



Welcome Inland Northwest Ostomates!



CONTENTS

WHAZZ UP	1
Regional OSG Meetings	1
Diversion Inspiration & Humor	2
National Spotlight	
• Selected Highlights	2
Regional/Local Ostomy Support Groups	
• Activities & Announcements	4
Quarterly Articles and Tips	
• Speaking Stoma – Communication Guide.....	6
• Top Picks for New Ostomates.....	8
• Should You Rinse Your Bag.....	9
• Should You Use a Closed-End Bag.....	10
Important Support Contacts & Links	11
Inland NW Ostomate Support Groups	12
• Ostomy Support Group Contacts	

WHAZZ UP

Fall Greetings to all of you in our Eastern Washington and Northern Idaho Communities – Ostomates, Family Members & Caretakers, our Healthcare Professionals, and our friends! Cooler and hopefully wetter fall weather is approaching, thankfully, and the coming Holiday Season will be upon us before we know it, but first -

Ostomy Awareness Day

is just around the corner, Saturday, October 5th, and YOU can enjoy some fun activity to celebrate!

UOAA will again sponsor its annual **Run for Resilience Ostomy 5k** events to celebrate lives saved and to raise funds for their important work supporting ostomates! **Spokane Ostomy Support Group** will host a fun **Run/Walk/Stroll Ostomy** social & picnic event at 10 AM on Saturday, October 5 in Spokane's beautiful Manito Park at the North Shelter (see the flyer invitation that accompanies this 'InSider' Newsletter. Many ostomy-related companies have donated samples and accessories for Gift Bags that will be given to the first 20+ people with an ostomy to arrive. We would love to have

Continued next page.

REGIONAL OSG MEETINGS



Fall 2024

Coeur d'Alene, ID: Support group meetings held in person on the 3rd Wednesday each month at 3 pm in the basement conference room in Kootenai Clinic Interlake Medical Building, 700 Ironwood Dr., Coeur d'Alene, ID:

Oct 16: TBA + Ostomy Support.

Nov 20: TBA + Ostomy Support.

Dec 18: TBA + Ostomy Support.

Lewiston, ID-Clarkston, WA: Second Monday, January-December, 12:30-1:30 pm, now at Canyon's Church, 717 15th St. in Clarkston, WA:

Oct 14: Intimacy by Adrian Wilson

Nov 11: Core Strength and Hernias – David Orr

Jan 13: Advanced Directives – Sister Marjory.

Palouse - Moscow, ID: Zoom meetings are usually held at 5:00 pm the first Wednesday each month until further notice. Invitations will be sent out monthly:

Oct 2: Zoom meet – Ostomy Support.

Nov 6: Zoom meet – Ostomy Support.

Dec 4: Zoom meet – Ostomy Support.

Spokane: First Tuesday each month, **6:00-7:30 pm.** Nov.-March via Zoom, April-June, in person at Sacred Heart Medical Center, and July-October, in person at Manito Park. Invitations sent via email prior to each meeting. Call 509-601-3892 with questions:

Oct 5: Run for Resilience picnic–Manito Park

Nov. 5: Zoom–Coping w/ Surgical Adhesions

Dec. 3: Zoom–Natural Hacks for Healthy Mood

Tri-Cities: We are meeting again: Quarterly on the last Monday of the month excluding holidays; 3:30-4:30 pm, Healthplex at 1268 Lee Blvd Richland WA 99352

Nov. 25: Colorectal Team – Ostomy Support.

Feb. 24, 2025: TBA + Ostomy Support.

Wenatchee: >> Regular ostomy support meetings canceled until further notice.

Yakima: >> Meetings held second Wednesday bimonthly; 10:00-11:00 am in a new meeting place - Wellness House 6606 Summitview Ave. Yakima, WA:

Nov 13: Q & A with a Pharmacist.

Jan 08, 2025: TBA + Ostomy Support.

NOTE: Details about each support group's leaders and locations are listed on page 12.

you join us for hot drinks and snacks, an ice-breaker game, a run or walk around the park or strolling the gardens, and a Bring-Your-Own-Bag picnic lunch with awards and drawings for a variety of prizes!

This issue of the “**InSider**” Newsletter includes some excellent advice and informative articles: “*Speaking Stoma – A Communication Guide for People with Ostomies*,” “*Top Tips for New Ostomates*,” “*Should You Rinse Your Bag*,” and “*Should You Use a Closed-End Bag*.” Updates about each of our regional support groups are also presented.

Our regional website - inlandnwostomy.org – has been updated with additional information plus photos added. Please visit the website to discover additional local, regional, and national resources. Finally, please remember that we at the “**InSider**” welcome your ideas and input! All ostomates, family & caregivers, and medical staff in our communities are welcome to submit suggestions, questions, articles, and letters! ■

NATIONAL SPOTLIGHT

Selected Highlights

UOAA staff and board members continue their innovative efforts to offer a variety of quality presentations, motivating experiences, and assistance.

Try out recorded sessions of the **Ostomy Academy** (<https://www.ostomy.org/ostomy-academy/>):

The latest presentation, “**Sexuality, Intimacy, and Reproductive Health for Ostomates**” is an excellent presentation about very sensitive topics. Four other excellent recorded sessions include:

- **Parastomal Hernias** – March 12, 2024.
- **Medical Insurance & Supplies Coverage** – October 24, 2023.
- **Summer Travel Tips** - June 21, 2023.
- **Bridging the Gap in Ostomy Nutrition** - May 15, 2024. ■



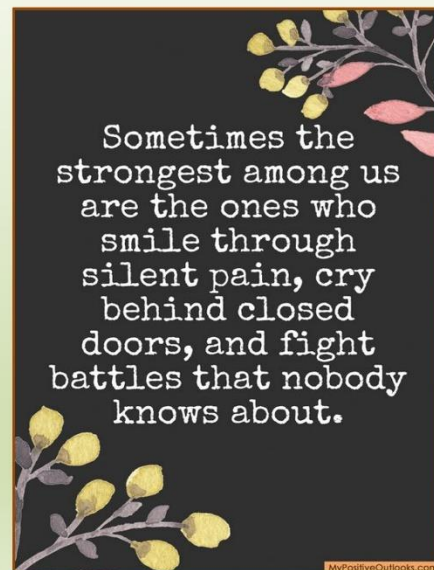
Run for Resilience (<https://www.ostomy.org/5k/>):

Celebrate **Ostomy Awareness Day** on Saturday, October 5, 2024, for the **Run for Resilience Ostomy 5k**. In-person events are scheduled in cities around the country. The UOAA’s virtual Run for Resilience will return so you can participate and gather with friends and family wherever you are.

Spokane OSG registered this year as a virtual group fundraiser – **Lilac City Pouchers** - and will host an informal **Run/Walk/Stroll for Resilience** and picnic in the North Shelter in Spokane’s **Manito Park** at 10 AM on October 5. Reach out to Phil Moyle if you have questions (509-251-6988; pmoyle6000@aol.com).

DIVERSION INSPIRATION & HUMOR 1 of 2

(Submissions & ideas welcome)



DIVERSION INSPIRATION & HUMOR

2 of 2

(Submissions & ideas welcome)



Lola Comic Strip for August 31, 2024



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REGIONAL-LOCAL OSTOMY SUPPORT GROUPS

Activities & Announcements

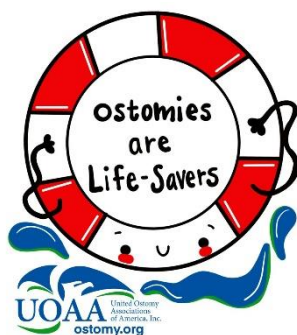
Following are brief reports from each of the ostomy support groups in our Inland Northwest Region. Feedback from some groups may be limited depending on their individual circumstance with respect to COVID-19 and group leadership. *Contact your support group coordinator/leader for up-to-date information!*

- **Coeur D’Alene Ostomy Association, ID:** 09/24/2024 - Update from Nancy Lucky, RN, BSN, WOCN – The Coeur d’Alene Ostomy Association holds in-person meetings on the 3rd Wednesday each month at 3 pm in the Kootenai Service Building, Bear Lake Conference Room, 2205 Kootenai Health Way, ID. If you have any questions, please reach out to Nancy Luckey or Sarah Jenicek, BSN, RN, CWOCN at 208-625-6944, Wednesday- Friday 7:30-5:00. Nancy has just taken over leadership of the support group and is working hard to arrange topics and speakers for this fall and winter. For the time being, topics of upcoming meetings are “To Be Arranged.” Notices will be sent for each meeting and topic/speaker!
- **Lewiston, ID-Clarkston, WA United Ostomy Support Group:** 09/17/2024 - Update from Adrian Wilson, President – Our support group still meets at Canyon’s Church, 717 15th St. in Clarkston, WA, 12:30 to 1:30 pm every 2nd Monday of the month. We shipped nine boxes of donated ostomy supplies to **Friends of Ostomates Worldwide-USA**. Topics in upcoming meetings include the following: October 14 – “Intimacy” by Adrian Wilson; November 11 – “Core Strength and Hernias” by David Orr; and December 13 – Advanced Directives and Living Wills by Sister Marjory Schmidt. Also, Janet Scheelke will answer questions about blockages.
- **Palouse Ostomy Support Group - Moscow, ID:** 09/18/2024 – Update from Linda Loomis – The Palouse Support Group enjoys monthly meetings via Zoom; however, things may be changing, , , still uncertain. We hope to continue via Zoom meetings which are usually held at 5:00 pm the first Wednesday of each month. Invitations with a specific date and time will be sent out monthly.
- **Spokane Ostomy Support Group - Spokane, WA:** 09/18/2024 - Report by Carol Nelson, Coordinator/Facilitator (509-601-3892) – In the last quarter, Spokane OSG shipped three boxes totalling over 90 lbs of donated ostomy supplies to **Friends of Ostomates Worldwide-USA**. **Note** that after some schedule testing this year, we are adjusting our schedule for future meetings. **Spokane OSG** will continue to meet on the first Tuesday of each month, but the new meeting time will be 6:00-7:30 pm. Meeting schedule: November-March will be *via Zoom*; April-June will be *in-person* in the Mother Joseph Room off the east end of the cafeteria dining area at Sacred Heart Hospital; and July-October will be *in-person* at Manito Park. Invitations are sent via email a week prior to each meeting. Call 509-601-3892 with questions. Upcoming meetings include:
 - **October 5 – Ostomy Awareness Day-Run/Walk/Stroll for Resilience** – Come to Manito Park’s North Shelter at 10 AM on Saturday, Oct. 5, to celebrate with others, stroll through Manito’s beautiful gardens, or optionally run or walk around the park to complete the “Resilience” event and “Bring Your Own Bag” lunch for a picnic and socializing with fellow ostomates, families & friends! Free vendor-provided bags of sample ostomy supplies to the first 20+ ostomates, and many drawing prizes for participants!
 - **November 5 – Zoom Meet - Coping w/ Surgical Adhesions- “Pelvic Floor Health & Exercises”** via Zoom by Sheree Dibiase, PT, with Susie Weller & Kathy Halloran.
 - **December 3rd - Zoom Meet – Natural Hacks to Support a Healthy Mood in the Holiday Season** by Katherine McNair, Nutritional Health Coach.
- **Mid-Columbia Ostomy Support Group - Tri-Cities, WA:** 09/24/2024 – Reported by Nancy Serna, RN, BSN, CWON – Our last meeting on 8/26/24 went very well, our number of attendees continues to grow! Elsa Goodsen with Coloplast presented on products designed for hernias as well as introducing their latest product launch, the black colored pouch! Patients were able to learn more about hernia prevention and

Continued next page.

support belt options. Our next meeting is scheduled for Monday November 25, 2024 at 3:15 PM at the HealthPlex located at 1268 Lee Blvd, Richland WA, 99352. We will be meeting in the Maple Conference Room. Our speaker will be a member of the Kadlec Colorectal Surgery Clinic to give an overview of parastomal hernias and treatment options and management. Our meetings are scheduled quarterly and will occur on the last Monday of the month at 3:15 -4:15 PM. We will move the meeting up one week if it falls on a holiday. If anyone is interested in helping out with the ostomy support group, please contact me. We are looking for volunteers. The following dates are the planned ostomy support group meetings for 2025, and our meeting topics are TBD. All meetings start at 3:15 PM -4:15 PM and will be held at the HealthPlex Maple Conference Room: Monday February 24,2025; Monday May 19, 2025; Monday August 25,2025; and Monday November 24, 2025.

- **Confluence Health Ostomy Support Group - Wenatchee, WA:** 09/20/2024 – Reported by Tyree Fender, CWOCN – Currently the Wenatchee Support Group is still dormant. With our staffing issues and how busy we are, we can't add this right now. Hopefully we can get something going in the future.
- **Yakima Ostomy Support Group - Yakima, WA:** 09/18/2024 – Kanista Masovero, CWOCN – We are enjoying our new meeting location-Wellness House 6006 Summitview Ave. in Yakima. They have a beautiful building and have been very welcoming. . We meet every 2nd Wednesday from 10-11. Brian Moriniti from Byram and Amanda Boden from Hollister gave great presentations at recent meetings. They are both so knowledgeable and answered many questions our group had. Nov. 13 will be our next meeting from 10-11. This time we plan something different, a pharmacist to answer all those medicine questions related to ostomies. January 10th speaker TBA. Thank you, Kanista and Nicole. ■





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QUARTERLY ARTICLES & TIPS

Speaking Stoma

A communication guide for people with ostomies

UOAA's Latest News – April 4, 2024

A New Guide aims to help you find the right words to talk about your ostomy

By Joga Ivatury, M.D., MHA

The [Speaking Stoma Guide](#) is the first health communication guide for people with ostomies. This work was coproduced through collaboration with ostomates worldwide, UOAA, clinical experts, and health communication experts. This guide is freely available [here](#) on UOAA's website, encompassing 11 communication topics areas including managing pouch leaks, communicating with friends and family, and intimacy.

This work has been inspired by our experience working with ostomates. We recognize that talking about your ostomy will not always be easy. We created the Speaking Stoma Guide to help. We hope this guide gives you an idea of things you could say if you are ever in similar situations and ways to manage challenging social situations that may arise. Each section has a big topic and has different situations that you may experience. In the next section, we will provide a snapshot of situations inspired by real people with ostomies.

WHAT IS A COMMUNICATION GUIDE?

Talking about your ostomy will not always be easy. However, as you practice talking about your ostomy, we hope that these conversations become easier. This communication guide is meant to help you come up with ideas of things to say when you are in different situations. You do not have to use the things we say word for word. We hope this guide gives you an idea of things you could say if you are ever in similar situations.

Leaks

In this section, we have suggestions for what you might say to help manage the situation based on how much you want to disclose about having an ostomy. These phrases were produced directly from things ostomates told us. For people who did not want to disclose anything about having an ostomy (low disclosure), a person may say, “Can you show me how to get to the bathroom?” For high disclosure, a person may say, “Can you show me how to get to the restroom? My ostomy pouch has leaked, and I need to clean up. Would you be able to find me an extra set of clothes? I really appreciate it!” Each section has several suggestions like this.

Talking About Food

With an ostomy, some people have limitations on the food that they can eat. Some ostomates expressed embarrassment when they couldn't eat the same food everyone else is eating. It's hard to say “no” whenever someone offers you food. One participant noted that he once told a host on behalf of his wife: “Please don't take offense. She doesn't eat these things. It's not your cooking.” For higher disclosure, a person may say “Thank you so much for inviting me. After my surgery I'm still figuring out the foods that make me feel best, so I ate before I came. Everything looks delicious!” In general, there are many people with and without ostomies that have dietary restrictions.

Public Restrooms

What do you do when you need to use a public restroom to care for your ostomy and there is a long line! For low disclosure, you may consider saying: “Excuse me, I have an emergency and need to get to a restroom right now.” This does not reveal anything to strangers except the urgent need. For higher disclosure, you may reveal the presence of your ostomy and the rapid need for its care. People in line can be helpful too. One of our participants recalls how a stranger helped her get to the front of the line during a pouch leak.

Talking to Friends and Family

Time with friends and family are vital to everyone. How do you address having an ostomy with them? Some of our participants suggested having a “code name” for the ostomy that they can use with their family and friends

[Continued next page.](#)



to talk about it in public. Unfortunately, some people have disparaging comments or jokes about ostomies once they know about it. Some ostomates use humor back to deflect the situation. It is also ok to say: “I am not really comfortable joking about my ostomy like that, but I am glad you will be willing to help if I need it. I really appreciate it.”

Noises

Noises happen! People with ostomies have no control of when they happen. In the beginning, our participants noted that they felt awkward about the noises their ostomies made. It helped people to remember that no one knows that the noises came from the ostomy. It is ok to say nothing (low disclosure). It is also ok to say: “Excuse me, I have an ostomy pouch and sometimes it makes noises” (medium disclosure).

Sex and Intimacy

Some people are not sure when or how to tell a romantic partner about their ostomy. There is no right or wrong time. Some people may choose to tell someone immediately, while other people might wait to tell the person until they know the person better. Your comfort is what is most important. We have suggestions and real-life testimonies in the guide related to speaking about sex and intimacy while having an ostomy.

Talking to Clinicians

We also go through ways to manage different levels of challenging social situations or what we term as “difficulty.” For example, you are in a clinical visit with a new physician who is not familiar with ostomies. Our participants universally encountered this situation. They noted that they often are the most knowledgeable person about ostomies in a clinical visit. In the guide we provide some easy to remember suggestions about how to manage this situation and others.

What’s Next?

We are scientists and this work does not end here. We are actively working to obtain funding to test this guide to see if it makes a difference for people with ostomies. We have also translated the guide into Spanish and are pilot testing it with people who prefer to speak in Spanish. Our experiences with major grant organizations, however, has been underwhelming to say the least. Some reviewers talk about “osteotomies” (surgically created bone holes) instead of ostomies demonstrating their complete lack of basic understanding. Other reviewers assumed that existing information already contained a wealth of communication-related information for ostomates. Despite these, we are undeterred and will keep pushing forward for funding. We would appreciate any support for this work from anyone including the ostomy community, ostomy pouch manufacturers, and local/state health agencies to keep the momentum going! We would also appreciate your feedback on the [Speaking Stoma Guide](#). Please feel free to email me at jivatuty@austin.utexas.edu.

https://www.ostomy.org/wp-content/uploads/2024/03/Speaking_Stoma_General_Guide_2024-03.pdf

Joga Ivatury, M.D., MHA, is an associate professor of surgery Dell Medical School and the inaugural chief of colon and rectal surgery at UT Health Austin. The Speaking Stoma Project was funded through the Communication for Health, Empathy, and Resilience Grant Program and created in partnership with Dell Medical School and the Center for Health Communication at The University of Texas at Austin. ■

Editor’s Note: Where the heck was this guide when I had my ostomy surgery in 1985?!

Some people discussed coping with the potential awkwardness of ostomy noises in public spaces. “Sometimes, ostomy pouch can be a bit noisy. I think that sometimes that’s a hard thing for people to know how to deal with because you don’t know when that’s gonna happen. And so, **sometimes it just means ignoring it, because who’s gonna know whether it was you. Or sometimes...you can kind of crack a joke and make light of it** if the people around you know your situation, and it can be lighthearted.”

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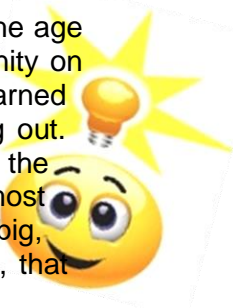


COLO-MAJIC
THE LINER PEOPLE

Molly Atwater-Pulisic’s Top Tips for New Ostomates

via OASNJ, and Live & Learn Newsletter St. Louis, MO

Molly Atwater-Pulisic has had an ostomy since undergoing ileostomy surgery in 2017 at the age of 22. Since then, she has shared her experiences and advocated for the ostomy community on her social media accounts and as a spokesperson. We talked to her about what she has learned in her seven years since becoming an ostomate, and her best tips for others just starting out. What are some preconceived notions people have about using an ostomy bag? If you asked the average person what they thought about someone with an ostomy bag, you would find most would conjure up an image of an elderly person who always smelled a little “funky,” wore big, baggy clothes to hide their bag; and had a completely sedentary lifestyle. Let me tell you, that could not be further from the truth.



What are the biggest challenges of living with an ostomy? The most common physical challenges associated with ostomies are bag leaks, skin irritation, and hernias. Luckily, patients can get relief from these problems by talking with their medical team to find the right combination of products and accessories to make navigating these challenges easier. Another important challenge that does not get enough attention is the effect of ostomy surgery on mental health. Rehabilitation is never complete until the patient accepts their ostomy as a lifesaving surgical procedure.

Do you have any advice for someone who has just started living with an ostomy? Allow yourself to feel all the feelings! Even if your surgery saved your life, you have every right to feel anger, sadness, and loneliness. It is helpful to grieve the life you had before surgery, as well as the life you thought you would have in the future. But equally as important is focusing on finding the glimmers of light in the darkness. Did your ostomy save your life? Stop the endless trips to the bathroom? Give you more time to enjoy those around you? Shifting your attention to gratitude is hard, but it makes navigating your new normal a little bit easier. (Also, NEVER leave home without an extra set of supplies!)

What do you want other people to understand about individuals who have undergone a colostomy, urostomy, or ileostomy? You’ve probably met us and had no idea that you were talking to an ostomate. Contrary to popular belief, we ostomates wear jeans and crop tops, run marathons, work full-time jobs, and live incredibly fulfilling lives. Our ostomy bags do not slow us down — they give us a new lease on life. We’re also some of the most bodily fluid-positive people on the planet.

How did you find the most comfortable ostomy bag for you, and are there other types of products that are helpful when living with an ostomy? Finding the right ostomy appliance is like trying to find the perfect pair of shoes. Even if your best friend has the same size foot as you, everyone’s body is a little bit different, and their favorite pair of sneakers may leave your poor feet covered in blisters! There are so many appliance options to choose from (one-piece vs. two-piece, flat wafer vs. convex wafer, transparent cover vs. opaque cover, etc.), that the possibilities can feel endless. Things to consider when picking an ostomy bag include skin sensitivity, stoma length/location, and lifestyle — and remember, the bag they give you in the hospital does not have to be your forever solution! Plenty of supply companies will send you product samples to find what works best for your body. My personal combination of supplies took a few months to find! I also encourage looking at nonmedical accessories like underwear and/or belts that can both prevent bag-on-skin irritation, and make your ostomy feel less medical. ■



A Bit of Humor ? ?

Ostomy Outlook, North Central Oklahoma

The best way to get back on your feet is to miss two car payments.
 Captain Kirk has three ears. The left ear. The right ear. And the final front ear.
 My half brother and I aren’t allowed to play with chainsaws anymore.
 I’m writing a book on reverse psychology. Please don’t buy it.

Should You Rinse Your Bag?

Modified from: Vancouver Highlife, Sept/Oct 2024, New Patients' Corner (BC Canada)

Editor's Note-1: *I decided to include this article about bag/pouch rinsing because it is a topic often discussed without resolution. Over the last year, two ostomy nurses at our support group meetings cited that there is no need to rinse your ostomy bag, and that water in contact with the appliance may weaken the seal thus shortening your wear time. (see Editor's Note-2, below)*

When I first got my colostomy, I wanted to rinse out the inside of my two-piece appliance every time I emptied. It really bothered me that any stool residue might still be in there, so I'd rinse, and swab and fuss until it was clean. It didn't stay clean for very long of course, which meant I had to start the whole process all over again every time I emptied. It didn't take long for this enterprise to end once I realized that the bag, once properly applied, wasn't going to smell and nobody knew I was wearing one, anyway. I calmed down. (Later that first year I learned to irrigate, which mostly eliminated needing standard bags and that kind of clean up but that's another story for another column).

But I haven't forgotten that first year and how hyper aware I was of having waste in a bag on the outside of my body. I think wanting to clean inside the bag is common with new ostomates and although it's not really necessary, there's nothing wrong with doing this. Some folks are bothered by the residue of waste left behind after emptying. They just don't feel clean enough. If you're one of these folks, it's OK to rinse out your one-piece bag while still wearing it. Just be aware that continually rinsing the inside of a one-piece bag will eventually get the barrier wet and contribute to breaking the seal.

It's best to use a small squirt water bottle rather than trying to pour from a cup or glass. Get a bottle that fits easily in your hand and just park it near the toilet on the floor. (That way you don't have to go hunting for the darn thing every time you empty). Sit and empty your bag as you normally do and then instead of re-clipping, squirt some water into the open end. Hold it up and slosh things around a bit then release into the toilet (Keep a firm grip). Take care that you don't let the water reach the seal around the stoma. (The stoma won't be hurt if you do, but letting water get that far is asking for trouble -- the barrier may start to melt with repeated wetting). Repeat if desired. For two-piece wearers, yes, you can rinse out the pouch part and re-use it if you want to. Rinse any bits out in the toilet -- that squirt bottle is good for this -- and finish the job with more rinsing and soap. Cold water will make your appliance last longer and smell better. Washing machines can tear your pouch apart. And please don't rinse things in the sink -- the drain is too small and who wants to brush their teeth there after that?!

An alternative to rinsing out your pouch is to use pouch liners -- Colomajic is the only one I know of (and it's a local company! [in Canada]) These are very thin and light biodegradable bags that you insert inside your two-piece system. It stays in place by being snapped into the barrier coupling. When you want to empty it, you flush it down the toilet. (Colomajic claims to break down in water, but I'm not convinced it does this very efficiently -- if I was to use these liners, I'd put them in a small garbage can in the bathroom that was dedicated for the purpose).

I'm pretty sure the great majority of folks stop trying to clean the inside of the appliance once they see how much work this is and realize there is no odor. ■

Editor's Note-2: *According to a survey* around 44% of people with an ostomy always rinse their bag after emptying it, 16% from time to time. In contrast, 40% never include rinsing the ostomy bag in the process of emptying, as it is not necessary for a proper functioning of the appliance.*

** The survey was conducted in April 2021 among international stoma patients. The data results from 233 voluntary respondents. It was published in the following stoma-specific Facebook group: ["Ileostomy,colostomy, stoma and bowel support"](#)*



**Many Thanks to Lynn Brink and our Leadership Team Members for Their
Helpful Contributions to and Editorial Reviews of This Newsletter**

Carol Nelson, Susie Weller, Cynthia Ford, Ted Langevin, Bill Brogan & Keith Alloway



Should You Use a Closed-End Bag?

From: Vancouver Highlife, Sept/Oct 2024, New Patients' Corner

A closed-end bag, or pouch, has no opening at the end and therefore must be emptied and discarded once it becomes one third full. You can let it get fuller of course, but you might be pushing your luck -- letting the bag get too heavy risks pulling the barrier loose. At the very least, you're going to feel self-conscious, so one-third is the recommended limit. Closed-end bags can be a good choice if:

- your output is predictable and formed, i.e.: a colostomy that outputs at fairly predictable times of day or night and produces solid waste;
- you don't need to do extra preparation of the stoma area before applying the bag;
- your skin tolerates the increased number of times per day that you remove the appliance;
- you can afford the cost of discarding several appliances per day.

A closed-end bag is not suitable for ileostomies due to the frequent and liquid nature of the waste they produce; urostomies are not suitable candidates for closed-end appliances for the same reason. ■



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Gone With the Wind, or Fascinating Fart Trivia

People with colostomies and ileostomies (and urostomies) still expel gas.

How much do we fart?

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IMPORTANT OSTOMATE SUPPORT CONTACTS & LINKS

Providence Sacred Heart Outpatient Ostomy Clinic - M-F 8:00-2:00 (509-474-4950). Appointments and MD referral is required; no walk ins. Patients can be seen for follow up, checkup, questions, problems. Leave a message if you don't reach someone live. Sacred Heart MC located at 101 W Eighth Ave, Spokane, WA. New clinic location – report to radiology on L-1 and a nurse will walk you to the ostomy clinic on L-2 East.

MultiCare Deaconess Hospital - Wound & Ostomy Clinic – Ostomy patients seen Wednesdays & Thursdays 11:00 am-3:45 pm (509-603-7005). Appointments & MD referral required. Located on 1st floor of the hospital located at 800 W. 5th Ave., Spokane, WA.

Spokane Ostomy Visitor Program - If you would like to speak to someone who has lived experience as an ostomate, contact Carol Nelson (509-601-3892); carol@nelsonwheat.com) to arrange a call or visit.

Kootenai Health Medical Center – Outpatient Wound/Ostomy Care – (208-625-3582) - 2003 Kootenai Health Way, Coeur d'Alene, ID.

Gritman Medical Center – Ostomy Services - 700 S. Main Street in Moscow, Idaho (208-882-4325); appointment needed.

Kadlec Medical Center - Outpatient Ostomy Clinic- M-Th 8:00-4:00 (509-946-4611 ext.: 1365562); appointments & MD/provider referral required.

Lewis-Clark Valley - Ostomy Support Facilities –

St. Joseph Wound Care/Ostomy Dept., Lewiston, ID - Seeing inpatient and outpatient ostomates,
 M-F with appointment - Call 208-750-7379

United Ostomy Associations of America (UOAA) - (800-826-0826); P.O. Box 2293, Biddeford, ME 04005-2293.

Link: <https://www.ostomy.org/>.

Phoenix Magazine - (800-750-9311); The *Phoenix* Magazine, P.O. Box 3605, Mission Viejo, CA 92690.

Link: <http://www.phoenixuoaa.org/> (get a free sample copy).

Ostomy Appliance Producer Assist Programs:

> **Coloplast Care Program** 1-855-430-9500 <https://www.coloplastcare.com/en-US/ostomy/>

> **ConvaTec Me+ Program** 1-800-422-8811 <https://www.convatec.com/ostomy-care/>

> **Hollister Secure Start Services** 1-888-808-7456 <https://www.hollister.com/en/consumerservices>

INLAND NORTHWEST OSTOMY SUPPORT GROUPS **Regular Support Group Meeting Schedules* and Contacts** **Eastern Washington & Northern Idaho**

(Also, check the “Inland Northwest Ostomy Support Groups” website: <http://inlandnwostomy.org>)

Coeur d'Alene Ostomy Association, ID (# 409):

- Contact: Nancy Luckey or Sarah Jenicek BSN, RN, CWOCN at 208-625-3582 - Kootenai Outpatient Wound Clinic.
- Meetings: Support group meetings are held in person on the 3rd Wednesday each month at 3 pm in the basement conference room in Kootenai Clinic Interlake Medical Building, 700 Ironwood Dr., Coeur d'Alene, ID

Lewiston-Clarkston Ostomy Support Group, WA/ID (# 134):

- Contacts: Adrian Wilson, President at 509-254-3404; or reach out to St. Joseph Regional Medical Center in Lewiston, ID - 208-750-7379.
- Meetings: Held monthly in person, January-December, 12:30 to 1:30 every 2nd Monday of the month, at Canyon's Church, 717 15th St. in Clarkston, WA.

Spokane Ostomy Support Group, WA (# 349):

- Contact: Carol Nelson - Facilitator, Visitation Program at 509-601-3892, carol@nelsonwheat.com.
- Meetings: Spokane OSG meets on the first Tuesday of each month; the new meeting time will be 6:00-7:30 pm. Meeting schedule: November-March via Zoom; April-June in-person in the Mother Joseph Room off the east end of the cafeteria dining area at Sacred Heart Hospital; and July-October* in-person at Manito Park. *The October meet will be held on *Ostomy Awareness Day*, the first Saturday in October, time TBD. Meeting announcements are sent via email a week prior to each meeting. Call 509-601-3892 with questions.

Mid-Columbia (Richland) Ostomy Support Group, (TriCities), WA:

- Contacts: Nancy Serna, CWON at 509-942-2266 or Wayne Pelly (Visitation Chairperson) at 509-943-3223.
- Meetings: Quarterly meetings (Feb., May, Aug., Nov.) on the last Monday of the month excluding holidays; 3:30-4:30 pm, at Healthplex at 1268 Lee Blvd Richland WA Check online at <https://education.kadlec.org/registration/11-wellness/94-support-group-ostomy>.

Palouse (Moscow) Ostomy Support Group, ID (# 462):

- Contacts: Judith (Judy) Reid, RN, MS, CWON, President at 509-330-1265; Linda Loomis, at 509-998-1309; or Frances Newcombe, volunteer, BSN, RN, CWON at 208-301-4981 or 208-882-4325.
- Meetings: Currently held first Wednesday each month via Zoom; February – December; 5:00-6:00 pm.

Confluence Health (Wenatchee) Ostomy Support Group, WA (# 398):

- Contact: Tyree Fender, RN, BSN, CWOCN at 509-433-3212.
- Confluence Health Central Washington Hospital, 1201 S. Miller St., Wenatchee, WA. Currently no meetings.

Yakima Ostomy Support Group, WA:

- Contact: Kanista Masovero, RN, CWOCN at 509-575-8266 Virginia Mason Memorial Ostomy/Wound Care Services.
- Meetings: Usually held second Wednesday bimonthly; 10:00-11:00 am. Now held in the Wellness House 6606 Summitview Ave., Yakima, WA.

>> Please let us know of errors that need to be corrected or of changes need to be made to the ABOVE information:
(SOSG.Input@gmail.com).