	5m	£0.96

FLANGES ('BASEPLATES')

No preferred brand – these are pouch specific. Note: flanges are changed every 2-3 days, so you should expect to prescribe a smaller number of flanges per month than bags. **Normal usage:** 10-15 flanges per month (change every 2-3 days).

HERNIA SUPPORT BELTS/GIRDLES

Only to be prescribed if patient has developed a parastomal hernia or is undertaking heavy manual work/strenuous activity and at risk of developing hernia. Can only be prescribed if measured/recommended by a stoma nurse. Acute prescription only. No preferred brand – these are patient specific and should be decided by a stoma nurse. **Normal usage:** 1 only until proven effective, then 3 per year. **Not to be confused with pouch belt.**

IRRIGATION KITS

Normal usage: 1 kit per year, kit is initially supplied by the Stoma Team & replacement items prescribed as needed. (Patients must be assessed as suitable & then taught technique by a Stoma Nurse).

Manufacturer	Product	Code no.	Pack size	Cost	Normal usage
Coloplast Ltd	Colotip	1110	1	£8.35	1 per year
Coloplast Ltd	Irrigator Bag	1511	1	£15.81	1 per year
Coloplast Ltd	Assura Irrigation Sleeve (40mm)	12834	30	£42.41	2 per year
Coloplast Ltd	Assura Irrigation Sleeve (60mm)	12836	30	£42.41	30 a month
Coloplast Ltd	Supporting Plate (60mm)	12820	5	£38.32	2 per year

POWDERS

These should only be used if the skin around the stoma is wet, raw or broken. There is no need to use these all the time. Not for prophylactic use. Short-term use and acute prescription only. If used for >3 months, refer to stoma nurse for review. **Normal usage:** 1 bottle on alternate months.

Manufacturer	Product	Code no.	Pack size	Cost
Coloplast Ltd	Brava Ostomy Powder	1907	25g	£2.63
ConvaTec Ltd	Orahesive Powder	S106	25g	£2.71
Hollister Ltd	Adapt Stoma Powder	7906	28g	£2.89

PROTECTIVE RINGS, SEALS AND WASHERS

These have different sizes, thicknesses and properties due to variations in fluid absorbency requirement. Stoma nurses may use their professional discretion to recommend other types that are not listed below in special circumstances for specific patients. **Normal usage:** Only 1 per bag required.

Manufacturer	Product	Code no.	Pack size	Cost
Hollister Ltd	Adapt CeraRing Standard (48mm)	8805	10	£24.58
Hollister Ltd	Adapt CeraRing Slim (48mm)	8815	10	£24.58
Pelican Healthcare Ltd	Eakin Cohesive Slims	839005	30	£62.26
Pelican Healthcare Ltd	Eakin Cohesive Small	839002	30	£63.47
Pelican Healthcare Ltd	Eakin Cohesive StomaWrap	839006	10	£20.57
Salts Healthcare	Mouldable Seal with Aloe	SMSAT15	30	£54.57
Coloplast Ltd	Brava Protective 2.5mm Seal (18-48mm)	12035	30	£62.58
Coloplast Ltd	Brava Protective 2.5mm Seal (18-57mm)	12036	30	£66.00

SKIN PASTES

Normal usage: 1-2 tubes a month.

Manufacturer	Product	Code no.	Pack size	Cost
ConvaTec Ltd	Stomahesive paste	S105	60g	£8.45
Coloplast Ltd	Brava paste	12050	60g	£6.88

STOMA CAPS

No preferred brand – these are patient specific and should be decided by a stoma nurse. **Normal usage:** 10-20 per month.

OTHER MEDICATIONS

Medication	Dose	Indication	Pack size	Cost
Loperamide capsules/tablets	2-16mg QDS. Titrated as required	High output stoma. Defined at >1000mls in 24 hours	30	£0.77 (capsules) £2.29 (tablets)
Silver Nitrate Caustic Applicators	75%	Granulomas	Multiples of 10	£6.81
Fludrocortide Tape	4mcg per cm ²	Ulceration/granulomas	20cm 50cm	£21.75 £32.52
Beclometasone 50micrograms/dose inhaler (Clenil®)	50 micrograms	Ulceration/peristomal skin irritation	1	£3.70
Synalar Gel	0.025%	Ulceration/peristomal skin irritation	30g	£5.56
Betnovate Scalp lotion	0.1%	Ulceration/peristomal skin irritation	100ml	£4.58

In some instances, medication will be required to treat or manage stoma complications. These include instances of high output, granulomas and peristomal irritation or ulceration. All medication has been endorsed by the ASCN and follows their evidence-based guidelines.

Clinical assessment of these conditions can be undertaken by the GP, or Specialist Stoma Care Nurses. Within the stoma care setting, the required treatment is recommended and prescribed by Non-Medical Prescribers within the teams based at NBT and UHBW. Treatment is commenced and ongoing assessment is undertaken by the Stoma Care Team to ensure its efficacy and clinical benefit. Where required, cases will be escalated to the wider MDT for further input and advice.

If patients would like to evaluate a switch option product **from the guidelines**, before requesting the item on prescription they can request free samples on the following phone numbers:

(Select the manufacturer relevant to the product in question)

COMPANY	CONTACT NUMBER
Coloplast Ltd	0800 132787
ConvaTec Ltd	0800 282254
Dansac Ltd	0800 2606474
Hollister Ltd	0800 521377
Opus Healthcare	0800 4587605
Pelican Healthcare Ltd	0800 318282
Peak Medical Ltd	0800 6520424
Respond Healthcare Ltd	0800 220300
Salts Healthcare	0800 626388