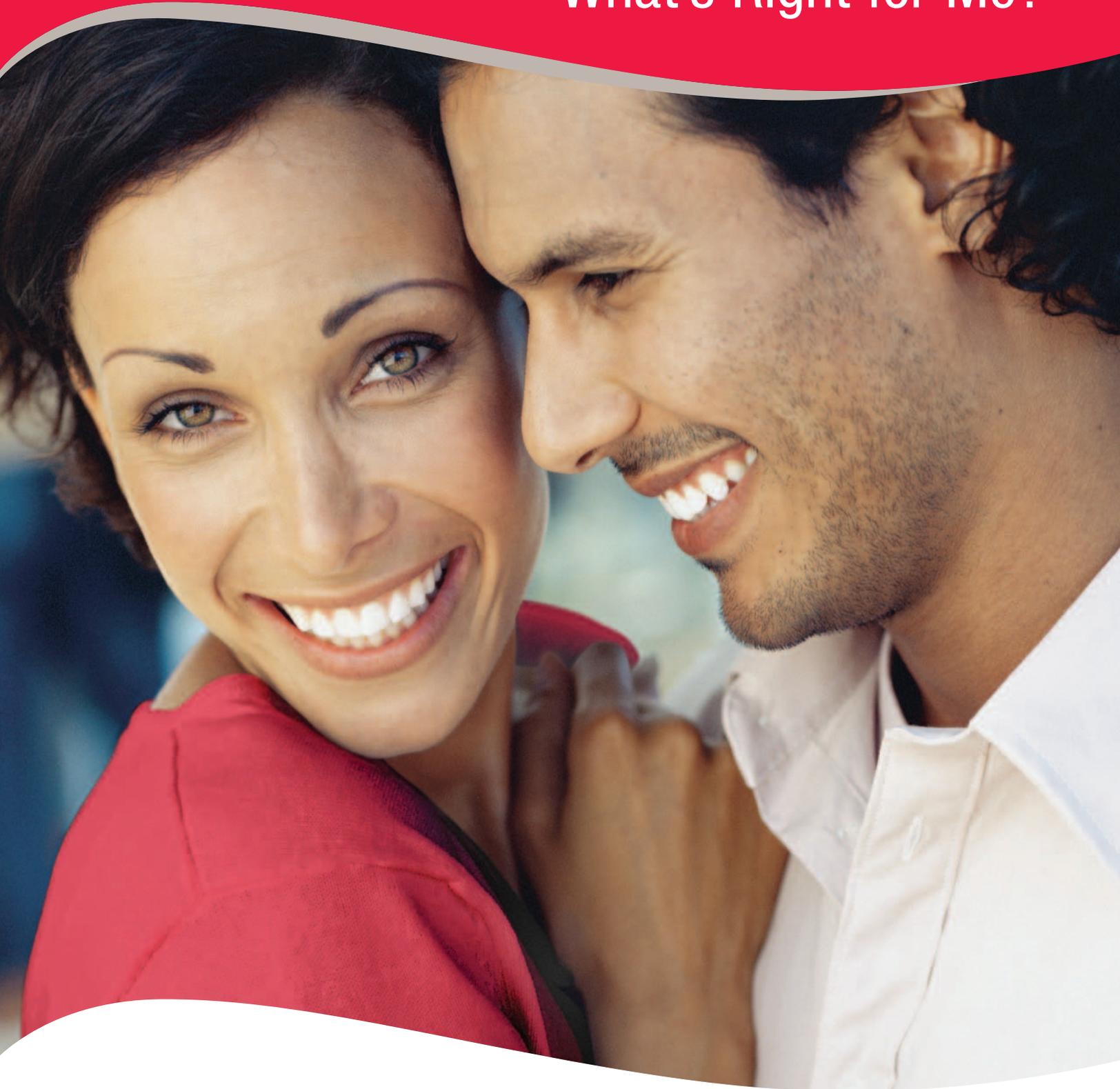


Colostomy

What's Right for Me?



Attention to Detail. Attention to Life



If you have just had colostomy 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.

Colostomy

What's Right for Me?

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About Your Colostomy

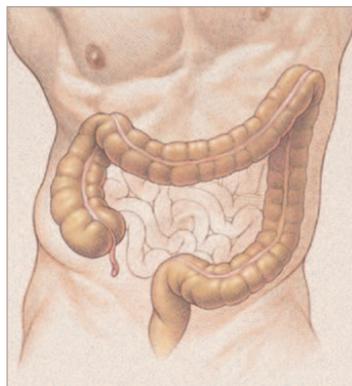


The stoma is normally red and moist, bleeds easily, and has no feeling.

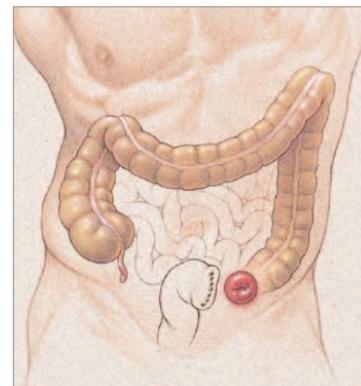
When food has been digested in your stomach and small intestine it moves to the colon, or large intestine. The colon (shown below), is about six feet long. With a **colostomy**, a portion of the colon has been removed or bypassed. The amount removed depends on the type of health problem you have.

The place where the colostomy opens onto your skin is called a **stoma** or ostomy. The drainage from your colostomy stoma will have an odor and contain gas. If a lot of your colon was removed, your discharge may be liquid or paste-like.

The stoma is normally red and moist, bleeds easily, and has no feeling. 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 colon or large intestine.



With a colostomy, a portion of the 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 your 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 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 in 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 barrier. You'll see the term, cut-to-fit, next to the appropriate products in this booklet.

There are three types of skin barriers used with Hollister colostomy products. All are appropriate for colostomies but you may want to choose a specific one based on your needs.

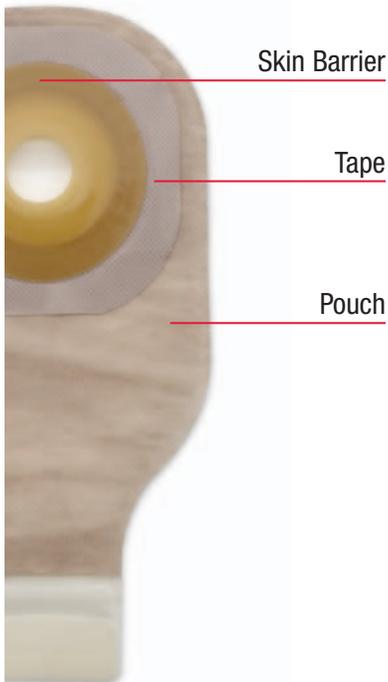
FlexTend Skin Barrier- is the best choice for long wear times, or if you perspire heavily or have liquid stool.

FlexWear Skin Barrier-is designed to be worn for a day or longer.

SoftFlex Skin Barrier - provides gentle adhesion. It's an excellent choice for frequent pouch removals (such as with closed pouches) or if your skin is very fragile.

Pouching Systems

One-Piece System



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

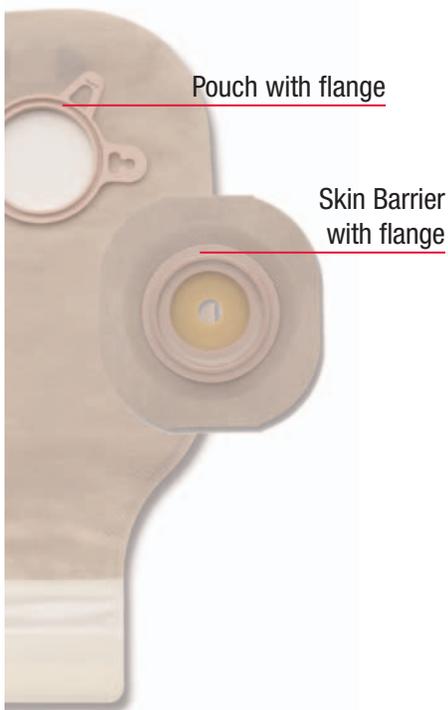
A two-piece system (shown bottom left) is the most versatile. The skin barrier is separate from the pouch. The pieces snap together with a **flange**, a part that looks like a plastic ring. It is easy to unsnap the pouch and discard the pouch as often as you like.

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, changing to 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.

Two-Piece System



New Image floating flange eliminates pressure when you attach 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.

Colostomy Pouches



New Image Two-Piece (above left) and **Premier** One-Piece Drainable Pouches (above right).



New Image Two-Piece (above left) and **Premier** One-Piece Closed Pouches (above right).

You have a choice of two types of Hollister colostomy pouches - **drainable** and **closed**.

Drainable Pouch

Choose this type of pouch if you have discharge frequently throughout the day. It comes with an 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

This type of pouch works best if your discharge is infrequent and you empty your pouch only once or twice a day. You may use a closed pouch all the time or switch between a closed and drainable pouch.

Closed pouches do not have clamps or integrated closures. Basically you remove and empty it, then throw it away. Most Hollister closed pouches have a filter.

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
- a filter that eliminates gas build up

The filter lets the gas out, but not the odor. It's especially beneficial if your drainage is mostly solid.

Decision Guide

Situation

- Your stoma is round. The size is not changing.
- Your stoma is oval. The size is still changing.
- Your drainage is liquid, soft, or mushy.
- Your drainage is formed or you change your skin barrier often.
- Your stoma sticks out or you have a deep crease or hernia.
- Your stoma does not stick out. Your skin is soft or you have a slight crease in your skin.
- You are sensitive to tape.
- Your discharge is formed and you have gas.
- You want to see your stoma and/or pouch contents.
- You do not want to see your stoma or the pouch contents.
- Your discharge is infrequent (one or two times a day).
- The standard drainable pouch is too long.

Consider...

- Pre-sized Skin Barriers
- Cut-to-fit Skin Barriers
- FlexWear or FlexTend Skin Barriers
- SoftFlex Skin Barriers
- Flat Skin Barriers
- Convex Skin Barriers
- Tapeless Skin Barriers
- Filtered Pouches
- Clear Pouches
- Beige Pouches
- Closed Pouches
- Drainable Mini-Pouches

About Colostomy Irrigation

Irrigation Product Choices

7721 Box of 1

Cone Irrigator Kit includes:

- 1 Irrigator
- 1 Stoma Cone with Connector
- 1 Cleaning Brush

7728/7724 Box of 20

Irrigator Sleeve with Belt Tabs

| Stock No | Opening/Size |
|----------|--------------|
|----------|--------------|

| | |
|------|----|
| 7728 | 2" |
|------|----|

| | |
|------|----|
| 7724 | 3" |
|------|----|

1815x Box of 5

Irrigator Sleeve with Belt Tabs

| Stock No | Opening/Size |
|----------|--------------|
|----------|--------------|

| | |
|-------|--------|
| 18152 | 1-3/4" |
|-------|--------|

| | |
|-------|--------|
| 18153 | 2-1/4" |
|-------|--------|

| | |
|-------|--------|
| 18154 | 2-3/4" |
|-------|--------|

You may know someone with a colostomy who says they don't wear a pouch or they wear a tiny closed pouch called a stoma cap. Generally this is because the person used a procedure called **irrigation** to control their bowels.

Irrigation is similar to taking an enema through the stoma, but it requires special equipment and skills. You need an irrigation bag with a stoma cone and an irrigation sleeve. After irrigation, some colostomates may use a stoma cap or a one- or two-piece closed pouch to simply cover and protect the stoma.

Check with your doctor or ostomy nurse if you want to learn more about this procedure. Irrigation is not for everyone with a colostomy. However, if colostomy irrigation is right for you, Hollister has the products you need.

For more information about colostomy irrigation, visit our website at www.hollister.com



Stock No 7721

Routine Care of Your Colostomy

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 colostomy.

- 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.



It is real easy with a two-piece system. Snap one on and snap one off.

— Jim Sinclair

About Wear Time

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

- Type of stoma drainage - liquid, paste-like or more formed
- 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 ostomy 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 one 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 colostomy supplies. If you have Medicare, the supplies are covered under Part B.

Supply Quantities

The quantity of ostomy supplies you need depends on a number of things such as the type of ostomy you have and 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 will bill Medicare (and other insurance providers) for you. Some suppliers agree to accept the 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 the products you want are covered. Also, ask if there are limits to the number of pouches, barriers, and other supplies you can receive monthly.

Hollister Two-Piece Colostomy 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 Flat Skin Barrier with Tape



| | | 1-3/4"  | 2-1/4"  | 2-3/4"  | 4"  |
|------------------|-------------------|---|---|---|---|
| FlexTend | Cut-to-Fit | 14602 up to 1-1/4" | 14603 up to 1-3/4" | 14604 up to 2-1/4" | 14606 up to 3-1/2" |
| | Pre-Sized | 14701 5/8" | 14707 1-3/8" | - | - |
| | | 14702 3/4" | 14708 1-1/2" | - | - |
| | | 14703 7/8" | 14709 1-3/4" | - | - |
| | | 14704 1" | - | - | - |
| | | 14705 1-1/8" | - | - | - |
| | | 14706 1-1/4" | - | - | - |
| | FlexWear | Cut-to-Fit | 14202 up to 1-1/4" | 14203 up to 1-3/4" | 14204 up to 2-1/4" |
| Pre-Sized | | 14301 5/8" | 14307 1-3/8" | - | - |
| | | 14302 3/4" | 14308 1-1/2" | - | - |
| | | 14303 7/8" | 14309 1-3/4" | - | - |
| | | 14304 1" | - | - | - |
| | | 14305 1-1/8" | - | - | - |
| | | 14306 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**.

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

Hollister Two-Piece Colostomy Products *(continued)*

New Image Convex Skin Barrier with Tape



| | | 1-3/4" | 2-1/4" | 2-3/4" |
|-----------------|-------------------|-------------------|-----------------------|-------------------|
| FlexTend | Cut-to-Fit | 14802 up to 1" | 14803 up to 1-1/2" | 14804 up to 2" |
| | Pre-Sized | 14901 5/8" | 14905 1-1/8" | 14909 1-5/8" |
| | | 14902 3/4" | 14906 1-1/4" | 14910 1-3/4" |
| | | 14903 7/8" | 14907 1-3/8" | 14911 2" |
| | | 14904 1" | 14908 1-1/2" | - |
| FlexWear | Cut-to-Fit | 14402 up to 1" | 14403 up to 1-1/2" | 14404 up to 2" |
| | Pre-Sized | 14503 7/8" | 14505 1-1/8" | - |
| | | 14504 1" | 14506 1-1/4" | - |

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

New Image Drainable Pouches



| | | 1-3/4" | 2-1/4" | 2-3/4" | 4" | |
|---------------------|------------------|-------------------------|--------|--------|-------|--------|
| Lock 'n Roll | Filter | Transparent, 12" length | 18192 | 18193 | 18194 | - |
| | | Beige, 12" length | 18182 | 18183 | 18184 | - |
| | No Filter | Transparent, 12" length | 18132 | 18133 | 18134 | - |
| | | Beige, 12" length | 18112 | 18113 | 18114 | 18006* |
| Pouch Clamp | Filter | Transparent, 12" length | 18162 | 18163 | 18164 | - |
| | | Beige, 12" length | 18142 | 18143 | 18144 | - |
| | No Filter | Transparent, 12" length | 18102 | 18103 | 18104 | 18176* |
| | | Beige, 12" length | 18122 | 18123 | 18124 | - |
| | | Beige, 9" length | 18202 | 18203 | 18204 | - |
| | | | | | | |

You might consider a **two-piece pouching system**, if you want to change your pouch more often than your skin barrier.

*Ultra-Clear pouch film



New Image Closed Pouches with Filter

| | | 1-3/4" | 2-1/4" | 2-3/4" |
|--|--|---|---|---|
| | |  |  |  |
| | Transparent, 9" length Beige, 9" length | 18362 18372 | 18363 18373 | 18364 18374 |
| | Transparent, 7" length Beige, 7" length | 18382 18392 | 18383 18393 | 18384 18394 |

You might consider a **closed pouching system**, if your discharge is infrequent (one or two times each day).



New Image Closed Pouches without Filter

| | | 1-3/4" | 2-1/4" | 2-3/4" |
|--|--|---|---|---|
| | |  |  |  |
| | Beige, 9" length (Box of 30) Beige, 9" length (Box of 60) | 18332 18732 | 18333 18733 | 18334 18734 |
| | Beige, 7" length (Box of 30) Beige, 7" length (Box of 60) | 18352 18752 | 18353 18753 | 18354 18754 |

Hollister One-Piece Colostomy 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.

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

Premier One-Piece Pouching System



Premier Drainable Pouches with Flat Barriers



| | | | Cut-to-Fit up to 2-1/2" | Pre-Sized 3/4" | Pre-Sized 1" | Pre-Sized 1-3/16" |
|---------------------|------------------|---|-------------------------------|-------------------|-----------------|----------------------|
| Lock 'n Roll | Filter | Transparent, 12" length SoftFlex skin barrier | 88400* | - | 88425 | 88430 |
| | | Beige, 12" length SoftFlex skin barrier | 88300* | - | 88325 | 88330 |
| | No Filter | Ultra-clear, 12" length FlexTend skin barrier | 8531 | - | 8532 | - |
| | | Beige, 12" length FlexTend skin barrier | 8551 | - | 8552 | - |
| | | Ultra-clear, 12" length SoftFlex skin barrier | 88401 | - | - | - |
| Pouch Clamp | No Filter | Ultra-clear, 12" length SoftFlex skin barrier | 88501 | - | - | - |
| | | Transparent, 9" length FlexTend skin barrier | 8641 | 8647 | 8642 | - |

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

*Cut-to-Fit up to 2-1/8"

Hollister One-Piece Colostomy Products *(continued)*



Premier Drainable Pouches with Flexextend Convex Barriers with Tape

| | | Cut-to-Fit up to 1" | Cut-to-Fit up to 1-1/2" | Cut-to-Fit up to 2" | Pre-Sized 3/4" |
|---------------------|-------------------------|---------------------------|-------------------------------|---------------------------|-------------------|
| Lock 'n Roll | Transparent, 12" length | 8524 | 8528 | 85211 | 8510 |
| | Beige, 12" length | 8504 | 8508 | 85011 | 8590 |
| Pouch Clamp | Transparent, 12" length | 8624 | 8628 | 86211 | 8610 |



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



Premier Closed Pouches with SoftFlex Skin Barrier with Filter

| | | Cut-to-Fit up to 2-1/8" | Pre-Sized 1" | Pre-Sized 1-3/16" | Pre-Sized 1-3/8" |
|--|------------------------|-------------------------------|-----------------|----------------------|---------------------|
| | Transparent, 9" length | 82400 | - | - | - |
| | Beige, 9" length | 82300 | 82325 | 82330 | 82335 |
| | Transparent, 7" length | 82500 | - | - | - |
| | Beige, 7" length | 82100 | 82125 | 82130 | 82135 |



You might consider a **closed pouching system**, if your discharge is infrequent (one or two times each day).

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.

| If... | Then use, | Comments for use* |
|--|---|---|
| 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. | Adapt 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. | Adapt 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. | Adapt Barrier Strips to fill in uneven areas. | Strips may be cut to various lengths. |
| You want to seal around the skin barrier opening. | Adapt 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. | Adapt Stoma Powder to help dry up moist skin. | Dust on. Brush off excess powder. Stop using when your skin heals. |
| Your skin is fragile and you want to remove your skin barrier more easily. | Skin Gel Protective Dressing Wipes to provide a protective film on your skin. | Use on intact skin. Allow to dry completely. Do not use Skin Gel Wipes or other brands of skin preps with FlexTend skin barriers as they may interfere with adhesion. |

*See product for specific instructions for use.

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

| Product Picture | Stock No | Description | HCPCS | Quantity |
|--|----------|--|-------|-----------------|
|  | 7805 | Outer Diameter 2" | A4385 | Box of 10 |
| | 7806 | 4" | A4385 | Box of 10 |
|  | 79520 | Inner Diameter 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 | Length 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 New Product name and packaging | A4371 | Box of 1 |
|  | 7917 | | A5120 | Box of 50 wipes |

Hollister Accessories Solve Problems, Add Comfort *(continued)*

| If... | Then use, | Comments for use* |
|--|--|--|
| 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. | Adapt 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. | m9 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 Belts 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 |
|--|--------------|-----------------------------|---------|-------------------|
|  | 7760 | | A4365 | Box of 50 wipes |
|  | 78500 | 8 oz bottle | A4394 | Box of 1 |
| | 78501 | 0.27 oz. single use packet | A4394 | Box of 50 packets |
|  | 7732 | 2 oz. pump spray, Unscented | No Code | Box of 1 |
| | 7733 | 8 oz. pump spray, Unscented | No Code | Box of 1 |
| | 7734 | 2 oz. pump spray, Scented | No Code | Box of 1 |
| | 7735 | 8 oz. pump spray, Scented | No Code | Box of 1 |
|  | 7300 | 26"-43" Medium | A4367 | Box of 1 |
| | 7299 | 29"-49" Large | A4367 | Box of 1 |

Glossary

| | |
|-----------------------------------|---|
| Closed Pouch | A pouch without an opening or a clamp. Quick and easy to discard. It must be removed to be emptied. |
| Colostomy | An ostomy (surgical opening) created in the colon, part of the large intestine. |
| ComfortWear (Pouch) Panels | ComfortWear (Pouch) Panels provide a soft cloth between the pouch film and the skin. |
| Convex Skin Barrier | May be used when the stoma does not protrude from the abdomen. The skin barrier is shaped to press more deeply around the stoma. |
| Drainable Pouch | 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. |
| Filter | Lets gas out but not odor out of pouch. |
| Flange | The plastic ring in a two-piece ostomy system that connects the skin barrier and pouch. |
| Flat Skin Barrier | May be used when the stoma protrudes from the abdomen. |
| Flexend Skin Barrier | Flexend is a synthetic skin barrier designed to be the most resistant to liquid discharge. |
| FlexWear Skin Barrier | FlexWear is a synthetic skin barrier designed to be worn more than one day. FlexWear barrier is more resistant to breakdown than a SoftFlex skin barrier. |
| Floating Flange | You can put your fingers under the flange for support while attaching the pouch to the skin barrier. |
| Irrigation | A procedure used to control the bowels. It is not for everyone with a colostomy and requires special equipment and skills. |
| Odor-Barrier Pouch | 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. |
| SoftFlex Skin Barrier | SoftFlex is a synthetic skin barrier that provides gentle adhesive attachment to the skin. It's designed to limit skin damage from frequent removal and can be changed daily (or more often). |
| Stoma | The place where drainage comes out of your body when you have an ostomy. The stoma is made of intestine, and is red and moist, and doesn't have feeling. |
| Wear Time | 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

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

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

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

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

Hollister Support Network

Visit 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, 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.



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