

Your Discharge



Medical Professionals' Contact Information

My surgeon's name and number:

My ostomy nurse's name and number:

Other contacts (e.g., pouch supplier):

Your Ostomy Care Supplies

Your current pouching system

Pouch brand:

Product number:

Circle all that apply:

- One-Piece or Two-Piece
- Barrier type: Pre-cut or Cut-to-Fit
- Barrier shape: Flat or Convex
- Order frequency: Per month or per 3 months
- Other Accessories: Barrier rings, adhesive remover, barrier spray, powder, tape, overnight drainage bag, support belt, other

If possible, have your supplies ordered for you before you leave the hospital. It may take 1 to 2 days for them to arrive. A discharge planner/case manager should meet with you to discuss options based on your insurance coverage. Leave the hospital with several days of supplies in case there is a delay.

Supplies can be ordered through a local medical equipment store, pharmacy, or a national Internet order company. You may need a prescription for ostomy supplies. If you have home health, they may assist in ordering your supplies. It is advised to only order a one-month supply at your first order, in case your pouch system changes with healing. You can also contact the United Ostomy Associations of America (ostomy.org) for suggestions.