

Daryeelka Urostomygaaga (qeybtaada kaadida loo qalay)

Care of Your Urostomy



**THE OHIO STATE
UNIVERSITY**
WEXNER MEDICAL CENTER

The James



THE OHIO STATE UNIVERSITY
COMPREHENSIVE CANCER CENTER



Tusmada

Table of contents

La noolaanshaha Ostomykaaga/Daloolkaaga Cusub	4
Life With Your New Ostomy	
Hawlaha maalinlaha ah iyo Joogitaanka guriga	5
Daily Activities and Being at Home	
Urostomy: Cinwaanka Habraaca	6
Urostomy: Procedure	
Urostomy: Daryeel	8
Urostomy: Care	
Diyaarinta	10
Preparing	
Daryeelka Maqaarka: Nadiifinta	14
Skin Care: Cleaning	
Dhibaatooyinka maqaarka	15
Skin Problems	
Dhibaatooyinka Qubista	16
Problems With Leaking	
Adeegsiga: Baac 1-Gabal ah	18
Applying: 1-Piece Pouch	

This book is for information purposes only. Talk to your healthcare provider if you have any questions about your care.

This book is for information purposes only. Talk to your healthcare provider if you have any questions about your care.

Adeegsiga: Baac 2-Gabal ah	19
Applying: 2-Piece Pouch	
Furitaanka, faaruqinta, iyo xidhitaanka	21
Opening, Emptying, and Closing	
Xiriirinta	22
Connections	
Saarida	23
Removing	
Wax soo saarka	24
Output	
Dalbashada Alaabaha	24
Ordering Supplies	
Tilmaamaha Cuntada iyo Dareeraha	25
Diet and Fluid Guidelines	
Khayraadka loogu talagalay dadka qaba Ostomies	28
Resources for People With Ostomies	
Qoraalo	34
Notes	

Booqo go.osu.edu/pted5460 si aad u hesho nuqul dhijitaal ah oo buuggan ah
 Visit go.osu.edu/pted5460 for a digital copy of this book

La noolow Ostomygaaga Cusub

Life With Your New Ostomy

People of all ages have had ostomy surgery for many different reasons and go on to live active and healthy lives. It does take time to become comfortable with your new ostomy.

Use this guide to help you care for, use, and live with your ostomy. Talk to your doctor or ostomy nurse about any concerns or things you do not understand. We are here to support you.

If you are working, you should be able to keep the same job. The only types of work that you may not be able to do are those that involve heavy lifting. Talk with your doctor to learn about any work limits you may need to think about.

See your doctor, counselor, or therapist for help to cope with any problems you have with your new ostomy or with changes to your self-image.

Dadka da' kasta leh ayaa lagu sameeyay qalliinka kaadi-mareenka sababo badan oo kala duwan waxayna sii wadaan inay ku noolaadaan nolol firfircoon oo caafimaad qabta. Waxay qaadanaysaa wakhti inaad ku raaxaysato qalliinkaaga kaadi-mareen ee cusub.

Isticmaal tilmaan-bixiyahan si uu kaaga caawiyo inaad daryeesho, isticmaasho, oo aad la noolaato qalliinkaaga. Kala hadal dhakhtarkaaga ama kalkaalisada qalliinka wixii welwel ah ama waxyaabo aadan fahmin. Waxaan halkaan u joognaa inaan ku taageerno.

Haddii aad shaqaynayso, waa in aad sii haysan kartaa isla shaqadaas. Noocyada kaliya ee shaqada ee laga yaabo inaad awoodin inaad qabato waa kuwa ku lug leh qaadista culus. Kala hadal dhakhtarkaaga si aad wax uga ogaato xad kasta oo shaqo oo aad u baahan karto inaad ka fikirto.

La tasho dhakhtarkaaga, lataliyahaaga, ama daaweeyahaaga wixii caawinaad ah si aad ula qabsato dhibaato kasta oo aad kala kulanto qalliinkaaga cusub ama isbeddelada ku yimaadda sawirkaaga-nafeed.

Contacts

University Hospital Ostomy Nurse:
614-293-8897

James Ostomy Nurse
614-685-4865

To make an appointment with an ostomy nurse, call 614-293-6529

Xiriirada

Kalkaaliyaha Ostomy Hospital ee
Jaamacadda:
614-293-8897

James Ostomy Kalkaaliyaha
614-685-4865

Si aad ballan ula yeelatid kalkaalisada
ostomy, wac 614-293-6529

Hawlaha maalinlaha ah iyo Joogitaanka guriga

Daily Activities and Being at Home

- You can wear the same clothing styles as you did before.
- You can do the same activities as you did before.
- You can bathe and swim with a pouch in place.
- You can empty your pouch in private, using the rest room at home or at public places. Always empty the pouch into the toilet. Do not empty urine or stool into the sink.
- You can travel with your pouch.
- People with ostomies can become pregnant. But talk with your doctor about how much time you'll need after surgery before you become pregnant.
- Waxaad xiran kartaa qaabab la mid ah dharka aad hore u xiran jirtay.
- Waxaad samayn kartaa hawlo la mid ah sidii aad hore u samayn jirtay.
- Waxaad qubaysan kartaa oo aad dabaalan kartaa adigoo bacda xiran.
- Waxaad faaruqin kartaa bacdaada si gaar ah, adigoo isticmaalaya qolka musqusha ee guriga ama goobaha dadweynaha. Had iyo jeer ku faaruqi bacda musqusha. Ha ku faaruqin kaadida ama saxarada waji-dhaqa.
- Waxaad la safri kartaa bacdaada.
- Dadka qaba ostomies way uur yeelan karaan. Laakin kala hadal dhakhtarkaaga inta jeer ee aad u baahan doonto qaliinka ka hor intaadan uur qaadin.

Learning to care for an ostomy takes time and patience. It is common to have some problems at times. A home health nurse can provide support to help you.

Barashada daryeelka ostomy waxay qaadataa wakhti iyo dulqaad. Waa wax caadi ah in mararka qaar lala kulmo dhibaatooyin qaar ah. Kalkaalisada caafimaadka guriga ayaa ku siin karta taageero si ay kuu caawiso.

Urostomy: Habraaca

Urostomy: Procedure

Key things to know

- A surgically created opening on the outside of the body (stoma) that allows urine to drain into a collection device (pouch).
- It may be called a urinary diversion or ileal conduit.

A urostomy is a procedure to create an opening in the belly that allows urine to flow to the outside of the body. It is usually done during a surgery to remove a diseased or damaged bladder. The urostomy creates an opening called a stoma.

There are 2 kinds of urostomies:

- **A standard urostomy**, also called an ileal conduit, uses a piece of your small intestine to make a tube. The doctor connects 1 end of the tube to a stoma that's made in your belly. The other end attaches to the 2 ducts (ureters) that carry urine from the kidneys to the bladder. The urine passes through the tube and out through the stoma. Your stoma does not have a sphincter, so you are not able to control when urine passes out of your body. A plastic pouch (ostomy pouch) surrounds the stoma. This pouch collects the urine. The pouch is attached to your skin.

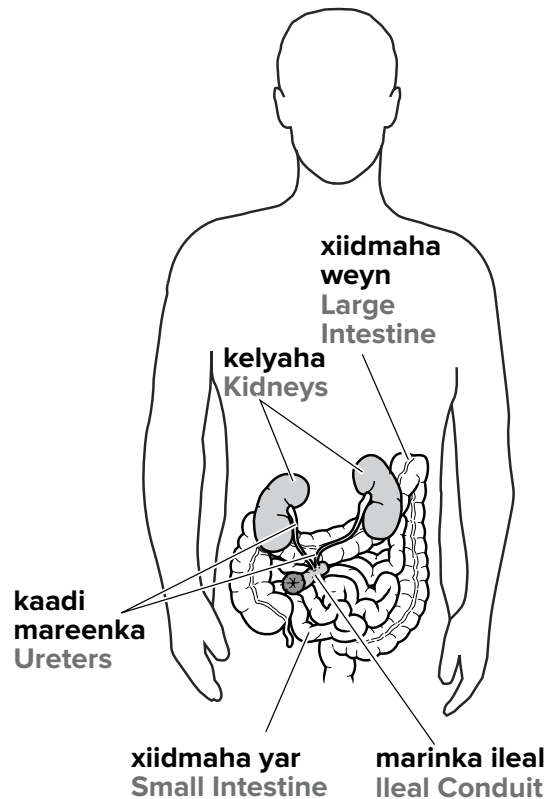
Waxyaabaha muhiimka ah in la ogaado

- Qalliin lagu sameeyay bannaanka jidhka (stoma/dalool) kaas oo u oggolaanaya kaadidu inay ku shubto aaladda ururinta (bac).
- Waxaa lagu magacaabi karaa leexinta kaadida ama marin-biyoodka ileal.

Urostomy waa nidaam lagu abuurayo dalool caloosha oo u oggolaanaya kaadida inay u soo baxdo dibadda ee jirka. Badanaa waxaa la sameeyaa inta lagu jiro qaliinka si looga saaro kaadiheysta jirran ama dhaawacan. Urostomy-ku wuxuu abuuraa dalool loo yaqaan stoma.

Waxaa jira 2 nooc oo urotomies ah:

- **Urostomy caadiga ah**, oo sidoo kale loo yaqaan marinka ileal, waxay isticmaashaa qayb ka mid ah xiidmahaaga yar si ay u samayso tuubo. Dhakhtarku wuxuu ku xidhaa 1 dhamaadka tuubada iyo stoma ka samaysan calooshaada. Dhamaadka kale wuxuu ku dheggan yahay 2da tubbada (kaadi-gudbiye) ee kaadida ka soo qaada kelyaha una gudbisa kaadiheysta. Kaadida waxay soo martaa tuubada waxayna ka soo baxdaa stoma/daloolka. Daloolkaaga ma lahan celiye, markaa ma awoodid inaad xakamayso marka kaadidu ka baxayso jidhkaaga. Kiish/bac balaastiig ah (kiishka ostomy) ayaa ku wareegsan daloolka. Kiishkani wuxuu ururiyaa kaadida. Kiishka ayaa ku dheggan maqaarkaaga.



- **A continent reservoir** uses a piece of your bowel to make a storage pouch inside your body. It acts like a new bladder. The storage pouch connects your ureters to the stoma in your belly. A valve in the pouch stops urine from flowing out. You will learn to recognize how it feels when the pouch is full. You put a thin plastic tube called a catheter through the stoma to let out the urine.
- You will get added teaching for using a catheter during your outpatient follow up appointments.
- **Kaydka qaaradda waxay** uisticmaashaa qayb ka mid ah mindhicirkaada si aad u samaysato baal lagu kaydiyo gudaha jidhkaaga. Waxay u dhaqantaa sidii kaadiheysta cusub. Kiishka keydinta wuxuu ku xidhaa kaadi mareenka iyo stoma ee calooshaada. Waalka ku jira kiishka ayaa joojiya kaadida inay soo daadato. Waxaad baran doontaa inaad aqoonsato sida aad dareento marka bacdu ay buuxsanto. Tuubo balaastiig ah oo dhuuban oo la yiraahdo kateeter ayaad dhex marin doontaa stoma si aad kaadida u soo saarto.
- Waxaad heli doontaa waxbarid dheeri ah oo ku saabsan isticmaalka kateetarka inta lagu jiro ballamahaaga dabagalka bukaan-socodka.

Urostomy: Daryeel

Urostomy: Care

Key things to know

- Your ostomy pouch should be changed every 3 to 5 days or about 2 to 3 times a week. Create a travel kit with the things you need to change a pouch away from home.
- The pouch should be changed before it leaks. If you have any itching or burning around the stoma, there could be a leak starting and the pouch should be changed.
- It is important to look at the stoma and the surrounding skin each time the pouch is changed.
- The stoma should be bright red or pink. The skin around the stoma should look like your other skin. It should not be irritated or red.

You can learn to take care of your ostomy

Learning how to care for your urostomy will help you live comfortably with it. An ostomy nurse is a great support. They will help you learn to manage your urostomy so you can get back to a normal life. You'll learn how a pouch system works and how to replace your urostomy pouch. Your nurse will also give you tips on how to treat and prevent common problems, such as irritated skin.

Waxyaabaha muhiimka ah in la ogaado

- Kiishkaaga qalliinka waa in la beddelaa 3 ilaa 5 maalmood ama qiyaastii 2 ilaa 3 jeer toddobaadkii. Samee xirmo safar oo leh waxyaabaha aad u baahan tahay si aad ugu bedesho kiishka meel ka baxsan guriga.
- Kiishka waa in la beddelaa ka hor inta aanu daadan. Haddii aad leedahay cuncun ama gubasho agagaarka stoma, waxaa laga yaabaa iney bilaabmeeyso qubasho waana in la beddelaa kiishka.
- Waa muhiim in la eego caloosha iyo maqaarka ku hareeraysan mar kasta oo kiishka la beddelo.
- Daloolku waa inuu noqdaa casaan dhalaalaya ama casaan khafiif ah. Maqaarka ku wareegsan stoma waa inuu u ekaado maqaarkaaga kale. Waa in aanay noqon mid cuncuna ama gudguduudan.

Waxaad baran kartaa inaad daryeesho qalliinkaaga

Barashada sida loo daryeelo qalliinkaaga kaadimareenka waxay kaa caawin doontaa inaad si raaxo leh u noolaato. Kalkaaliyaha ostomy waa taageero weyn. Waxay kaa caawin doonaan inaad barato sida loo maareeyo qalliinka kaadimareenka si aad dib ugu soo laabato nolosha caadiga ah. Waxaad baran doontaa sida nidaamka bacda u shaqeeyo iyo sida loo beddelo bacda kaadimareenka. Kalkaalisadaadu waxay sidoo kale ku siin doontaa talooyin ku saabsan sida loo daweeyo loogana hortago dhibaatooyinka caadiga ah, sida maqaarka cuncuna.

When should you call for help?

Call your doctor now or seek immediate medical care if:

- You have signs of infection, such as red streaks or pus around your stoma
- Little or no urine is leaving your body
- Your stoma turns pale or dark purple
- Your stoma swells or bleeds
- You have a large amount of ongoing bleeding into the pouch (more than 4 tablespoons)
- You have symptoms of a urinary tract infection. For example:
 - You have blood or pus in your urine
 - You have pain in your back just below your rib cage (called flank pain)
 - You have a fever, chills, or body aches
- You have groin or belly pain.

Goorma ayay tahay inaad wacdo gargaar?

Hadda wac dhakhtarkaaga ama raadso daryeel caafimaad oo degdeg ah haddii aad:

- Leedahay calaamado caabuq, sida xariijimo cas ama malax agagaarka stomagaaga
- Kaadi yar ama waxba ka baxeynin jidhkaaga
- Stomagaaga isu beddesho cad ama madow baluug ah
- Calooshaadu/stomagaaga bararto ama dhiigeeyso
- Leedahay qadar badan oo dhiigbax ah oo ku socda kiishka (in ka badan 4 qaado)
- Leedahay calaamadaha caabuqa kaadi mareenka. Tusaale ahaan:
 - Dhiig ama malax ayaa kaadidaada ku jira
 - Xanuun ayaa kaa haya dhabarkaaga wax yar ka hooseeya qafiska feerahaaga (oo loo yaqaan xanuunka garbaha)
 - Waxaad leedahay qandho, qarqaryo, ama jir xanuun
- Waxaad qabtaa gumaar ama calool xanuun.

Measure:

- Measure your stoma with the guide and write down the size. Your stoma will get smaller 4 to 6 weeks after surgery.
- Your stoma may have a rod in place when you go home. Your doctor or ostomy nurse will remove the rod.

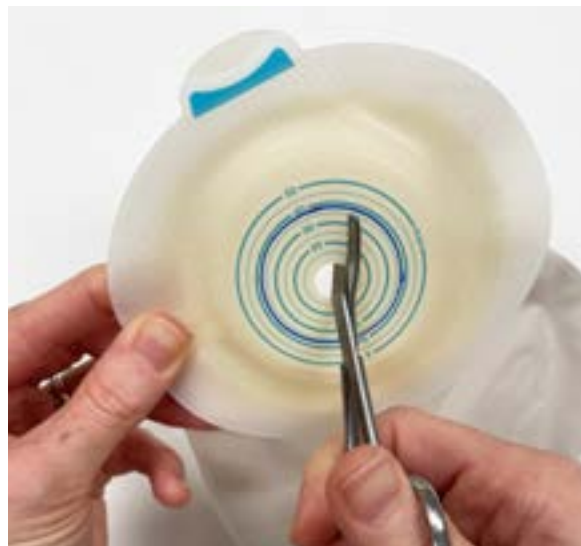


- Trace the measurement onto the back of the wafer barrier.



Cut to Size:

- Pull the plastic pouch away from the skin barrier to prevent cutting a hole in it.
- Place the scissors through the center hole to start cutting.



Cabbir:

- Ku cabbir calooshaada hagaha oo qor cabbirka. Calooshaadu/ daloolkaaga way yaraan doontaa 4 ilaa 6 toddobaad qalitaanka ka dib.
- Calooshaadu waxaa ku dhex jiri kara ul marka aad guriga tagto. Takhtarkaaga ama kalkaalisada daloolka ayaa kaa saari doona usha.
- Raad raac cabbirka xagga dambe ee xannibaadda warqada.

U jar cabbirka:

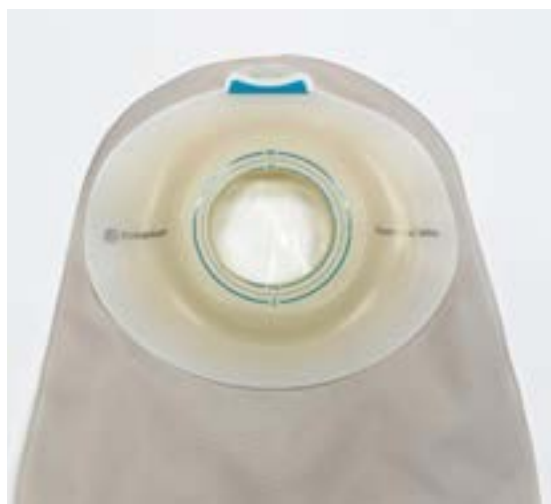
- Ka soo jiid kiishka balaastikada ah ee ka fogee maqaar ilaaliyaha si aad uga hortagto ka dhex goynta daloolkiisa.
- Maqasyada dhig daloolka dhexe si aad u bilawdo goynta.

- Cut all of the marker line off.



- Ka jar dhammaan xariiqda calaamadeeyaha.

- Aim to make the hole an 1/8 inch larger than the stoma. The pouch should be close to the stoma without touching it.



- Ujeedo inaad ka dhigto daloolka 1/8 inch ka weyn stoma. Kiishku waa inuu ku xidhmaa caloosha isagoon taaban.

- Warm the skin barrier in your hands or under your arm. This helps with getting a good seal.

- Ku diiri maqaar ilaaliyaha gacmahaaga ama cududda hoosteeda. Tani waxay kaa caawinaysaa helitaanka shaabad wanaagsan.

- After the opening is cut, hold up the wafer to your stoma to check the size. If you can see the entire stoma through the opening, it is ready to apply.



- Ka dib marka furitaanka la gooyo, kor u qaad warqada ilaa calooshaada si aad u hubiso cabbirka. Haddii aad ka arki karto stomaga oo dhan iyada oo loo marayo furitaanka, waxay diyaar u tahay inaad dabaqdo.

Remove Backing:

- Carefully remove the protective backing from the wafer barrier.



Ka saar Taageerada:

- Si taxadar leh uga saar xayndaabka warqada gaashaanka.

Ready to Apply:

- The pouch is now ready to put on.
- You can look down to apply the pouch or use a hand mirror or full length mirror to see the pouch going around the stoma.

Consider using electric clippers weekly to remove any hair on the skin around your stoma (called peri-stomal skin).



Diyaar u ah in la Dabaqo:

- Kiishka ayaa hadda diyaar u ah in la xidho.
- Waxaad hoos u eegi kartaa si aad u xidhato kiishka ama isticmaal muraayad gacanta ama muraayad dhererkeedu buuxo si aad u aragto kiishka oo ku wareegaysa stoma.

Tixgeli inaad isticmaasho jar-jareyaasha la-dabeeyo toddobaad kasta si aad uga saarto timaha maqaarka ku wareegsan stoma (oo loo yaqaan maqaarka peri-stomal).

Daryeelka Maqaarka: Nadiifinta

Skin Care: Cleaning

- Use a disposable towel or wash cloth, soap, and water to clean around the stoma. The stoma itself does not need to be cleaned. Remember, you have no feeling on the stoma.
 - Clean skin is important. The pouch will adhere best to clean, dry skin.
 - Avoid soaps or products that contain moisturizer, like baby wipes. Dial or Ivory are good choices. Moisturizer prevents the pouch from getting a good seal.
- Pat the skin dry.
- Have extra paper towels or wash clothes ready in case the stoma has output during the pouch change.
- Isticmaal shukumaan la tuuri karo ama maro, saabuun, iyo biyo ku dhaq si aad u nadiifiso agagaarka stoma. Stoma lafteeda uma baahna in la nadiifiyo. Xusuusnow, wax dareen ah kuma lihid stoma/duleelka.
 - Maqaarka nadiifka ah waa muhiim. Kiishka ayaa sida ugu wanaagsan ugu dhegga maqaarka nadiifka ah, qalalan.
 - Iska ilaali saabuunta ama alaabta ay ku jiraan qoyaanka, sida masaxarada ilmaha. Dial ama Ivory waa dooqyo wanaagsan. Qoyaanka wuxuu ka ilaaliyaa kiishka inay hesho shaabad fiican.
- Maqaarka qallaji.
- Diyaarso shukumaano waraaqo ah oo dheeri ah ama dhar dhaq haddii ay calooshu/duleelku wax soo saaro inta lagu jiro kiishka beddelka.



Dhibaatooyinka maqaarka

Skin Problems

- Use the stoma powder on any area of the skin that is **moist, irritated, or red**.
 - Put a thin layer of powder on the skin, and then brush it off. It will only stick to the moist areas that need to heal
- You can use a skin barrier film wipe and gently dab it onto the powder to form a “crust.” This is called crusting.
- Skin barrier film can be used alone on dry, red, irritated skin. It can also be used if the wafer barrier adhesive causes the skin to become sore. Gently wipe it on the skin and allow it to dry.
- Stoma powder and or barrier film are only needed if you are having skin problems.
- U isticmaal budada stoma meel kasta oo maqaarka ka mid ah oo **qoyan, cuncunta, ama casaan ah**.
 - Maqaarka saar lakab khafiif ah oo budo ah, ka dibna ka daadi. Waxay ku dhegganaan doontaa oo keliya meelaha qoyan ee u baahan inay bogsadaan
- Waxaad isticmaali kartaa masaxa xariga maqaarka oo si tartiib ah ugu dheji budada si aad u sameysid “qolof.” Tan waxaa loo yaqaan qolofeyn.
- Xariga ilaalinta maqaarka ayaa keligiis loo isticmaali karaa maqaarka qalalan, gudguduudan, cuncun leh. Waxaa kale oo loo isticmaali karaa haddii xabagta warqada ilaalinta ay keento maqaarka inuu xanuunsado. Si tartiib ah ugu tirtir maqaarka una ogolow inuu qalalo.
- Budada caloosha iyo ama xariga ilaalinta ayaa loo baahan yahay oo keliya haddii aad dhibaato maqaarka ku haysato.



Photo reprinted with permission from Convatec.

Dhibaatooyinka Qubida

Problems With Leaking

- For a good seal, you need:
 - › Clean, dry skin that is not broken
 - › A warm pouch that is cut to fit close to the stoma
- You can use the entire moldable barrier ring around the stoma if you have enough supplies.
 - › Stretch the ring to fit around the stoma or to fit on the cut opening of the pouch to fill in any gaps in the skin surface.
- You can also fill in low spots on your skin with the moldable barrier ring by cutting it in half or quarters and putting it directly on the low spot of your skin.
- Another option is to mold a piece into the shape of a worm and place it on the cut edge of the pouch.
- Si aad u sameysid dhejis/shaabadeyn wanaagsan, waxaad u baahan tahay:
 - › Maqaar nadiif ah oo engegan oo aan jabin
 - › Kiish diirran oo loo gooyay si uu ugu habboonaado caloosha
- Waxaad isticmaali kartaa dhammaan giraanta xayndaabka caarada lalaabi karo ee agagaarka stoma haddii aad haysato agab kugu filan.
 - › Fidi giraanta si ay u deeqdo caloosha ama si aad ugu dhejiso furaha la jaray ee kiishka si aad u buuxiso dalool kasta oo maqaarka sare ah.
- Waxaa kale oo aad ku buuxin kartaa dhibco hoose oo maqaarkaaga ah giraanta xannibaadda ee la bedeli karo adiga oo gooya kala badh ama afar meelood oo si toos ah u dhejiya meesha hoose ee maqaarkaaga.
- Ikhtiyaar kale ayaa ah in loo qaabeeyo gabal sida dirxiga oo la dhigo cidhifka la jaray ee kiishka.



Convex Pouch

If your stoma is flat or if you have problems with leaking, you may need to use a convex pouch with a belt.



- Instead of being flat, the convex wafer barrier has a dip to help prevent leaking.
- Cut the wafer barrier to size and apply the pouch over the stoma.
- A belt can be used to help stabilize the pouch. Belt use is optional with a convex pouch.
 - Connect the belt to the belt tabs attached to the pouch.
 - The belt will fit snugly, but you should be able to fit 2 fingers between the belt and your waist.

Kiishka Hoos-gedisan

Haddii calooshaadu fidsan tahay ama haddii ay dhibaato kaa haysato daadinta, waxaa laga yaabaa inaad u baahato inaad la isticmaashid kiish hoos-gedisan suun.

- Halkii aad ka ahaan lahayd mid fidsan, warqada ilaalinta ee hoos-gedisan ayaa leh dhuuq si ay uga hortagto daadasho.
- U jar warqada ilaalinta ilaa cabbirka oo ku mari kiishka caloosha.
- Suunka ayaa loo isticmaali karaa in lagu dejiyo boorsada. La isticmaalka suunka kiishka hoos-gedisan waa ikhtiyaari.
 - Ku xidh suunka xargaha suunka ee ku dheggan kiishka.
 - Suunka ayaa si fiican ugu habboonaan doona, laakiin waa inaad awood u yeelatid inaad 2 farood geliso suunka iyo dhexda dhexdooda.



Adeegsiga: Kiish 1-Gabal ah

Applying: 1-Piece Pouch

Apply Pouch

- Cut the wafer barrier to size of stoma.
- Make sure the skin is clean and dry. Warm the pouch wafer in your hands or under your arm for a few minutes. A warm pouch will seal faster.
- The pouch should lay flat and point down toward your feet.
- Use your hand on the peri-stomal skin to make sure it is flat and has no creases in the pouch surface as you apply the pouch.



Adeegso boorsada

- U jar warqada ilaalinta ilaa cabbirka stoma.
- Hubi in maqaarku nadiif yahay oo engegan yahay. Ku diiri warqada ilaalinta gacantaada ama cududda hoosteeda dhowr daqiiqo. Kiishka diirran ayaa si dhakhso leh u xidhmi doona.
- Kiishka waa inuu si siman u jiifaa oo u jeedaa xagga cagahaaga.
- U isticmaal gacantaada maqaarka caloosha-xuubka si aad u hubiso inay fidsan tahay oo aanay lahayn wax dillaac ah oogada kiishka markaad xidhaneysa boorsada.

Remove Border Tape

- Not all brands of pouches have a tape border. If your pouch has a tape border, remove the tape around the edges now.



Ka saar Koolada Xuduudka

- Dhammaan noocyada kiishashku ma laha xuduud koolo ah. Haddii kiishkaagu leeyahay xuduud sharooto ah, ka saar sharootada ku wareegsan cidhifyada hadda.

Warm Pouch

- Put your hand over the pouch for 3 to 5 minutes to warm the wafer to your skin. You can do gentle friction on just the wafer area to help the pouch seal to your skin.
- You have no sensation in your stoma. Use your hand around the stoma to warm the pouch
- The heat from your fingers and hand will help the pouch seal faster.



Kiish Diiran

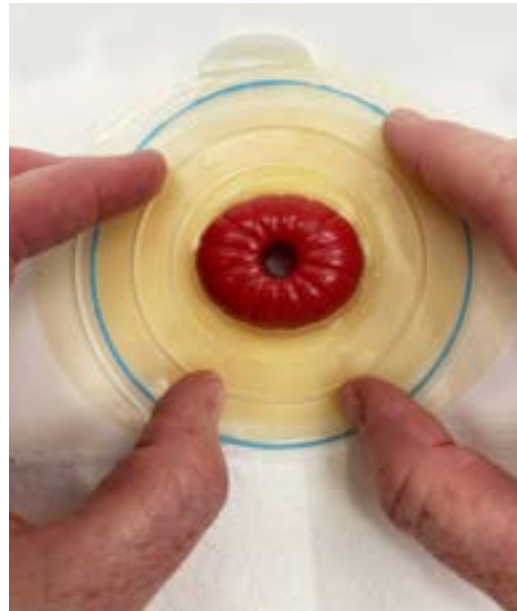
- Gacantaada saar kiishka 3 ilaa 5 daqiiqo si aad ugu diiriso warqada maqaarkaaga. Waxaad ku samayn kartaa is jiid-jiid jilicsan oo kaliya aagga warqada si aad uga caawiso xirmada kiishka maqaarkaaga.
- Wax dareen ah kuma qabtid duleelkaaga. Istickmaal gacantaada agagaarka caloosha si aad u diiriso kiishka
- Kuleylka farahaaga iyo gacanta ayaa kaa caawin doona inaad si dhakhso leh u xirto kiishka.

Adeegsiga: Kiish 2-Gabal ah

Applying: 2-Piece Pouch

Apply Wafer

- Cut the wafer barrier to size of stoma.
- Make sure the skin is clean and dry.
- Apply the wafer barrier directly over the stoma.
- Use your hand on the peri-stomal skin to make sure it is flat and has no creases in the pouch surface as you place the wafer.
- You should be able to see the stoma through the opening.
- You can look down or use a hand or full length mirror to see the pouch going around the stoma.

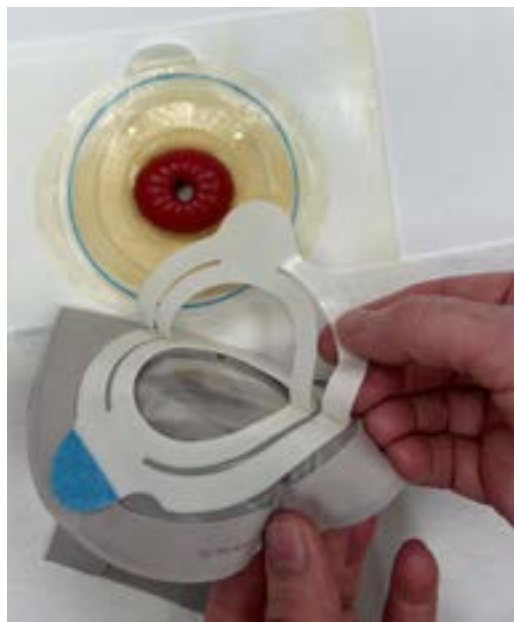


Adeegso Wafer/warqada

- U jar warqada ilaalinta ilaa cabbirka stoma.
- Hubi in maqaarku nadiif yahay oo engegan yahay.
- Si toos ah u mari warqada ilaalinta ee stoma.
- U isticmaal gacantaada maqaarka caloosha-xuubka si aad u hubiso inay fidsan tahay oo aan lahayn wax dillaac ah oogada bacda markaad dhigayso warqada.
- Waa inaad awood u leedahay inaad ka aragto stoma ee furitaanka.
- Waxaad hoos u eegi kartaa ama isticmaali kartaa muraayada gacanta ama mida buuxda si aad u aragto boorsada oo ku wareegaysa caloosha.

Remove Border Tape

- Not all brands of pouches have a tape border. If your pouch has a tape border, remove the tape around the backing now.



Ka saar Koolada Xuduudka

- Dhammaan noocyada kiishashku ma laha xuduud koolo ah. Haddii kiishkaagu leeyahay xuduud sharooto ah, ka saar sharootada ku wareegsan cidhifyada hadda.

Connect Pouch

- The pouch should lay flat and point down toward your feet.
- There are 2 types of pouch connections to the wafer barrier:
 - The first type has a ring on the pouch that connects to a ring on the wafer. Start at the bottom and align the ring on the pouch to the ring on the skin barrier. Press the 2 rings together, beginning at the bottom to the top of the ring.
 - The other type uses an adhesive coupling to get a seal. Align the adhesive ring on the pouch with the outer rim of the wafer barrier. Gently press around the barrier to secure.



- Some brands have a second ring to lock after the pouch is applied. You will hear a “click” when it is locked.



Ku xidh kiishka

- Kiishka waa inuu si siman u jiifaa oo u jeedaa xagga cagahaaga.
- Waxaa jira 2 nooc oo xirmooyinka kiishka ah ee warqada ilaalinta:
 - Nooca kowaad wuxuu leeyahay giraan ku yaal shandad oo ku xidha giraanta warqad. Ka bilow xagga hoose oo ku toosi giraanta boorsada ku taal giraanta ku taal warqada ilaalinta. Isku dheji labada siddo, ka bilaabaya xagga hoose ilaa sare ee giraanta.
 - Nooca kale wuxuu isticmaalaa isku-xidhka

dhejiska si uu u helo shaabad. Ku toosi giraanta dhejiska ee kiishka iyo cidhifka dibadda ee xannibaadda waferka/warqada. Si tartiib ah u cadaadi agagaarka xannibaadda si aad u sugto.

- Noocyada qaarkood waxay leeyihiin giraan labaad oo ay ku xiraan ka dib markii shandada la mariyo. Waxaad maqli doontaa “gujin” marka la xiro.

Furitaanka, Faaruqinta, iyo Xidhitaanka

Opening, Emptying, and Closing

- Urostomy pouches can all be drained from the bottom through a tap.
- There are spouts, valves, caps, or plugs. You may need an adapter to connect it to the night drainage, based on the brand. If an adapter is needed, they come with the pouching supplies.
- Empty the urine into the toilet by opening the tap. Do not empty into the sink.
- Close the tap when it is empty and wipe the end.
- Bacaha Urostomy waxaa dhammaan laga soo daadi karaa hoosta iyadoo la marsiinayo tuubo.
- Waxaa jira tubooyin, waalal, xireeno, ama furayaasha. Waxaa laga yaabaa inaad u baahato adabtarada si aad ugu xirto qulqulka habeenkii, iyadoo ku saleysan astaanta. Haddii loo baahdo adabtarada, waxay la yimaadaan sahayda bacda.
- Ku faaruqi kaadida musqusha adiga oo furaya tuubada. Ha ku faaruqin waji-dhaqa.
- Xir tuubada marka ay madhan tahay oo masax dhamaadka.



Xiriirinta

Connections

- Connect the pouch to a night drainage system at night to empty the pouch while you sleep.
- It may be helpful to set the container or drainage bag in a bucket to control spills.
- A bag hanger can be used to hang a drainage bag.
- If needed, connect the adaptor to the pouch spout.
- Connect the night drainage system to the adaptor or directly to your pouch tap if an adapter is not needed.
- Make sure the tap is open to let it to drain into the drainage system.
- In the morning, close the pouch tap. Disconnect the drainage system and empty it into the toilet. Do not empty urine into the sink.
- You can rinse the drainage system with water and vinegar or water in a shower or tub to lessen odor.



- Ku xidh kiishka nidaam faarujiiye oo habbeen si aad u faaruqiso bacda intaad jiipto.
- Waxaa laga yaabaa inay ku caawiso in weelka ama bacda faarujinta ka baxdo baaldi lagu dhejiyo si loo xakameeyo daadasho.
- Boorsada sudhitaanka waxaa loo istcimaali karaa in lagu laadlaadsado bacda dheecaanka qaada.
- Haddii loo baahdo, ku xidh adabtarada iyo bacda boorsada.
- Ku xidh nidaamka dheecaanka habeenkii adabtarada ama si toos ah ugu xidh tubbadaada shandad haddii aan adabtar loo baahnayn.
- Hubi in qasabadu ay furan tahay si ay ugu daadato nidaamka bullaacadaha.
- Subaxdii, xidh tuubada bacda. Ka saar nidaamka qulqulka oo ku faaruqi musqusha. Ha ku faaruqin kaadida waji-dhaqa.
- Waxaad ku biyo raacin kartaa biyaha iyo khalka ama biyaha qubeyska ama tubbada si aad u yarayso urta.

Ka saarida

Removing

- The pouch can be removed a few ways. You can:
 - › Remove it dry
 - › Use adhesive remover
 - › Use water on a towel
- Use a push-pull technique to remove the pouch. From the top, push down on the skin while pulling the pouch wafer barrier from the skin in a downward motion.
- Place the used supplies in a plastic bag and throw it away with your regular trash. Do not flush supplies down the toilet.
- Kiishka waxaa loo saari karaa dhowr siyaabood. Waxaad awoodaa:
 - › Inaad u saarto qalajin
 - › Isticmaal wax ka saara xabagta
 - › Biyo ku isticmaal shukumaan
- Isticmaal farsamada riix-jiid si aad u saarto kiishka. Xagga sare, hoos u riix maqaarka markaad ka soo jiidanayso xannibaadda waferka ee maqaarka adigoo hoos u socda.
- Ku rid alaabta la isticmaalay bac oo ku tuur qashinkaaga caadiga ah. Ha ku daadin agabka musqusha.



Output

- Make sure to empty your pouch when it is $\frac{1}{3}$ to $\frac{1}{2}$ full.
- It is normal to see mucus coming from the stoma. The thick, creamy substance can be white, yellow, brown, gray, or red. You may also notice mucus strands in the urine itself.
- If you notice little or no output of urine, call your doctor.

Ordering Supplies

- Ostomy supplies are durable medical equipment (DME), like wheelchairs or hospital beds. Call your insurance company to see if DME is covered under your insurance plan.
- If your pharmacy does not have DME, you may need to order your ostomy supplies from a medical supply company.
- Ask your insurance company where you should get your supplies. They may use a local or a national medical supply company.
- Below are phone numbers for national medical supply companies:
 - › Edgepark: 1-800-321-0591
 - › Comfort Medical: 1-800-719-1663
 - › Byram: 1-877-902-9726
 - › CCS Medical: 1-800-722-2604
 - › 180 Medical (Convatec only): 1-877-688-2729

Wax soo saarka

- Hubi inaad faaruqiso kiishkaaga marka ay $\frac{1}{3}$ ilaa $\frac{1}{2}$ buuxsanto.
- Walaxda qarada weyn, kareemka ahi waxay noqon karaan caddaan, huruud, brown, cawl, ama guduud. Waxaad sidoo kale arki kartaa dareenka mucus ee ku jira kaadida laftiriisa.
- Haddii aad isku aragto wax yar ama aysan kaa soo bixin kaadida, wac dhakhtarkaaga.

Dalbashada Alaabaha

- Qalabka Ostomy waa qalab caafimaad oo waara (durable medical equipment, DME), sida kuraasta curyaanka ama sariiraha isbitaalka. Wac shirkaddaada caymiska si aad u aragto in DME ay ku hoos jirto qorshahaaga caymiska.
- Haddii farmashiyahaagu aanu lahayn DME, waxaa laga yaabaa inaad u baahato inaad agabyadaada ostomy ka dalbato shirkad agab caafimaad ah.
- Waydii shirkaddaada caymiska meesha aad ka heli lahayd alaabtaada. Waxaa laga yaabaa inay isticmaalaan shirkad caafimaad oo maxalli ah ama mid qaran.
- Hoos waxaa ku yaal lambarrada taleefannada shirkadaha agabyada caafimaadka qaranka:
 - › Edgepark: 1-800-321-0591
 - › Comfort Medical: 1-800-719-1663
 - › Byram: 1-877-902-9726
 - › CCS Medical: 1-800-722-2604
 - › 180 Medical (Convatec kaliya): 1-877-688-2729

Tilmaamaha Cuntada iyo Dareeraha

Diet and Fluid Guidelines

Ostomy surgery may affect the way your body digests and absorbs food. What you eat and drink may need to change based on the type of surgery you had. Your doctor, nurse or dietitian will talk with you about your diet and fluid needs. This will give you information about your diet and fluid needs after your ostomy surgery.

Your diet after surgery: short-term

After your ostomy surgery, your doctor, nurse, or dietitian will talk with you about any special diet you need to follow. They may tell you to eat a low-residue diet. A low-residue diet limits the amount of fiber and dairy products you eat. This diet slows down digestion and decreases your bowel movements to let your bowels heal.

You may be asked to follow these diet guidelines for about 6 weeks after your surgery:

- Eat small meals or snacks during the day.
- Drink 8 to 10 cups of non-caffeinated fluid during the day.

Qaliinka duleelinta waxaa laga yaabaa inuu saameeyo habka jidhkaagu u dheefshiido oo u nuugo cuntada. Waxa aad cunayso iyo waxa aad cabto waxaa laga yaabaa in ay u baahdaan in la bedelo iyadoo lagu salaynayo nooca qalliinka lagugu sameeyay. Takhtarkaaga, kalkaalisada ama dhakhtarkaaga cuntada ayaa kaala hadli doona cuntadaada iyo baahiyahaaga dareeraha. Tani waxay ku siin doontaa macluumaadka ku saabsan cuntadaada iyo baahida dareerahaaga qalliinka duleelinta ka dib.

Cuntadaada qalliinka ka dib: waqti gaaban

Qalitaanka duleelinta ka dib, dhakhtarkaaga, kalkaalisada, ama cunto-yaqaanka ayaa kaala hadli doona cunto kasta oo gaar ah oo aad u baahan tahay inaad raacdo. Waxaa laga yaabaa inay kuu sheegaan inaad cunto cunto hadhaaga hoose ah. Cunto hadhaaga yar ayaa xaddidaysa xaddiga buunshaha iyo waxyaabaha caanaha laga sameeyo ee aad cunto. Cuntadani waxay hoos u dhigtaa dheefshiidka waxayna yaraynaysaa dhaqdhaqaaqa mindhicirka si ay u ogolaato in mindhicirku bogsado.

Waxaa laga yaabaa in lagu weydiiyo inaad raacdo tilmaamahan cuntada ilaa 6 toddobaad qalliinka ka dib:

- Cun cunto yaryar ama cunto fudud inta lagu jiro maalinta.
- Cab 8 ilaa 10 koob oo dareere ah oo aan kafeeyn lahayn maalintii.

- Chew your food well to help with digestion.
- To decrease gas, it may help to do the following:
 - Do not drink carbonated beverages.
 - Do not use a straw when you drink.
 - Do not smoke.
 - Do not eat foods that cause gas
- Si fiican u calaji cuntadaada si ay kaaga caawiso dheefshiidka.
- Si loo dhimo dhuusta, waxa ay ku caawin kartaa in la sameeyo waxyaabaha soo socda:
 - Ha cabbin cabitaannada kaarboonaysan.
 - Ha isticmaalin tuubo marka aad cabeyso.
 - Sigaar ha cabbin.
 - Ha cunin cuntooyinka gaaska/dhuusta keena.

Your diet after surgery: long-term

Once you have healed from your surgery, your doctor, nurse, or dietitian will talk to you about any special diet you need to follow. Often your diet and fluid intake may feel back to normal about 6 weeks after your surgery. Your diet and fluid needs will be based on your type of ostomy surgery.

The following are long-term diet and fluid guidelines for ileostomy:

- Eat small meals or snacks during the day.
- Drink 8 to 10 cups of non-caffeinated fluid during the day to stay hydrated.
- Chew your food well to help with digestion and decrease your risk of a blockage.
- It may help to eat certain foods, such as bananas, applesauce, and peanut butter, to help thicken stools and control diarrhea.

Cuntadaada qalliinka kadib: muddo dheer

Marka aad ka bogsato qalliinka, dhakhtarkaaga, kalkaalisada, ama cunto-yaqaanka ayaa kaala hadli doona cunto kasta oo gaar ah oo aad u baahan tahay inaad raacdo. Badanaa cuntadaada iyo qaadashada dareeraha ayaa laga yaabaa inay caadi ku soo noqdaan ilaa 6 toddobaad ka dib qalliinka. Cuntadaada iyo baahida dareerahaagu waxay ku salaysnaan doonaan nooca qalliinka duleelkaaga.

Kuwa soo socda waa cunto-cunno waqti-dheer ah iyo tilmaamaha dareeraha ee ileostomy:

- Cun cunto yaryar ama cunto fudud inta lagu jiro maalinta.
- Cab 8 ilaa 10 koob oo dareere ah oo aan lahayn kafeein inta lagu jiro maalinta si aadan u fuuqbixin.
- Si fiican u calaaji cuntadaada si ay kaaga caawiso dheefshiidka oo aad hoos u dhigto khatartaada xannibaad.
- Waxaa laga yaabaa in ay ku caawiso in la cuno cuntooyinka qaarkood, sida muuska, tufaaxa, iyo subagga lawska, si ay u caawiso saxarada dhumucda iyo xakamaynta shubanka.

- Foods that are spicy, fried, greasy, acidic, or high in sugar can cause you to have more stools.
- Check the output and call your doctor right away if there is more than 1200 mL in 24 hours.
- Your stool will become thick like pudding over time.
- It is important to talk with your doctor or pharmacist about any medicines you take. Your ileostomy may change your ability to absorb certain medicines.

It is important to know how certain foods may affect the output. You may find it helpful to eat foods in smaller amounts, until you know how your body may respond.

- Cuntooyinka basbaaska leh, shiilan, dufan leh, aashitada leh, ama sonkorta ku badan tahay waxay kuu keeni karaan saxaro badan.
- Hubi wax soo saarka oo wac dhakhtarkaaga isla markiiba haddii ay jirto wax ka badan 1200 ml 24 saacadood gudahood.
- Saxaradaadu waxay noqon doontaa mid dhumuc weyn leh sida soorta oo kale waqti ka dib.
- Waa muhiim inaad kala hadasho dhakhtarkaaga ama farmashiistaha wixii daawooyin ah oo aad qaadato. Ileostomy-gaaga ayaa laga yaabaa inuu beddelo awooddaada inaad nuugto daawooyinka qaarkood.

Waa muhiim in la ogaado sida cuntooyinka qaarkood ay u saameyn karaan wax soo saarka. Waxaa laga yaabaa inaad ku caawiso inaad cunto cunto qadar yar, ilaa aad ogaato sida jidhkaagu uga jawaabi karo.

Khayraadka loogu talagalay dadka qaba Ostomies

Resources for People With Ostomies

You will need supplies for your new ostomy. When you are discharged from the hospital these supplies must be ordered through a **durable medical equipment (DME)** company. These items are not available over-the-counter at local pharmacies. You may have a “specialty” pharmacy in your area that can order these supplies for you.

It is important to check with your insurance company to see what your plan covers and if any deductibles apply. DME companies accept most insurances. You can also pay out of pocket for your supplies from a company that makes these supplies, a specialty pharmacy, or an online company (such as Amazon), if you wish to do so.

Most ostomy supply companies will send some free samples to trial if you are interested in or need to change your supplies.

- Before you leave the hospital, arrangements will be made for a DME company to provide your ostomy supplies.

DME Company Name:

Phone Number:

Waxaad ugu baahan doontaa agabyo duleelkaaga cusub. Marka lagaa saaro isbitaalka agabyadan waa in laga dalbadaa shirkad **qalab caafimaad oo waara (DME)**. Alaabooyinkan lagama heli karo dukaamada ama farmashiyaha maxaliga. Waxaa laga yaabaa inaad deegaankaaga ku yaalo farmashiye “gaar ah” kaasoo kuu dalbi kara alaabtan.

Waa muhiim inaad ka hubiso shirkaddaada caymiska si aad u aragto waxa qorshahaagu daboolayo iyo haddii wax laga jari karo ay khusayso. Shirkadaha DME waxay aqbalaan caymisyada intooda badan. Waxaa kale oo aad jeebka ka bixin kartaa agabyadaada shirkad samaysa agabyadan, farmashiye khaas ah, ama shirkad online ah (sida Amazon), haddii aad rabto inaad sidaas samayso.

Badi shirkadaha agabka ostomy-ga ayaa soo diri doona xoogaa muunado bilaash ah si tijaabo ah haddii aad xiisaynayso ama aad u baahan tahay inaad beddesho sahaydaada.

- Kahor intaadan ka bixin isbitaalka, waxaa loo diyaarin doonaa shirkad DME ah inay ku siiso agabyadaada ostomy.

Magaca Shirkadda DME:

Lambarka Taleefanka:

- It will take 5 to 7 business days after you leave the hospital for the DME company to ship the supplies to you. The DME company will call you to confirm your personal information and the address where the items should be sent. The hospital will provide you with a 2 week supply of items to use until the delivery arrives. You will need to re-order your ostomy supplies each month. Most DME companies do not automatically ship the supplies to you each month.
- If you go home from the hospital with home healthcare services and only have Medicare coverage (no supplement or managed Medicare insurance plan), the home healthcare agency will arrange for the DME company to provide your ostomy supplies during the time you receive their services. If the home healthcare agency is unable to make this arrangement, call your surgeon's office for help with a referral to a DME company. Be sure to update DME information when your home health services end.

Home Healthcare Agency Name:

Phone Number:

- If you are discharged from the hospital to an extended care facility, such as a skilled nursing or inpatient rehab facility, the facility will provide your ostomy supplies. When you are ready for discharge from the facility, the discharge planner will help arrange home healthcare services and/or a DME company to provide your ostomy supplies once you are home.

- Waxay qaadan doontaa 5 ilaa 7 maalmood oo shaqo kadib markaad ka baxdo isbitaalka si ay shirkadda DME kuugu soo dirto alaabta. Shirkadda DME ayaa ku soo wici doonta si ay u xaqiijiso macluumaadkaaga gaarka ah iyo ciwaanka meesha alaabta lagu diri karo. Cisbitaalku wuxuu ku siin doonaa 2 toddobaad oo agab ah oo aad isticmaasho ilaa dalabka ka yimaado. Waxaad u baahan doontaa inaad dib u dalbato sahaydaada ostomy bil kasta. Inta badan shirkadaha DME si toos ah kuuguma soo dejiyaan agab bil kasta.
- Haddii aad isbitaalka uga tagto guriga adeegyada daryeelka caafimaadka oo aad haysato caymiska Medicare oo qura (aan jirin wax kabis ah ama qorshe caymis oo Medicare maareyso), hay'adda daryeelka caafimaadka guriga ayaa kuu diyaarin doonta shirkadda DME in ay ku siiso agabyada ostomy inta lagu jiro wakhtiga aad heleyso adeegyadooda. Haddii hay'adda daryeelka caafimaadka gurigu ay awoodi waydo in ay samayso qabanqaabada, wac xafiiska dhakhtarkaaga qalliinka si aad uga caawiso u gudbinta shirkadda DME. Hubi inaad cusboonaysiiso macluumaadka DME marka adeegyada caafimaadka gurigaagu dhammaado.

Magaca Wakaaladda Daryeelka Caafimaadka Guriga:

Lambarka Taleefanka:

- Haddii laga saaro cusbitaalka laguna geeyo goob daryeel oo fidsan, sida kalkaaliye xirfad leh ama xarunta baxnaaninta bukaan-jiif, xaruntu waxay ku siin doontaa agabyada daloolka. Marka aad diyaar u tahay in laga saaro xarunta, qorshayeeyaha ka saarida ayaa kaa caawin doona diyaarinta adeegyada daryeelka caafimaadka guriga iyo/ama shirkadda DME si ay u bixiso sahaydaada ostomy marka aad guriga joogto.

Frequently asked questions and answers

Why haven't I received any supplies yet?

If you have been home for more than 1 week and have not received a call from a DME company or home healthcare agency about your supplies, call the company or agency to ask about your shipment. The DME company or home healthcare agency phone numbers can be found on your discharge paperwork. These companies often need to talk with you before the order can be shipped. If you are not sure who to call or are unable to get what you need, please call your surgeon's office.

Who should I call if I have questions about my ostomy supplies?

Questions about your ostomy supplies can be answered by your home healthcare agency or your DME company. If they are unable to answer your questions, please call your surgeon's office.

What DME company will provide my ostomy supplies and what is their phone number?

Please review the ostomy folder you received when you were in the hospital and look for the "How to Obtain Ostomy Supplies After Hospital Discharge" form for information on the company who will provide your ostomy supplies. If you have already received a shipment from the DME company, you can find their phone number on the booklet or the packing slip that came in the box with your supplies.

Su'aalaha iyo jawaabaha inta badan la is weydiiyo

Waa maxay sababta aan weli wax agab ah u helin?

Haddii aad guriga joogtay in ka badan 1 todobaad oo aadan ka helin wicida shirkadda DME ama wakaalada daryeelka caafimaadka guriga ee ku saabsan alaabtaada, wac shirkada ama wakaalada si aad u waydiiso shixnadaada. Shirkadda DME ama namborada wakaalada daryeelka caafimaadka guriga waxaa laga heli karaa warqada saaristaada. Shirkadahani waxay inta badan u baahan yihiin inay kula hadlaan ka hor inta aan dalabka la soo dejin. Haddii aadan hubin cidda aad wacdo ama aadan awoodin inaad hesho waxaad u baahan tahay, fadlan wac xafiiska dhakhtarkaaga qalliinka.

Yaan waci karaa haddii aan qabo su'aalo ku saabsan agabkayga ostomy?

Su'aalaha ku saabsan agabkaaga ostomy waxaa ka jawaabi kara hay'adda daryeelka caafimaadka gurigaaga ama shirkadda DME. Haddii aysan awoodin inay ka jawaabaan su'aalahaaga, fadlan wac xafiiska dhakhtarkaaga qalliinka.

Waa maxay shirkadda DME oo bixin doonta agabkeyga ostomy-ga oo waa maxay taleefon lambarkoodu?

Fadlan dib u eeg galka ostomy-ga ee aad heshay markii aad isbitaalka ku jirtay oo raadi foomka "Sida loo Helo Alaabta Ostomy Ka Dib ka Bixida Isbitaalka" wixii macluumaad ah ee ku saabsan shirkadda bixin doonta agabyadaada ostomy-ga. Haddii aad shixnad ka heshay shirkadda DME, waxaad ka heli kartaa lambarkooda buug-yaraha ama xaashida baakadka ee ku dhex jirta sanduuqa alaabtaada.

What am I supposed to do if I run out of supplies?

If you are running low on supplies, call your DME company to request more supplies. Most insurance companies will cover 1 shipment of supplies each month that includes a certain amount of each item. If you are unable to get more supplies from your DME company for any reason, call your surgeon's office.

How can I get ostomy supplies after my hospital discharge if I do not have medical insurance?

A few samples can be requested from companies that make these supplies for a short time period until you are able to order supplies. If are paying out of pocket for your supplies, the prescription you were given at the hospital has the list of recommended supplies that you can use when you call an ostomy supplier.

Resources to help with ostomy supplies

If you have trouble getting your ostomy supplies or your health insurance does not cover the cost of your supplies, the following resources may be able to help you:

Coloplast – coloplast.us/ostomy

Email: info-us@coloplast.com

Phone: 877-858-2656

May provide a 3 to 6 month supply of some ostomy supplies. You will need to submit an application.

Columbus Cancer Clinic

lifecarealliance.org/programs/cancer-clinic

Phone: (614) 263-5006

Maxaan sameeyaa haddii agabku iga dhamaado?

Haddii agabku kaa dhamaanayo, wac shirkaddaada DME si aad u codsato agab dheeraad ah. Inta badan shirkadaha caymisku waxay dabooli doonaan 1 shixnadaha agabka ah bil kasta oo ay ku jirto qaddar go'an oo shay kasta ah. Haddii aadan awoodin inaad agab dheeraad ah ka hesho shirkaddaada DME sabab kasta ha ahaatee, wac xafiiska dhakhtarkaaga qaliinka.

Sideen ku heli karaa agabka ostomy ka dib marka isbitaalka la iga saaro haddaan lahayn caymis caafimaad?

Dhowr muunado ayaa laga codsan karaa shirkadaha sameeya agabkan muddo gaaban ilaa aad ka dalban karto agabyada. Haddii aad jeebkaaga ka bixinayso sahaydaada, qoraal-daweedka lagugu soo qoray ee cisbitaalka ayaa leh liiska agabka lagu taliyay ee aad isticmaali karto marka aad wacdo alaab-qeybiye ostomy ah.

Kheyraadyada kaa caawiya agabyada ostomy

Haddii ay dhibaato kaa haysato helitaanka agabyadaada ostomy ama caymiskaaga caafimaad aanu daboolin kharashka agabyada, kheyraadyada soo socda ayaa laga yaabaa inay ku caawiyaan:

Coloplast - coloplast.us/ostomy

limayl: info-us@coloplast.com

Taleefanka: 877-858-2656

Waxa laga yaabaa inay bixiso agabka 3 ilaa 6 bilood ee agabyada ostomy ee qaarkood. Waxaad u baahan doontaa inaad soo gudbiso codsi.

Columbus Cancer Clinic

lifecarealliance.org/programs/cancer-clinic

Taleefanka: (614) 263-5006

Convatec Patient Assistance

meplus.convatec.com/articles/patient-assistance-program

Phone: 800-422-8811

May provide a 3-month supply of some supplies, 1 time a year.

Hollister – hollister.com/en/ostomycare

Phone: 888-808-7456

Marlen – marlenmfg.com

Email: info@marlenmfg.com

Phone: 216-292-7060

Nu-Hope – nu-hope.com

Email: info@nu-hope.com

Phone: 800-899-5017

Ostogroup – ostogroup.org

Phone: 561-203-5886

Gives donated ostomy products to people without health insurance, you pay shipping and handling.

Parthenon Medical Supply

parthenoninc.com/ostomy-supplies

Phone: 800-453-8898

Help with supplies for people without health insurance. May be able to offer reduced-price ostomy supplies.

Perma-Type – perma-type.com

Email: reachus@emailptusa.com

Phone: 800-243-4234

Torbot – torbot.com

Email: contactus@torbot.com

Phone: 800-545-4254

Ostomy Association of America (UOAA)

ostomy.org

Phone: 800-826-0826

Offers a list of resources that may offer assistance on a short-term basis.

Convatec Patient Assistance

meplus.convatec.com/articles/patient-assistance-program

Taleefanka: 800-422-8811

Waxa laga yaabaa inay bixiso agabka 3-bilood ee agabyada qaarkood, 1 mar sannadkii.

Hollister - hollister.com/en/ostomycare

Taleefanka: 888-808-7456

Marlen - marlenmfg.com

Email: info@marlenmfg.com

Taleefanka: 216-292-7060

Nu-Hope - nu-hope.com

limayl: info@nu-hope.com

Taleefanka: 800-899-5017

Ostogroup - ostogroup.org

Taleefanka: 561-203-5886

Waxay siisaa alaabada ostomy ee loogu deeqay dadka aan lahayn caymis caafimaad, waxaad bixisaa soo-rarida iyo maaraynta.

Parthenon Medical Supply

parthenoninc.com/ostomy-supplies

Taleefanka: 800-453-8898

Caawimada agabka dadka aan lahayn caymis caafimaad. Waxa laga yaabaa in ay awoodaan in ay bixiyaan agabyada ostomy-ga qiimo-jaban.

Perma-Type – perma-type.com

limayl: reachus@emailptusa.com

Taleefanka: 800-243-4234

Torbot - torbot.com

limayl: contactus@torbot.com

Taleefanka: 800-545-4254

Ostomy Association of America (UOAA)

ostomy.org

Taleefanka: 800-826-0826

Waxay bixisaa liis agab ah oo laga yaabo inay ku siiyaan caawimo ku salaysan muddo gaaban.

Other helpful resources

Wound, Ostomy, and Continence Nurses Society

Phone: 888-224-9626

Society can provide the location of the nearest ostomy nurse at wocn.org/learning-center/patient-resources

American Cancer Society – cancer.org

Phone: 800-ACS-2345 / (800) 227-2345

Crohn's and Colitis Foundation –

crohnscolitisfoundation.org

Email: info@crohnscolitisfoundation.org

Phone: 800-932-2423

Interstitial Cystitis Association

ichelp.com

Email: ICAMail@ichelp.org

Phone: 703-442-2070

National Association for Continence

nafc.org

Phone: 800-252-3337

National Institute of Diabetes and Digestive and Kidney Diseases

niddk.nih.gov

Email: healthinfo@niddk.nih.gov

Phone: (800) 860-8747

Ilaha kale ee waxtarka leh

Wound, Ostomy, and Continence Nurses Society

Taleefanka: 888-224-9626

Society waxay ku siin kartaa goobta kalkaaliyaha ostomy-ga ee kuugu dhow wocn.org/learning-center/patient-resources

Bulshada Kansarka Maraykanka -

cancer.org

Taleefanka: 800-ACS-2345 / (800) 227-2345

Crohn's and Colitis Foundation –

crohnscolitisfoundation.org

limayl: info@crohnscolitisfoundation.org

Taleefanka: 800-932-2423

Interstitial Cystitis Association

ichelp.com

Emayl: ICAMail@ichelp.org

Taleefanka: 703-442-2070

National Association for Continence

nafc.org

Taleefanka: 800-252-3337

National Institute of Diabetes and Digestive and Kidney Diseases

niddk.nih.gov

limayl: healthinfo@niddk.nih.gov

Taleefanka: (800) 860-8747

Xusuusin/Qoraalo / Notes



A series of horizontal dashed lines for writing notes.

Xusuusin/Qoraalo / Notes



A series of horizontal dashed lines for writing notes.

