

Stoma Prescribing Guidelines

Background

The local stoma service commissioned by Barts Health serves patients in Waltham Forest and Tower Hamlets CCG and a cohort of patients residing in the borough of Newham. Patients are reviewed after their procedure by the stoma service and discharged once established on the most appropriate choice of stoma products. It is the responsibility of the service to ensure patients are set up with the relevant company for ongoing delivery, after which prescribing of these products is expected to be continued in Primary Care. Patients are normally discharged from the stoma service with a 2 week supply. While it is essential for the patient to have adequate stocks of their appliances, there is a need to ensure wasteful prescribing is reduced as much as possible.

Aim of the guidance

- To ensure high quality, cost-effective ongoing prescribing of stoma products
- To rationalise prescribing of stoma products and to avoid unnecessary waste
- To provide information on the prescribing of stoma accessories
- To provide advice on retrospective prescribing

Retrospective Prescriptions advice to prescribers

All the home care delivery companies have been informed by the stoma department that the general practice prescribers will not furnish a prescription in advance of a delivery to a patient. Never accept changes from home delivery companies. Any changes made to the patient's prescription would be communicated via the stoma nurses. If you have any queries in relation to what products a patient should be currently receiving, contact the stoma nurses for advice. Do not feel pressured to issue prescriptions to cover retrospective requests.

Prescribing guidelines for stoma appliances

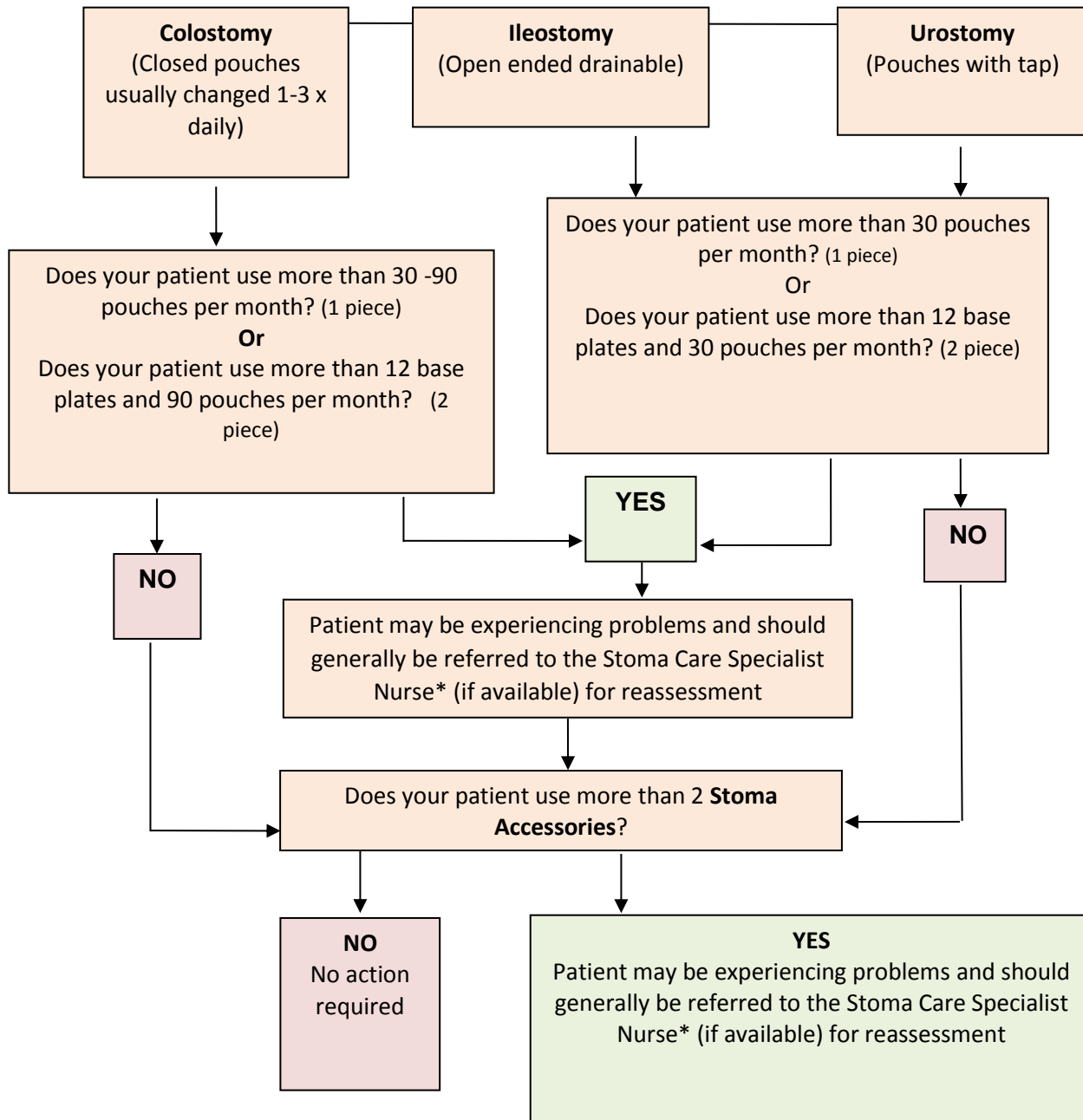
Type		Average wear time	Average quantities /month
Ileostomy	One-piece drainable pouch	Pouch changed every 1 - 3 days.	10-30 pouches
	Two-piece drainable pouch	Baseplate changed 2 - 3 times a week. Pouch changed every 1-3 days	8-12 baseplates 15-30 pouches
Colostomy	One-piece drainable pouch	Pouch changed 1 - 3 times a day	30 - 90 pouches
	Two-piece drainable pouch	Baseplate changed 2 - 3 times a week Pouch changed 1-3 times a day	8 - 12 baseplates 30 - 90 pouches
Urostomy	One-piece urostomy pouch	Pouch changed every 1 -3 a day	10 - 30 pouches
	Two-piece urostomy pouch	Baseplate changed 2 - 3 times/week Pouch changed every 1 - 3 days	8 - 12 baseplates 30 - 90 pouches
	Open night drainage bag	Bag changed weekly	4 bags
	Single use drainage bag	Bag changed daily	30 bags
Convex	Convex products should only be used on the recommendation of the Stoma Care Nurse.		

products	
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One piece systems - Have a flange and pouch as one item and are such easy to apply and are not bulky on the patient's abdomen.

Two piece systems – Have a base plate which sticks on to the skin onto which the patient can clip the pouch.

The chart below gives advice about the pathways to follow after assessment of use.



Prescribing tips

Arrange with patient to have review after starting, if problems and at least yearly, even if attending hospital and or seeing stoma nurse, so that you are able to collaborate around prescriptions.

- Prescribe appropriate quantities for 1 month supply
- Action messages from Scriptswitch

- Inform patient of frequency of need of stoma appliances and accessories to set realistic expectations of frequency of repeat prescriptions
- Encourage patient to inform you if they are experiencing problems with their stoma appliance

Prescribing for Pouchitis

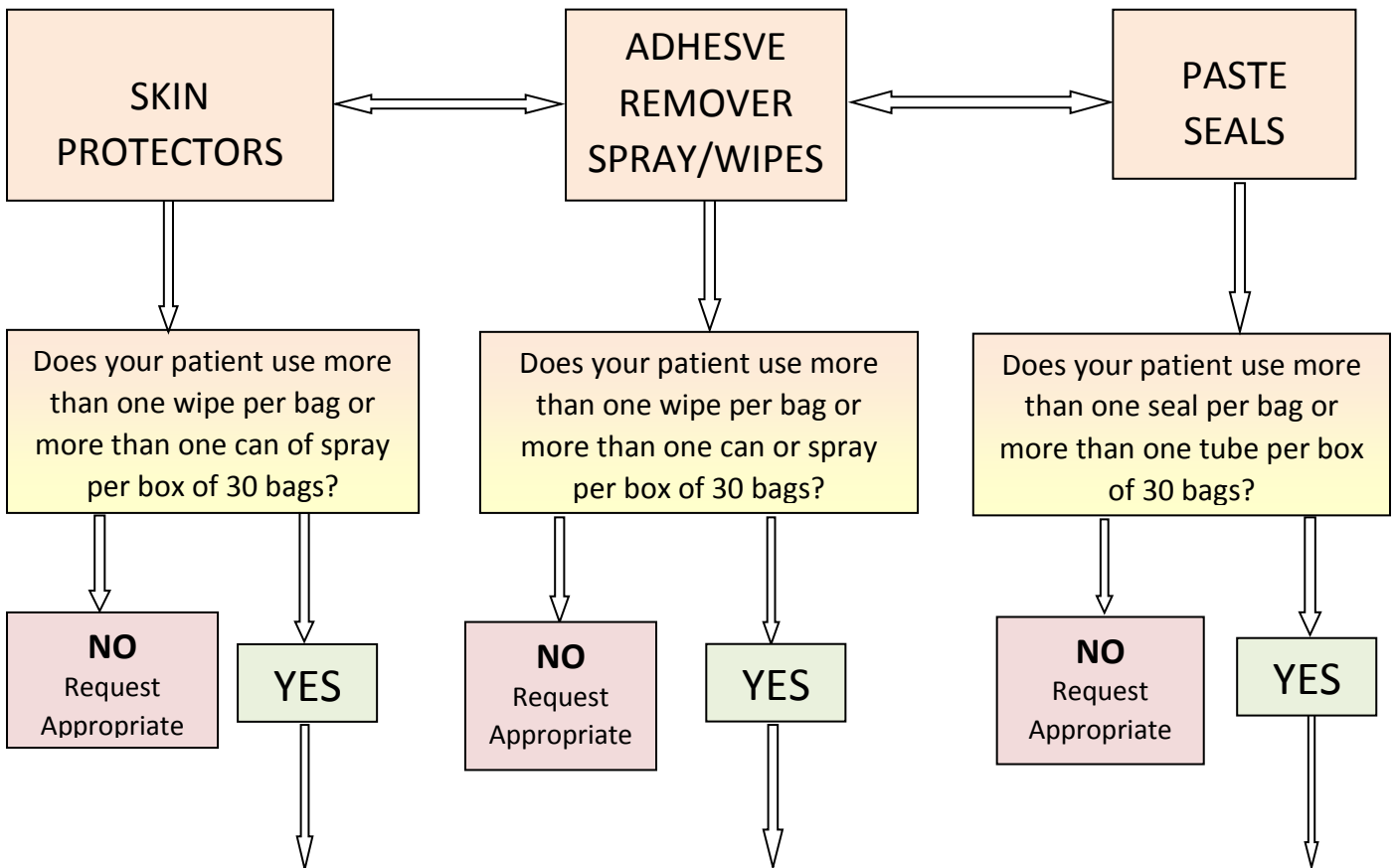
An ileal pouch is a surgically created chamber using the small intestine. Pouchitis results when the lining of the pouch becomes inflamed. Symptoms include urgency, tenesmus, increased frequency and looseness of stools, with or without bleeding and fever and systemic upset.

Advisory Committee on Borderline Substances (ACBS) has given approval for use of VSL#3® under the supervision of a physician, for the maintenance of remission of ileoanal pouchitis induced by antibacterials in adults, (So after an intense course of antibiotics has induced remission of pouchitis.)

Recommendations: The dose is one to four sachets daily depending upon the number of bowel movements per day. The product information recommends taking VSL#3® for at least one month to allow for colonisation of the gut to become stable. Regularly review effectiveness of VSL#3® in those patients who meet the ACBS criteria. Consider stopping therapy where there is insufficient clinical benefit.

Prescribing of Accessories

- Stoma accessories **should not** be routinely prescribed for patients with stoma, however where there is a need, ensure routinely recommended products are put on repeat.
- Patients may obtain information regarding available accessories via the internet and through other patients and companies- unless the Stoma Care Nurse has recommended the product, requests initiated from patients may not always be appropriate.



Patient may be experiencing problems
If there are any prescribing concerns please contact the
Stoma Care Team on tel: 020 3594 1779 or email: StomaCNSteam@bartsandthelondon.nhs.uk
Lynne MacInnes is the Tower Hamlets Stoma Care Clinical Lead Nurse Specialist.

Accessories

	Manufacturer	Appliance	Order number	Quantity	Price	Recommendations
Adhesive Remover Spray	Otosmart Ltd	Ostopeel Medical Adhesive Remover Spray Blackberry Mint Apple No fragrance	OPB50 OPM50 OPA50 OPN50	50mls	£6.49	2 cans for per box of pouches
	Dansac	Easispray adhesive remover spray	083-01	50mls	£6.50	
	CD Medical Ltd	Peel Easy	300714	50mls	£7.10	
	Coloplast Ltd	Brava adhesive remover spray	12010	50mls	£8.96	
	OPUS	Lift plus citrus spray	5505	50mls	£5.40	
Adhesive Remover Wipes	Otosmart Ltd	Ostopeel Medical adhesive remover wipe with blackberry	OPBW30	30 sachet	£10.60	1 box per month for wound/fistula management. If adhesive remover spray not used, 2 boxes per month
	C D Medical Ltd	Peel Easy wipes	300715	30 sachet	£11.66	
	Dansac Ltd	Non sting adhesive remover wipe	082-30	30 sachet	£14.97	
	Coloplast Ltd	Adhesive remover wipe	12011	30 sachet	£14.86	
Protective Powder	Ostomart Ltd	Ostoseal protective powder with Aloe Vera	300718	25g	£2.39	One every 3 months
	Convatec Ltd	orahesive powder	RMC3	25g	£2.44	
	Coloplast Ltd	Brava ostomy powder	12021	25g	£2.38	
Barrier Film Spray	CD Medical Ltd	No sting barrier film spray	300719	50mls	£9.36	One per month
	Clinimed Ltd	LBF no sting barrier spray	3826	50mls	£9.99	
Barrier Film Wipe	CD Medical Ltd	Clingfilm barrier wipe	300718	30 sachet	£19.50	One box per month
	Ostomart Ltd	ostoguard - no sting barrier film 3ml wipe with lavender	RMC3	30 sachet	£22.10	
	Coloplast Ltd	Brava skin barrier wipe	12021	30 sachet	£22.10	
Barrier Cream (Tubes)	Ostomart Ltd	Astoa barrier cream	ABC10	100g	£7.80	As required when assessed by the SCN
		Ostoguard barrier cream	RMC1	60g	£4.85	
Flange Security (Tapes, Extenders, Plasters)	Coloplast Ltd	Brava elastic tape (semi-circle)	12070	20	£12.89	Other flange extenders may be used depending on individual skin condition. This will need to be assessed by the stoma CNS
	Salts Ltd	Secuplast hydro Aloe (1/3 of a circle)	SPHA2	30	£13.04	
	Ostomart Ltd	Ostofixforty (semi-circle)	DFW3	40	£19.54	
Ring Seals	Hollister Ltd	Adapt barrier rings 48mm thick	7805	10	£17.54	Seals/rings with convexity may be

(Thin/Thick)		Adapt barrier rings 48mm thin Adapt barrier ring 98mm	7815 7806	10 10	£22.11	used. The stoma care CNS will assess and recommend where suitable.
	Salts Healthcare	Secuplast mouldable seal (thin) Secuplast Aloe ring	SMST	30	£49.90	
			SAR25 SAR32 SAR38 SAR45	30	£35.35	
Pelican Healthcare	Cohesive slims Large seals	839005 839001	30 5	£56.47		
Lubricating Odour Neutraliser/Deodorant – Bottles	Ostomart Ltd	ostozyme odour neutralising & lubricating gel	TCB6	300mls	£7.92	SCN will assess and request if required
Deodorant/odour neutralisers	Ostomart Ltd	Otomist odour neutralising sprays	100mls	50mls	100mls	This will only be prescribed for exceptional circumstances following assessment by the SCN
		Blackberry	BDW1	BDW2	£7.92	
		Grapefruit	DWR1	DWR2	£7.92	
		Apple	DPA1	DPA2	£7.92	
		Mint	SBL1	SBL2	£7.92	
		Cinnamon & sandalwood	CSW1	CSW2	£7.92	
		Otomist drops	25mls	50mls	25mls	
		Mint	SPN6	SPN5	£2.97	
		Tangerine	TGN25	TGN50	£3.00	
Vanilla Bean	VBN25	VBN50	£2.97			
Gardenia with jasmine	GJN25	GJN50	£2.97			

Please note: Every effort has been made to ensure the contents of this table are accurate. Prices are accurate of March 2016. To access the most accurate prices please consult the on- line BNF <https://www.evidence.nhs.uk/formulary/bnf/current/general-information-and-changes/how-to-use-the-bnf/prices-in-the-bnf>

Contact Details for the Stoma Care Team:

Email: StomaCNSteam@bartsandthelondon.nhs.uk

Tel: 020 3594 1779

Lynne MacInnes is the Tower Hamlets Stoma Care Clinical Lead Nurse Specialist.

Please note: Patient identifiable data should not be sent to the above email address. The Stoma Team are happy to provide a secure NHS.net email address to prescribers, on request for patient specific support.

References

<http://www.colostomyassociation.org.uk/index.php?p=218&pp=3&page=Stoma%20Prescribing%20Guidelines>

<http://www.hey.nhs.uk/herpc/guidelines/StomaCareGuidance.pdf>

<http://www.bhta.net/sites/default/files/PIPs%20Stoma%20prescribing%20guidelines%20-%20Jan%202014.pdf>

<http://www.pharmaceutical-journal.com/learning/learning-article/supplying-stoma-products-and-services/11046426.article>

<http://www.sandwellandwestbhamccgformulary.nhs.uk/docs/Stoma%20Toolkit%20v8%20%20August%202014.pdf>