Ostomy Education

Colostomy • Ileostomy • Urostomy

Convenience • Affordability • Choice™

Byram Healthcare
Part of the Owens & Minor Family
Byram Healthcare’s Caring Touch at Home™

Ostomy Program offers you:

**Convenience**
Ostomy Center of Excellence (COE): Our Ostomy COE consists of a team of dedicated people that are 100% focused on ostomy care. Their goal is to ensure people with ostomies resume a normal lifestyle. Our ostomy specialists are well trained on the latest ostomy products, stoma management techniques, insurance reimbursement and coverage issues.

**Custom Cutting for Ostomy Skin Barriers:**
At Byram Healthcare Centers, we provide the unique service of customizing ostomy skin barriers to the proper stomal opening for Byram customers. Byram can provide custom cutting on most types of two-piece ostomy skin barriers.

**Multi-Lingual Support**
Our goal is to make it easy for our customers to work with us, eliminating language barriers that can often get in the way of accessing quality care and outstanding service. Byram Customer Service representatives can access our language line at any time and translate up to 250 languages.

**Ostomy Clinical Support:**
The Byram Healthcare Ostomy Clinical CareLine is designed to support the needs of our current ostomy patients. Closely monitored by our contracted WOCN (Wound, Ostomy, and Continence Nurse), this CareLine is a great resource for anyone experiencing clinical trouble in regard to an ostomy. Our specialized Ostomy CareLine is a resource that can be used for clinical questions or concerns that pop up post discharge or between regular visits to your physician or hospital WOCN.

For Ostomy support, please contact:
Clinical Support CareLine: 1-877-902-9726 ext. 43312
Clinical Support CareMail: clinical@byramhealthcare.com

Caring Touch at Home™ Ostomy
Getting to Know Your Ostomy

STOMA

Colostomy: Your large intestine has been re-routed so that your body wastes now exit through a stoma on your abdominal wall.

Urostomy: A small segment of your small intestine has been used to re-route urine through a stoma on your abdominal wall.

Ileostomy: Your large intestine has been removed and your small intestine re-routed so that your body wastes now exit through a stoma on your abdominal wall.

All stomas are basically the same, with the exception of size and shape. Your stoma should be red or pink. It is full of blood vessels, which are right on the surface. Your stoma should always be moist, similar to the inside lining of your mouth. It is a mucus membrane that has its own natural lubrication. Your stoma may bleed as it contains many blood vessels. At times when changing the appliance, you may see some blood; do not worry. Your stoma will mend itself, very much the same as when you bite the inside lining of your cheek or mouth. Your stoma has no feeling because it doesn’t have nerve endings. The slight movement of the stoma is called peristaltic action. Your stoma will be swollen following surgery and may take from six to eight weeks to shrink. Measure your stoma at each appliance change during this initial period. The appliance must fit properly to protect the skin and to ensure a leak-proof seal.

LIFESTYLE TIPS

Generally, the best time to change your appliance is in the morning before breakfast. Examine the peristomal skin (skin surrounding the stoma). It should be the same color and texture as the rest of the abdominal skin. Avoiding skin irritation is much better than treating it.

You may take a bath or shower with your appliance on or off. Exposure to air, warm water and gentle soap is good for your skin. If you shower with your appliance on, the tape portion of the appliance will get wet. As the tape dries (you can blow dry with cool air or pat with a towel), it will remain secure on the skin.

Disclaimer: The recommendations and information on this brochure should not be considered a substitute for personal medical advice or diagnosis.
**Colostomy:** Discharge from your colostomy can vary from a formed stool, pasty-like consistency or just liquid depending on where the stoma was fashioned in the large colon; ascending, transverse, or descending. Some stomas can be controlled through irrigation; some can be managed with a closed-end pouch while others require the use of a drainable-style appliance.

There are no definite diet restrictions for colostomies, however some foods will cause excessive gas such as broccoli, cabbage, eggs, fish, beans. Other foods may be constipating and still others may produce odor while emptying. Experiment with one food at a time so problem foods can be identified easily.

**Urostomy:** Using a night drainage system will assure a good night sleep! While some prefer to get up periodically throughout the night to empty, it is more convenient to hook up to bedside drainage. The pouch remains empty and you can rest without worry.

There are no specific dietary restrictions for urostomates, but certain food such as asparagus will cause the urine to have more odor. Certain juices such as grapefruit and orange go into your system acidic but exit the body in an alkaline state. Too much alkalinity can cause crystals to build up around the stoma. Cranberry juice is very beneficial in keeping alkaline levels in check.

**Ileostomy:** Chew all food thoroughly. Popcorn, peanuts, coconut and food with seeds or kernels should be eaten with discretion. Onions, cabbage, spicy foods, fish, garlic and beans may cause an odor when emptying the appliance. Green beans, broccoli, spinach, raw fruits and beer may cause diarrhea. Add one new food at a time so you can identify problems.

Know what medications you are taking; avoid enteric coated pills and time release capsules. These medications are usually not absorbed due to their outer coating. They may exit into the pouch in their original state. Remind your physician that you have an Ileostomy, which may necessitate a different choice of drug. You may discuss this with your pharmacist as well.

Disclaimer: The recommendations and information above should not be considered a substitute for personal medical advice or diagnosis. Before making any changes, consult your health care professional.
How many supplies will my insurance company pay for?

The table below outlines the quantity of supplies that Medicare will reimburse for in a given amount of time. Many health plans also follow Medicare’s guidelines. Higher quantities may be available, depending on specific medical reasons documented by your physician. Please contact your Byram Healthcare ostomy specialist at 1-800-308-9445 for questions specific to your insurance.

<table>
<thead>
<tr>
<th>Item</th>
<th>Unit</th>
<th>Allowable Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>30 Days</td>
</tr>
<tr>
<td>Wafer with Flange</td>
<td>Ea</td>
<td>20</td>
</tr>
<tr>
<td>Pouches-Drainable</td>
<td>Ea</td>
<td>20</td>
</tr>
<tr>
<td>Pouches-Closed End</td>
<td>Ea</td>
<td>60</td>
</tr>
<tr>
<td>Stoma Cap</td>
<td>Ea</td>
<td>31</td>
</tr>
<tr>
<td>Paste</td>
<td>Oz</td>
<td>4 oz</td>
</tr>
<tr>
<td>Barrier Wipes</td>
<td>Ea</td>
<td>25</td>
</tr>
<tr>
<td>Skin Barrier Sheets</td>
<td>Ea</td>
<td>20</td>
</tr>
<tr>
<td>Skin Barrier Rings</td>
<td>Ea</td>
<td></td>
</tr>
<tr>
<td>Skin Barrier Spray</td>
<td>Oz</td>
<td>2 oz</td>
</tr>
<tr>
<td>Skin Barrier Strips</td>
<td>Ea</td>
<td>20</td>
</tr>
<tr>
<td>Liquid Adhesive</td>
<td>Oz</td>
<td>4</td>
</tr>
<tr>
<td>Adhesive Remover Wipes</td>
<td>Box/50 AMN</td>
<td></td>
</tr>
<tr>
<td>Tape 1” X 10 yards</td>
<td>Ea</td>
<td>2</td>
</tr>
<tr>
<td>Tape 2” X 10 yards</td>
<td>Ea</td>
<td>1</td>
</tr>
<tr>
<td>Deodorant, Liquid</td>
<td>Oz</td>
<td>AMN</td>
</tr>
<tr>
<td>Deodorant, Tablet</td>
<td>Ea</td>
<td>AMN</td>
</tr>
<tr>
<td>Ostomy Belt</td>
<td>Ea</td>
<td>1</td>
</tr>
<tr>
<td>Convex Inserts</td>
<td>Ea</td>
<td>10</td>
</tr>
<tr>
<td>Irrigation Sleeves</td>
<td>Ea</td>
<td>4</td>
</tr>
<tr>
<td>Irrigation Bags</td>
<td>Ea</td>
<td>-</td>
</tr>
<tr>
<td>Irrigation Cone</td>
<td>Ea</td>
<td>-</td>
</tr>
<tr>
<td>Irrigation Catheter</td>
<td>Ea</td>
<td>-</td>
</tr>
<tr>
<td>Lubricant</td>
<td>Oz</td>
<td>AMN</td>
</tr>
</tbody>
</table>

AMN=As Medically Necessary.
Byram Healthcare has interpreted Medicare policy in order to create the above reference information and assumes no responsibility for inconsistencies in the policy. All medical and claims determinations will be made by Medicare or your insurance plan.
Ostomy Reimbursement

MEDICARE ASSIGNMENT
*No up-front out-of-pocket expense. If you have Medicare, Byram is a Medicare participating provider.

Byram will also bill your secondary insurance for the remaining 20%. You can relax, knowing our reimbursement experts will handle all of the paperwork and obtain prescriptions from your physician.

*On assigned items when billing co-payment to secondary insurance for full payment.

PRIVATE INSURANCE AND MANAGED CARE
Byram will work directly with your insurance company to ensure that you receive your full benefits. Since medical supply coverage and reimbursement varies by health plan, we will be happy to investigate your supply coverage with your insurance company.

MEDICAID
Byram participates in a growing number of state Medicaid programs. Our customer service representatives will be happy to discuss your particular state’s coverage of medical supplies.

CUSTOMER SERVICE
Our ostomy specialists are committed to your satisfaction. Our representatives have extensive product and reimbursement knowledge to make ordering easy and convenient. If you do not see the product you are looking for in the catalog, or have any questions, contact our customer service department for assistance toll-free at 1-800-308-9445.

SHIPPING
There is no charge for shipping on insurance covered orders. Most orders will ship the same day by FedEx Ground or through local regional couriers. This provides you with prompt, reliable nationwide delivery. Express shipping options are available.

PRIVACY POLICY
Byram adheres to state and federal laws complying with the confidentiality of business and customer privacy, including the federal HIPAA (Health Insurance Portability and Accountability Act) regulations. If you would like a copy of our Privacy Policy, please visit our website or contact us and we will gladly mail you our policy.

Call us toll free! 1-800-308-9445

Caring Touch at Home™ Ostomy
My Ostomy Information

**Be prepared.** Use this form to ensure you have all your ostomy information in one place.

**Surgery information:**
I have a:  ____temporary  ____permanent  ____colostomy  
 ____ileostomy  ____urostomy  ____other
Surgery was performed at: ________________________________________________
Date of surgery: _____ /_____ /______
Surgeon’s name: _____________________________________________________
Phone # (_________ ) _______-___________
WOC/Ostomy nurse’s name: ___________________________________________
Phone # (_________ ) _______-___________

**Home Health Agency information:**
I was discharged to: ________________________________________________
Home Health Agency phone # (_________ ) _______-_______________________________
Home Health Agency nurse: ________________________
Date of Home Health discharge: ______ /______ / ________

**Insurance information:**
Primary insurance: ___________________________________________________
ID # ____________________
Secondary insurance: _________________________________________________
ID # ____________________
Primary Doctor is: ___________________________________________________
Phone # (_________ ) _______-___________

**Ostomy product information:**
I use a: _____ 1-piece appliance _____ 2-piece appliance

Disclaimer: The recommendations and information above should not be considered a substitute for personal medical advice or diagnosis. Before making any changes, consult your health care professional.

Ostomy 1-800-308-9445
Custom Cutting Program

What is custom cutting?
Custom cutting is die-cutting the center opening of a wafer to fit the exact shape and size of your stoma.

When is custom cutting recommended?
Custom cutting is most beneficial six to eight weeks after surgery, once your stoma has shrunk and stabilized in size.

Benefits of Byram’s custom cutting service:

- Provides accurate sizing and proper fit so less time is spent changing the appliance.
- A better fit translates into longer wear time.
- Decrease leakage issues and skin irritation.
- Less skin breakdown translates to fewer physician visits.
- Assists persons with arthritis, vision impairment, or finger/hand dexterity problems.

Call our Ostomy CareLine:
1-877-902-9726
Ext. 43312

Disclaimer: The recommendations and information above should not be considered a substitute for personal medical advice or diagnosis. Before making any changes, consult your health care professional.
Custom Cutting Program

How to measure a stoma:
1. For oval stomas, the nurse/ostomate must provide the horizontal measurement.
2. The nurse/ostomate must also provide the vertical measurement.
3. The size now becomes, for example: f"v x 14"h

To have your skin barriers custom cut, please contact Byram customer service: 1-800-308-9445

CUSTOM CUTTING ORDER GUIDE*

ITEMS TO BE CUT: ____________________________

CUTTING SIZE
Shape to be cut: □ ROUND Size to be cut: ________________
(check one) □ OVAL Size to be cut: ______ X ________
vertical horizontal

*Custom cut supplies are not returnable. Please allow an extra day for delivery.

Disclaimer: The recommendations and information above should not be considered a substitute for personal medical advice or diagnosis. Before making any changes, consult your health care professional.
Problem Solving: Colostomy and Ileostomy

Many problems can be solved with simple home remedies or accessory products.

Are you experiencing problems with excess gas?

• Be careful with foods that are gaseous in nature: beans, cabbage, beer, etc.
• If possible, select a pouch with a filter (most closed-end and some drainable models incorporate a filter) or add a filter to your current appliance.
• Never puncture the material on the pouch, this destroys the odor-proof film and allows odor to seep out at will. You can also add a gas vent tab to the top of your bag to release air.

Are you experiencing problems with odor?

• Everyone using the bathroom creates an odor. However, stool or fecal material that is contained in an appliance for several hours builds up bacteria and may be more offensive when emptying.
• There are many good appliance deodorants on the market that can help neutralize odors within the pouch.
• Certain foods may cause more odor. You may want to avoid these if you’ll be using a bathroom away from home.
• Please refer to the section in this book labeled “Food Which May Influence Stoma Function.”
• To order or inquire about appliance deodorant, please call a Byram Representative at 1-800-308-9445.

Do you have difficulty in emptying or disposing of your pouch?

• Always place some bathroom tissue in toilet prior to emptying pouch contents. This will eliminate back splash.
• Place clip on the pouch so the end of the tail spout is facing upward (rather than under), this will allow easier emptying and directing into the toilet.
• Clean tail spout inside and out with tissue prior to applying the clip or securing the “Velcro-like” closure.

Disclaimer: The recommendations and information above should not be considered a substitute for personal medical advice or diagnosis. Before making any changes, consult your health care professional.
Problem Solving: Colostomy and Ileostomy

Do you have difficulty with stool or fecal material not dropping down in pouch?
• Leave a small amount of air in pouch when emptying; do not flatten pouch.
• Before applying the clip or securing “Velcro-like” closure, pull walls of pouch apart to trap a small bubble of air. This will prevent clothing from pressing down on the appliance.
• A lubricating deodorant can ease pouch emptying and help prevent pouch static and sticking. For more information regarding lubricating deodorant, please call Byram at 1-800-308-9445.
• You may also want to talk to your doctor about using a stool softener to help thin out your stool. This may help stool fall into the bag more easily.

Are you experiencing problems with liquid drainage?
• Use a jelling agent to solidify drainage - contents will slide out easily. A Byram Representative can assist you in choosing a jelling agent to help thicken liquid stool. This will decrease noise and allow the contents to slide out more easily.
• Single use packets make gelling agents easy to use with each pouch change. You may want to wear an ostomy belt to help hold the wafer on more securely.
• Remember to place toilet paper into the toilet first to decrease splashing.

Disclaimer: The recommendations and information above should not be considered a substitute for personal medical advice or diagnosis. Before making any changes, consult your health care professional.

Ostomy 1-800-308-9445
Problem Solving: Urostomy

Do you have problems with mucous clogging the valves?

• Mucous cannot be avoided since the urostomy is fashioned from the small intestine. Call Byram customer service for assistance at 1-800-308-9445.

Are you experiencing problems with your night drainage tube?

• Always keep a small amount of urine in your pouch prior to connecting to night drainage. This will give an immediate flow of urine down the tube and break any air pockets.
• Be sure that the tubing is straight down the bed, or with a curl if placed on the side of the bed. Using a leg strap will prevent twisting and kinking of tube.

How can you wash pouches and night bag?

• There are a variety of appliance cleaners available for urinary systems. For ordering information, call Byram at 1-800-308-9445.
• In a pinch, white vinegar and water can also be used to rinse out urinary pouches, and a baking soda and water solution is effective in night bags.

Does your tubing become discolored?

• Most night drainage bottles or bags are disposable in nature because they are very difficult to clean with long usage.
• To discuss available urinary appliance cleaners and decrystalizers call Byram custom service today for assistance at 1-800-308-9445.

Byram has the ostomy accessories you may need to manage your ostomy easily and effectively.

To reach our Ostomy Center of Excellence, please call: 1-800-308-9445

Disclaimer: The recommendations and information above should not be considered a substitute for personal medical advice or diagnosis. Before making any changes, consult your health care professional.
**Food Which May Influence Stoma Function**

**Foods Which May Thicken Stool**
May decrease stomal output and help in managing diarrhea.

- Applesauce
- Bananas
- Milk, Boiled
- Cheese
- Chocolate
- Peanut Butter
- Potatoes
- Rice
- Tapioca
- Whole wheat bread

**Foods Which May Increase Stomal Output**
May cause an increase in peristalsis and may also be used as a means to relieve constipation.

- Alcohol
- Beans
- Beer
- Broccoli
- Cabbage
- Coffee
- Cucumbers
- Figs
- Fried Foods
- Fruit, Raw
- Fruit Juice
- Iced Beverages
- Milk, Fresh
- Onions
- Prunes
- Plums
- Rhubarb
- Spicy Foods
- Vegetables, Leafy

**Foods Which May Discolor Fecal Output**
If you notice a discoloration of the stool, think back to what you have eaten to note if food may be the cause. Call your doctor when stool discoloration is not food related.

- Beets
- Food Dye
- Iron Pill
- Kool-Aid
- Licorice
- Red Jello
- Spinach
- Strawberries
- Tomato Juice
- Vitamins w/Iron
- Watermelon

Disclaimer: The recommendations and information above should not be considered a substitute for personal medical advice or diagnosis. Before making any changes, consult your health care professional.

Ostomy 1-800-308-9445
## Food Which May Influence Stoma Function

### Foods Which May Produce Gas

<table>
<thead>
<tr>
<th>Foods Which May Produce Gas</th>
<th>Foods Which May Inhibit Gas</th>
<th>Foods Which May Produce Odor</th>
<th>Foods Which May Inhibit Odor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Juice</td>
<td>Cheese, Strong</td>
<td>Peas</td>
<td>Buttermilk</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Chewing Gum</td>
<td>Radishes</td>
<td>Cranberry Juice</td>
</tr>
<tr>
<td>Beans</td>
<td>Cucumbers</td>
<td>Spices</td>
<td>Yogurt</td>
</tr>
<tr>
<td>Beer</td>
<td>Eggs</td>
<td>Spinach</td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td>Fish</td>
<td>Sprouts</td>
<td></td>
</tr>
<tr>
<td>Brussel Sprouts</td>
<td>Fruit Juice</td>
<td>Sweet Potato</td>
<td></td>
</tr>
<tr>
<td>Cabbage Family</td>
<td>Melon</td>
<td>Vegetable Juice</td>
<td></td>
</tr>
<tr>
<td>Carbonated</td>
<td>Mushroom</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beverages</td>
<td>Nuts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Onions</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Foods Which May Produce Odor

<table>
<thead>
<tr>
<th>Ileostomy</th>
<th>Urostomy</th>
<th>Colostomy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>Fish</td>
<td>Asparagus</td>
</tr>
<tr>
<td>Beverages</td>
<td>Garlic</td>
<td>Fish</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Mushrooms</td>
<td>Onions</td>
</tr>
<tr>
<td>Baked Beans</td>
<td>Nuts</td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td>Onions</td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td>Pears</td>
<td></td>
</tr>
<tr>
<td>Cheese</td>
<td>Vitamins</td>
<td></td>
</tr>
<tr>
<td>Eggs</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Foods Which May Inhibit Odor

<table>
<thead>
<tr>
<th>Buttermilk</th>
<th>Parsley</th>
<th>Tomato Juice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cranberry Juice</td>
<td>Spinach</td>
<td>Yogurt</td>
</tr>
<tr>
<td>Lettuce</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Disclaimer: The recommendations and information above should not be considered a substitute for personal medical advice or diagnosis. Before making any changes, consult your health care professional.
Ileostomy: Food Blockage and Fluid & Electrolyte Balance

Ileostomy

One of the benefits of your surgery will be the eventual return to most of your pre-illness dietary habits. For six to eight weeks, you may be kept on a low residue diet, which eliminates bulky and hard-to-digest foods. This is done so that your small intestine has time to adjust and heal. In six to eight weeks, you may start slowly adding foods from the omitted column of the low residue diet. It is strongly suggested that you add only one food at a time from the list of high fiber foods so that you can identify problem foods. If a food disagrees with you, do not delete it from your diet forever, wait a while and try it again. Remember that your small intestine needs several months to adjust to its new functions and to recover from surgery.

Food Blockage

Chew your food thoroughly to help assure that you get the full nutrient value, and so that it is more easily digested in your stomach and small intestine. If a large mass of food, especially high fiber foods, is passed into your intestines, it could become lodged at a kink or narrowing in the intestine and cause a food blockage. If the lodged food does not move forward, it could cause you to become dehydrated as your small intestine pulls water from your body cells into the intestine lumen in an attempt to rid itself of the blockage.
Ileostomy: Food Blockage and Fluid & Electrolyte Balance

The following list of foods should be added one at a time and to be extra sure to chew thoroughly. These foods are extremely high in bulk and are partly or totally undigested, even when the large intestine is present. They are either broken down by bacteria in the large intestine or are passed undigested, masked in feces.

- Celery
- Chinese foods
- Coconut
- Coleslaw
- Dried fruits
- Fruit with tough skins
- Meat in casings
- Nuts
- Popcorn
- Raw vegetables or fruits
- Seeds or kernels

<table>
<thead>
<tr>
<th>Symptoms of Food Blockage</th>
<th>Possible Causes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Discharge changes from semi-solid to a thin liquid</td>
<td>Food is blocked, but water passes around it</td>
</tr>
<tr>
<td>Total volume of output increases and functions almost constantly</td>
<td>Water is drawn from bloodstream in an attempt to rid itself of blockage, and intestines become hyperactive</td>
</tr>
<tr>
<td>Objectionable odor</td>
<td>Bacterial overgrowth occurs at the blockage and causes fermentation of foodstuff</td>
</tr>
<tr>
<td>Cramping and/or abdominal pain usually followed by increase in watery output</td>
<td>Increased intestine activity to rid itself of blockage</td>
</tr>
<tr>
<td>Distended abdomen and/or stomal swelling</td>
<td>The blockage traps gas and liquids in the intestine lumen</td>
</tr>
<tr>
<td>Vomiting</td>
<td>Further attempts of body to rid itself of blockage by moving in the direction of least resistance Complete blockage</td>
</tr>
</tbody>
</table>
Ileostomy: Food Blockage and Fluid & Electrolyte Balance

Fluid & Electrolyte Balance

A portion of the water and salt you ingest will be lost in your fecal output because your small intestine will not reabsorb. Your small intestine will assume some reabsorption of water and salt with time. Illeostomates are more prone to dehydration especially with vomiting, diarrhea or excessive sweating, as these conditions result in water loss. Unless any or all of these continue for long periods, you can probably counteract the situation with “home remedies.” Along with the water that you lose, you also lose salt and other chemicals, or electrolytes, that keep your body in balance. Listed here are the symptoms of dehydration, salt (sodium) and potassium depletion and the “home remedies.” (If at any time you have the symptoms for a prolonged period or the condition does not improve, contact your doctor.)

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Home Remedy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dehydration</strong></td>
<td></td>
</tr>
<tr>
<td>Marked thirst; dry skin and mucous membranes; decreased urinary output; shortness of breath; fatigue; abdominal cramping</td>
<td>Any fluid, especially Gatorade® (Fluids other than water will also provide necessary electrolytes)</td>
</tr>
<tr>
<td><strong>Potassium Depletion</strong></td>
<td></td>
</tr>
<tr>
<td>Muscle weakness; gassy, bloated feeling; fatigue; decreased sensation in arms and legs; shortness of breath</td>
<td>8-oz glass of orange juice; hot, strong tea; bananas; Gatorade®</td>
</tr>
<tr>
<td><strong>Sodium Depletion</strong></td>
<td></td>
</tr>
<tr>
<td>Loss of appetite; drowsiness; abdominal cramps; faint feeling, especially when standing; cold arms and/or legs</td>
<td>8-oz glass of water with 2 tsp salt; 8-oz glass of water with 2 tsp soda bicarbonate; boullion; Gatorade®</td>
</tr>
</tbody>
</table>
Travel Tips

Travel plans do not need any special attention other than careful preparation. However you travel, be sure to anticipate your needs. Here are some travel tips to keep your journey relaxing.

✔ Create a detailed list of all the supplies you use; catalog numbers, sizes, description, cut size [a copy of your last Byram invoice will do the trick]. Pack extra supplies but do not overload.

✔ While traveling, should an emergency arise, simply call us at 1-800-308-9445 for assistance. You can also look in the yellow pages under “Surgical Supplies.” Do not panic if you cannot find the model of appliance you are currently using; many brands are similar and can get you through this time.

✔ Always pack your supplies in a separate suitcase or carry-on and never allow this bag to leave your side. When traveling by car, avoid leaving supplies in your trunk, as excessive heat may cause wafers or other items to melt.

✔ Appliance wear-time may shorten in hot climates, so be prepared to change more frequently if needed.

✔ When traveling on planes, remember the restrictions on liquids for carry-on luggage. Put liquid deodorants or adhesives in your checked baggage or put some into less than 3 oz. travel containers.

✔ If you are going to be swimming, you may need to change your wafer more frequently. You may secure your wafer by “window framing” it with waterproof tape.

✔ The Transportation Security Administration offers a helpline to assist travelers with disabilities and medical conditions. TSA Cares can be reached toll free at 1-855-787-2227 prior to traveling with questions about screening policies, procedures and what to expect at the security checkpoint.

The most common complaint of all travelers is a change in bowel habits due to different foods, unfamiliar water, schedule and time changes. Ask your physician for a prescription for diarrhea before leaving home. Drink only bottled water if possible and try new foods one day at a time.

Disclaimer: The recommendations and information above should not be considered a substitute for personal medical advice or diagnosis. Before making any changes, consult your health care professional.
TRAVEL COMMUNICATION CARD
Compliments of the UNited Ostomy Associations of America, Inc.

This is provided to travelers in order to simplify communication with federal Transportation Security personnel and airline flight attendants, at those times when you wish or need to communicate in a non-verbal way, as is your legal right.

This is not a "certificate" and it is not a "pass" to help you avoid screening.

Please trim to wallet-size and laminate if desired. The blue color is important, as it is a "flash-card" developed by the TSA so their own officers will recognize it and be guided to treat the traveler with discretion and sensitivity.

If laminated in a double-side manner, it can be used ‘blue side out’ during security screening, and the white side out when communicating non-verbally with airline personnel.

JUST CUT OUT, FOLD
AND PUT WITH TRAVEL DOCUMENTS

NEWS: As of January 2011 - You may always have a travel companion with you during a private screening

- TSA officers should NOT ask you to show your pouch—you may be asked to rub over your pouch outside your clothing so they can test your hand to rule out explosive residue.

- To file a complaint, send an email to TSA.ODPO@dhs.gov (with a copy to advocacy@uoaa.org, please)
Notification Card

I have the following health condition, disability or medical device that may affect my screening:

(Optional)

I understand that presenting this card does not exempt me from screening.

~ ~ GOTTA GO NOW ~ ~

RESTROOM ACCESS

The cardholder contains body waste in an OSTOMY POUCH (stool/urine) and/or carries pouches and related supplies and/or a catheter to manage personal hygiene. S/he needs access to the restroom now in order to empty the pouch — this is critical for the cardholder’s well-being and for public sanitation.

TSA respects the privacy concerns of all members of the traveling public. This card allows you to describe your health condition, disability or medical device to the TSA officer in a discreet manner. Alternate procedures which provide an equivalent level of security screening are available and can be done in private.

Presenting this card does not exempt you from screening.

TRAVELER’S COMMUNICATION CARD

Provided by the UOAA, a volunteer-based health organization dedicated to providing education, support and advocacy for people who have or will have intestinal or urinary diversions.

United Ostomy Associations of America

www.ostomy.org 1-800-826-0826
### My Ostomy Supplies

<table>
<thead>
<tr>
<th>PRODUCT TYPE</th>
<th>Qty. Needed</th>
<th>Brand / Item # / Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>DRAIN POUCHES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>WAFERS/ FLANGES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CLOSED POUCHES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BARRIERS/ RINGS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PASTE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SKIN BARRIER STRIPS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SKIN BARRIER WIPES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ADH. REMOVER WIPES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>DEODORANT, LIQUID</td>
<td></td>
<td></td>
</tr>
<tr>
<td>OSTOMY BELT</td>
<td></td>
<td></td>
</tr>
<tr>
<td>OSTOMY POWDER</td>
<td></td>
<td></td>
</tr>
<tr>
<td>OTHER</td>
<td></td>
<td></td>
</tr>
<tr>
<td>OTHER</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

When you call to place an order, please have the following information ready:

- Your insurance information
- Your doctor’s information (name and phone number)
- Items you wish to order
Pouching System Quiz

This quiz will help reinforce what you have learned about your pouching system. Please answer true or false for each statement.

Closed

T/F: Convenient because they can be thrown away when it’s about half filled

T/F: Good option for colostomies of the lower intestinal region, where output is thicker

T/F: Can be used along with drainable pouches

Drainable

T/F: Opened at one end, can be emptied, rinsed, securely closed and reused

T/F: Best used for ileostomies and colostomies of the higher intestinal regions, which produce a more frequent, liquid or paste-like output

T/F: Available in different lengths

T/F: May have a built-in or separate tail closure

Urostomy

T/F: Designed for urinary stomas

T/F: Have a valve opening for faster, more convenient draining of urine and mucus

T/F: Can be attached to a drainage container at night

Disclaimer: The recommendations and information above should not be considered a substitute for personal medical advice or diagnosis. Before making any changes, consult your health care professional.
### One-Piece System

<table>
<thead>
<tr>
<th>Statement</th>
<th>True/False</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skin barrier and pouch are attached to skin together</td>
<td>T/F</td>
</tr>
<tr>
<td>No assembly and fewer steps to apply; generally more flexible</td>
<td>T/F</td>
</tr>
<tr>
<td>One connection point means fewer places for possible leakage</td>
<td>T/F</td>
</tr>
</tbody>
</table>

### Two-Piece Systems

<table>
<thead>
<tr>
<th>Statement</th>
<th>True/False</th>
</tr>
</thead>
<tbody>
<tr>
<td>The barrier is attached to the skin, and the pouch connects to the barrier</td>
<td>T/F</td>
</tr>
<tr>
<td>Easier to switch to a different type of pouch</td>
<td>T/F</td>
</tr>
<tr>
<td>Easier to clean pouch</td>
<td>T/F</td>
</tr>
<tr>
<td>Less skin irritation from changing barriers</td>
<td>T/F</td>
</tr>
<tr>
<td>Allows stoma to be visible, making it easier to center the skin barrier</td>
<td>T/F</td>
</tr>
</tbody>
</table>

### Opaque/Transparent Pouches

<table>
<thead>
<tr>
<th>Statement</th>
<th>True/False</th>
</tr>
</thead>
<tbody>
<tr>
<td>An opaque pouch is more discreet</td>
<td>T/F</td>
</tr>
<tr>
<td>Transparent material in a one-piece system can help you center the wafer onto the stoma</td>
<td>T/F</td>
</tr>
</tbody>
</table>

### Cut-to-Fit/Precut Barriers

<table>
<thead>
<tr>
<th>Statement</th>
<th>True/False</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cut-to-fit barriers allow you to customize the skin barrier opening to fit your stoma</td>
<td>T/F</td>
</tr>
<tr>
<td>Pre-cut barriers provide a consistent fit around the stoma</td>
<td>T/F</td>
</tr>
<tr>
<td>Pre-cut barriers perform best when used after your stoma has stabilized in shape</td>
<td>T/F</td>
</tr>
</tbody>
</table>

### Filtered

<table>
<thead>
<tr>
<th>Statement</th>
<th>True/False</th>
</tr>
</thead>
<tbody>
<tr>
<td>Releases gas, but not odor</td>
<td>T/F</td>
</tr>
<tr>
<td>Prevents the pouch from ballooning and the need to “burp” the pouch</td>
<td>T/F</td>
</tr>
<tr>
<td>Good choice for colostomies with thicker output or when eating gas-causing foods</td>
<td>T/F</td>
</tr>
</tbody>
</table>

If you answered True to all of these statements, you are correct!
Supply Order Form

Phone: 1-800-308-9445  Fax: 1-866-811-4500
For CA orders: Phone: 1-800-213-0890  Fax: 1-800-238-9252

Patient Information
Customer Name: ____________________________
Ship-To Address: _______________________________________
City, State, Zip: __________________________________________
Tel # Daytime: (_______)
Tel # Evening: (_______)
DOB: ______________________ M  F

Physician Information
Dr. Name: __________________________
Dr. Address: ___________________________________________
City, State, Zip: __________________________________________
Dr. Tel #: (_______)
Dr. Fax #: (_______)

Is patient being seen by a home health nurse?  Yes  No

Patient Insurance Information
  Medicare  Medicaid  Private Insurance
Insurance Policy #: __________________________
Group #: _______________________________________
Insurance Tel #: (_______)

Patient Secondary Insurance Information
(if applicable)
Insurance Policy #: __________________________
Group #: _______________________________________
Insurance Tel #: (_______)

Check this box attests the prescriber signature below
 corresponds to the prescriber name and NPI detailed above.

Prescriber Name: __________________________
Secure Fax #: __________________________
NPI: __________________________

Payment Method (if ordering non-covered items)
  Check or money order, payable to Byram Healthcare
  MasterCard  VISA  AMEX  Discover
Card #: __________________________
Exp Date (mm/dd/yr): __________________________

I need to order (check all that apply):
  Diabetes Supplies  Ostomy Supplies  Wound Care Supplies
  Urology Supplies  Incontinence Supplies  Enteral Supplies

<table>
<thead>
<tr>
<th>Product Number</th>
<th>Product Description</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Medicare allows a 90 day order for many supplies.

Byram Healthcare

Caring Touch at Home™ Ostomy
Byram Healthcare provides focused care you can trust. The Byram Healthcare Ostomy Clinical CareLine is designed to support the needs of our current ostomy patients, new referrals and healthcare professionals. Closely monitored by our contracted WOCN (Wound, Ostomy, and Continence Nurse), this CareLine is a great resource for anyone experiencing clinical trouble in regard to an ostomy. Our specialized Ostomy CareLine is a resource that can be used for clinical questions or concerns that pop up post discharge or between regular visits to the physician or hospital WOCN. The Ostomy CareLine is excellent tool for new ostomates, or long-term ostomates who may have developed a new issue. Our CareLine WOCN knows when to recommend in person care, but also has the knowledge to address a variety of issues.

Clinical Support CareLine:
1-877-902-9726 ext. 43312

Clinical Support CareMail:
clinical@byramhealthcare.com

To order ostomy supplies: 1-800-308-9445

Disclaimer: The recommendations and information on this brochure should not be considered a substitute for personal medical advice or diagnosis.
Notes:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Ostomy 1-800-308-9445
To order ostomy supplies: 1-800-308-9445