



# Your Ostomy Resource Guide

Living with an ostomy takes some adjustment. We've compiled these resources to help you start learning about ostomies, find support, and get the resources you need to be comfortable and confident.

## Supply Manufacturers

There are three main manufacturers of ostomy pouching systems and supplies. Contact them to receive welcome kits and samples so you can find the products that best suit your needs.

- Hollister: [hollister.com/en](http://hollister.com/en); 1-888-808-7456
- Coloplast: [coloplast.us](http://coloplast.us); 1-855-745-8544
- Convatec: [convatec.com](http://convatec.com); 1-800-422-8811

## Supply Providers

You'll need to order your supplies through a third-party vendor. Check with your insurance company to find one that's in-network, and also find out what your insurance company will cover. Here are a few ostomy supply companies you can check out:

- 180 Medical: [180medical.com](http://180medical.com)
- ABC Medical: [abc-med.com](http://abc-med.com)
- Comfort Medical: [comfortmedical.com](http://comfortmedical.com)
- Edgepark: [edgepark.com](http://edgepark.com)

## Ostomy Associations and Support Groups

National and local associations provide information, forums and support groups for "ostomates" (people with an ostomy).

- United Ostomy Associations of America: [ostomy.org](http://ostomy.org)
- Metro Maryland Ostomy Association: [marylandostomy.org](http://marylandostomy.org)
- Inspire.com: [inspire.com/groups/ostomy/](http://inspire.com/groups/ostomy/)
- Meet An Ostomate: [meetanostomate.org](http://meetanostomate.org)

## Other Support Resources

Additional resources are available, depending on the underlying reason for your ostomy.

- GI cancer support group in Bethesda: [hopeconnectionsforcancer.org](http://hopeconnectionsforcancer.org)
- The Colorectal Cancer Alliance provides a "buddy program": [ccalliance.org](http://ccalliance.org)
- Crohn's and Colitis Foundation: [crohnscolitisfoundation.org](http://crohnscolitisfoundation.org)



## Questions to ask your surgeon

What do I need to do to prepare for having an ostomy?

How will my surgery be performed?

Where will my stoma be located?

How long will it take me to recover from my surgery?

Are there any possible complications from surgery?

Are there any activities I should avoid?

What can I expect my output to be like?

## Metro Colon and Rectal Surgery

Dr. Bradley H. Bennett  
Dr. Rami Makhoul

4701 Randolph Road, #203  
Rockville, MD 20852

19529 Doctors Drive  
Germantown, MD 20874

301-681-6437  
[colonrectaldocs.com](http://colonrectaldocs.com)

## WOCNs

A WOCN (Wound Ostomy Continence Nurse) is an invaluable resource for ostomates. They can help you before and after your surgery. Most are available through wound/ostomy clinics at local hospitals and are available by appointment.

- Holy Cross Silver Spring: 301-754-7295
- Shady Grove Adventist: 240-826-6106
- Medstar Washington: 202-877-7103
- WOCN Society, to find more options: [wocn.org](http://wocn.org)

## Nutritionists/Dietitians

A nutritionist or dietitian can help you regulate your output through dietary changes. Check your insurance company to find in-network providers, and look for those experienced in helping patients with digestive issues.

## Mental Health Professionals

Learning that you'll be receiving an ostomy can be challenging emotionally. If you'd like to speak with a social worker, psychologist or other mental health professional, please ask us for a referral.

## Other Ostomy Patients

Talking with other people like you who are living with an ostomy can be helpful. Ask us if you'd like to be contacted by one of our patients.

## Ostomates on Social Media

You can find YouTube videos of ostomates (such as <https://www.youtube.com/user/Veganostomy>) sharing their best tips, Facebook groups for ostomates, and #ostomates on Instagram.

## Ostomy Products

There are several companies that make products that can provide additional security and comfort, such as:

- OstomySecrets: [ostomysecrets.com](http://ostomysecrets.com)
- PouchWear: [pouchwear.com](http://pouchwear.com)
- StealthBelt: [stealthbelt.com](http://stealthbelt.com)