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HOURS OF BUSINESS

Monday-Thursday

8.30am - 3.30pm

Friday 8.30am – 1.30pm

For current information go to:

nswstoma.org.au

DIRECTORS (as at 31/10/2025)

CHAIRPERSON Allen Nash

SECRETARY Renee Constantin

TREASURER Graham Lawson

OTHER DIRECTORS Eugene Tomczyk

Lynda Frost

Ian Niccol

Joneen Troup

Maria Nolan

Michelle Crosbie

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NSW Stoma Journal is printed by:



FAST PROOF PRESS

1300 412 910 — www.fastproofpress.com.au

Graphic designer: Paula Garrod
garrodpaula@gmail.com



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nswstoma
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NOTICE BOARD

2026 Education Days: 9.30am – 3.30pm
(includes a light lunch)

Tamworth: 29th May – West Tamworth Leagues Club

Dubbo: 19th June – Dubbo RSL

Central Coast: Sept to be confirmed

Sydney: 16th October – Club York Sydney CBD

Stomal Therapy Clinic

The clinic is open and free to all our members and operates for the first 3 Thursdays of each month at our Stanmore premises. Members can also contact Anne Marie via phone or email. Appointments are essential.

Anne Marie Lyons STN

phone or text: 0468 582 951

email: stomanurse@nswstoma.org.au

Stoma Appliance Ordering Portal for members

For information, FAQs and instructions go to:

<https://www.nswstoma.org.au/nsw-stoma-members-portal/>

From 1st July 2025 the following charges apply:

POSTAGE	STANDARD POST	EXPRESS POST
1 Month Issue within NSW	\$17	\$27
2 Month Issue within NSW	\$34	\$54
1 Month Issue Interstate	\$27	\$38
2 Month Issue Interstate	\$54	\$76

 **Please be aware that Australia Post do not guarantee delivery times for Standard or Express Postage**



NOTICE BOARD

Products for Sale

Product	Code	pack size	Member Price	Non-Member Price
Rediwipes Silk Wipe	ARS3033	100	\$10.00	\$12.00
Micropore 1"	1530-1	1 roll	\$2.00	\$3.50
Micropore 2"	1530-2	1 roll	\$3.50	\$5.00
Metal Nightstand	Nightstand	each	\$45.00	\$50.00
Simpla Nightstand Plastic	380431	each	\$17.00	\$19.00
Ostomy Scissors (curved)	9505	each	\$9.00	\$10.00
Hollister Leg Bag	9632	each	\$10.00	\$12.00
Hollister Leg Bag	9624	each	\$10.00	\$12.00
Urostomy Drain Tube Adaptor	7331	10	\$31.00	\$35.00
Odour Be Gone Hos-Togel	3300	each	\$39.00	\$43.00
Odour Be Gone Hos-Toma No Smells 500ml	10500	each	\$20.50	\$22.00
Odour Be Gone Hos-Toma No Smells 120ml	10120	each	\$8.50	\$9.00

Did you know you can purchase products from any of our suppliers through us? We offer special pricing for our members and can provide quotes on request. Please note all cash sales must be paid for at the time of ordering.

CHAIRPERSON'S REPORT

from Dr Allen Nash April 2026



I am pleased to welcome two new, very talented board members who will keep our board working well for members.

Maria Nolan is a psychologist with extensive community work experience, and Michelle Crosbie is an experienced senior manager with significant international experience in investment operations and business management gained from chief operating officer, relationship management and programme management roles.

Having a board of people with the experience and knowledge to ensure that NSW Stoma is run professionally for our members provides a fundamental base to keep our organisations working well for the long-term. The fact that all our board members are, or have been, ostomates also ensures we never lose sight of what our members need.

Well, it is one thing after another with having worked through Covid then another Government funding review. We are now faced with

Australia Post increases due to the fuel crisis. We are also aware of the impact of this crisis on many of our members, so, after careful deliberation, we have decided not to increase annual membership fees and postage charges. This is possible thanks to the efficiency of our operations and the additional support we get from members.

Thank you to all our generous donors and volunteers who make a significant difference keeping our operations going and allowing us to provide additional support services, including information days, online information sessions and stoma nurse support for members.

Keep well.

Allen Nash

Chair - NSW Stoma Ltd



A message from Mary Egan, your General Manager

2026 is proving to be a challenging year with so much global uncertainty impacting us all. As the supplier of your essential appliances, we are monitoring our supply chains carefully. To date, we have not experienced any disruption, and our major suppliers have reassured us they can maintain a steady supply.

As I write this, Australia Post deliveries are also not impacted. However, we have seen a sharp rise in the fuel surcharge we pay for those deliveries. We know many of you are impacted by rising fuel costs and face financial pressures on many fronts. For this reason, the board of NSW Stoma have decided to keep our fees for both postage and annual membership at current year rates for the 2026-27 financial year. Supporting our members during this time remains our priority.

This decision means we continue to rely on the generosity of our community to help sustain the additional support services so many members value and use. These include this journal, our website, our monthly zoom meetings for members, and our Education Days. Our stomal therapy clinic, run by the brilliant Anne Marie Lyons, continues to grow in popularity. We also remain committed to supporting those experiencing financial hardship, helping ensure they can access the essential products they need. Our Stomal Therapy Scholarship provides financial assistance to nurses

undertaking further study in this field. As many of you know, there is a significant shortage of stoma nurses across NSW, particularly in regional areas, and this scholarship plays an important role in addressing that need.

Our Stanmore premises also requires important upgrades. The lift, which many rely on to access our clinic, has reached the end of its service life and has been out of operation for much of this year. Plans are underway to replace and relocate it to meet current building standards, which will greatly improve accessibility for all.

We have been fortunate over the last 6 years to have been the recipient of so much generosity from our members. I can't thank you enough for the work it has enabled us to do. These donations have made all our support services possible, and we need you now more than ever. To those of you who can help, an any additional financial support would help us get our building into shape and continue our vital support services. Donations to NSW Stoma are tax deductible. Thank You!

We have the very good fortune to welcome 2 new directors to our board: Maria Nolan and Michelle Crosbie. You can read their profiles on page 11. I'm sure you'll agree they bring a wealth of knowledge, expertise and experience to our organisation.

This year we will run 4 education days, in partnership with Ostomy NSW (our sister organisation). The first will be held in Tamworth on 29th May and the 2nd in Dubbo on 19th June. For me, these days are a great opportunity to meet many of you. Ostomates tell us they love the



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opportunity to meet fellow ostomates too, as well as the suppliers who display their latest products. The days also feature talks from stomal therapy nurses and ostomates telling their stories. If you think any of that would benefit you, please keep an eye on our website for a day near you. If you can't make an 'in person' day, why not try our monthly zoom meetings. There is an opportunity to ask questions from our panel and other ostomates offer tips and tricks too.

We launched our private members group on Facebook this year and already have over 600 members. It's great to see so many of you using it to support each other by sharing information and stories and to arrange meet-ups!

Volunteers are an essential part of our workforce. They enable us to run an efficient and friendly organisation by keeping our costs down and our spirits up. There are so many tasks we just couldn't get done without their help. Volunteers pick orders in our

warehouse, scan files, man our reception desk, answer phones and all sorts of other tasks. They bring a variety of skills and experience and every one of them makes a valuable contribution. This includes Paula Garrod, volunteer graphic designer extraordinaire, who makes this journal possible. Our board of directors, all volunteers, work tirelessly to make sure we have the very best in governance and workplace practices in place to ensure all our members receive the very best from us. Thank you to every one of you!

I also need to thank our staff who work really hard to bring you the best service possible and make sure you get the products you need when you need them. We are so fortunate to have many long-term staff members who have so much experience & knowledge. My grateful thanks for their immeasurable contribution.

Warm Regards,

Mary Egan

General Manager, NSW Stoma Ltd



NSW STOMA MEMBERS - ZOOM MEETING

The meeting is designed to give you an introduction to NSW Stoma Ltd and the services we offer, as well as provide some explanation of the Stoma Appliance Scheme and how to place your orders.

We recognise how important it is to feel supported on your stoma journey.

The meeting offers lots of tips and tricks for new ostomates and our more experienced ostomates usually learn something too.

Whether you are a new member or have been with us for some time you are welcome to join us. There is lots of opportunity to ask questions too.

The meeting is hosted by Anne Marie Lyons, our Stomal Therapy Nurse, Carol Quast, NSW Stoma Director & Ostomate, and NSW Stoma Manager, Mary Egan.

To attend please email: customer.service@nswstoma.org.au and we will send you a zoom invitation on the day of the meeting. You need to register your interest for each meeting you wish to attend.

Meetings are held at 6pm on the first Wednesday of the month via Zoom.

Not a new member?

If you would like us to cover other topics, please let us know by emailing:

customer.service@nswstoma.org.au

Welcome to our new directors



Maria Nolan

Maria, an ostomate since 1993, first worked as a legal stenographer before attaining an Honours degree in Psychology (UNSW) and a Dip. Ed. (UNE) leading

to High School teaching (economics and geography). Her last 35 years before retirement was as a registered Psychologist in the areas of school counselling, community health (sexual assault), child protection, trauma counselling and addictions. As a private practitioner Maria provided both individual clinical therapy and took on consultancies in Aboriginal Medical Services where she focussed on therapeutic groups as well as skills training for health professionals.

Throughout her career, Maria continued to extend her skills as a therapist by attending workshops and expanding her knowledge base, and included completing a two year course through the Australian Society of Hypnosis to achieve a Graduate Diploma in Clinical Hypnosis.

In retirement, Maria has concentrated on art, completing a two year TAFE course and involvement in the local Art Association as an executive committee member for eleven years, producing the monthly newsletter online and in print for ten years. Her art has been a journey. Its current emphasis is in portraiture, an area that most avoid. Notable portraits valued by her subjects include a barrister in full dress, a young grandson breaking open oysters to feed the fish and a pelican and a self-portrait at age 50. One portrait hangs in the De Badcuyp Jazz Club in Amsterdam with Bart Virtz, playing alto saxophone. A range of Maria's art is found in her Instagram account at [marianolan637](https://www.instagram.com/marianolan637), and this is openly available to view.

Maria's personal passion with her husband John has been their three children and seven grandchildren. Her favoured way of achieving physical fitness has continually been gym classes four days per

week for the last 37 years before and after the ostomy. She kayaks occasionally with her husband although this is more for fun.

Maria is an active member of the Hastings and Macleay Ostomy support group meeting in Port Macquarie.

Michelle Crosbie

Michelle joins the Board with extensive experience managing people, processes and systems with a number of financial institutions in senior management positions in the New Zealand Australia and the UK. Michelle has a background in accounting and has an MBA from the Australian Graduate School of Management.



Although not currently an Ostomate, Michelle has had extensive bowel surgery and had an ileostomy 3 times over the last 40 years. She had her third reversal mid-2025 and has been volunteering for NSW Stoma since the beginning of 2025. She loves meeting members while on reception and enjoys picking in the warehouse but, Michelle spends most of her volunteering days sorting returned stock and organising to send it offshore, when possible.

We have plenty of returned stock that can't be redistributed in Australia and there is a great need in many countries, but the biggest challenge is having reliable people to send it to ie people who will distribute it as needed without charging recipients. The second challenge is getting it through the receiving countries customs process without incurring additional charges.

Michelle works part time with her husband in their UK based business so enjoys the opportunity to spend time in the UK each year and to travel in Europe. Whether in Sydney or the UK Michelle is a regular gym attendee and enjoys keeping fit with reformer Pilates, weight training and yoga.

Failte Mo Chairde

(Hello my friends)



I start our story with a heavy heart due to this awful war; it is affecting everyone in one way or another

I hope you are all surviving as best you can, I encourage you to reach out to your neighbours and support each other, a friendly smile or touch can soften many people's day. I'm praying hard for peace.

I am looking forward to our upcoming united ostomy association (UOA) day in

Tamworth next month (May). This UOA we are all travelling by train!!! It is so much cheaper, and it is also a better chance of not getting stuck if there is no fuel!! Smart I say!

This article I would like to highlight the different types of stomas

What is a stoma?

Stoma is a Greek word for mouth or opening.

A stoma is an opening of the large or small bowel to the surface of the skin. It can also be an opening of the urinary tract, called a Urostomy also known as an Ileal conduit.

Stomas may be temporary or permanent.

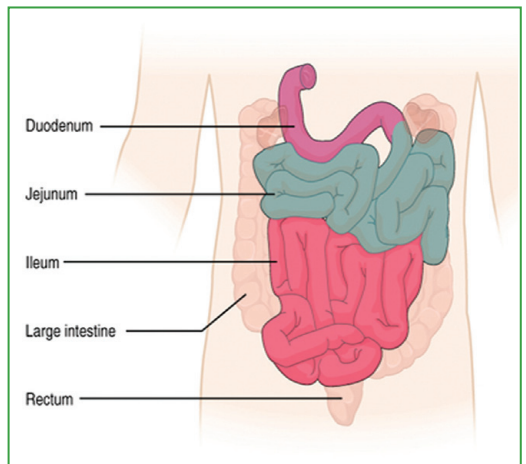
Types of stomas

- Ileostomy (small bowel)
- Colostomy (Large bowel)
- Urostomy / Ileal Conduit (urine)
- Fistula (opening from one organ to another or to the surface of the skin)

Ileostomy

An **ileostomy** is an opening from the small intestine to the surface of the skin.

An ileostomy allows faeces to leave the body without passing through the large bowel.



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Diana,
Ostomate

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What is a Stoma... (continued)

- The **duodenum** is about 25 cm (10 inches)
- The **jejunum** is about 2.5 m (8 feet)
- The **ileum** is about 3.6 m (12 feet)

The duodenum

The main role of the duodenum is to complete the first phase of digestion. In this section of the intestine, food from the stomach is mixed with enzymes from the pancreas and bile from the gallbladder.

The enzymes and bile help break down food.

The jejunum and ileum

The function of both the jejunum and ileum is to pull the nutrients from the food and transfer them into the bloodstream of the body.

The inside walls of the jejunum and ileum have villi (finger like projections), which make its surface area large enough to absorb nutrients that the body needs. (30 square meters).

The ileum also absorbs vitamin B12, which the body uses to make nerve cells and red blood cells.

Indication for formation of an ileostomy:

The most common indication is for protection of an anastomosis (joining).

Other indications

- Ulcerative colitis & Crohn's disease/ fistulae.
- Carcinoma.
- Familial adenoma polyposis (FAP)
- Irradiation damage.
- Trauma.
- Slow transit constipation.

With your ileostomy your body's ability to digest food has not been affected by having an ileostomy.

There is no long-term ileostomy diet.

Gradually you will determine your own response to food.

For the first 4-6 weeks after surgery a diet low in roughage (fibre) is advised. The small bowel is more prone to blockage during this time.

Nutritional guidelines for an ileostomy

- | | |
|--|---|
| 1. Eat meals at regular times. | 1. Skipping meals may cause more gas production. |
| 2. Chew all food thoroughly. | 2. Chewing assists the digestion process and reduces the chance of food blockage. (The lumen of the small bowel is 3cms, large is 6cms) |
| 3. Drink adequate fluids (2litres). | 3. Drinking fluid will help replace fluid lost through your ileostomy. |
| 4. Try new foods one at a time. | 4. This will allow you to determine food tolerance. Also allowing the bowel to recover from surgery. |
| 5. During the first 4-6 weeks limit food which may produce excessive gas, loose stools or which are not digested completely. | 5. This will decrease your chance of food blockage and reduce the amount of gas and stool. |
| 6. Include food in your diet that may help thicken your stool. | 6. This helps the food move more slowly through the small intestine. It also allows better absorption of nutrients and water. |

Definition of a colostomy

A colostomy is an opening from the large bowel to the surface of the skin.

A colostomy allows faeces to bypass the rectum, anus and any 'pouch' that has been created.

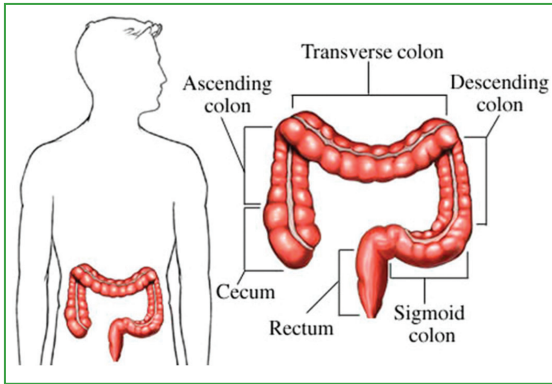
What necessitates a colostomy.

The most common indication is for carcinoma (cancer).

Other indications

- Diverticular disease.
- Crohn's disease
- Irradiation damage.
- Bowel Ischaemia
- Faecal incontinence.
- Trauma
- Congenital abnormalities.
- Hirschsprung's disease
- Fistula

Anatomy of the large bowel



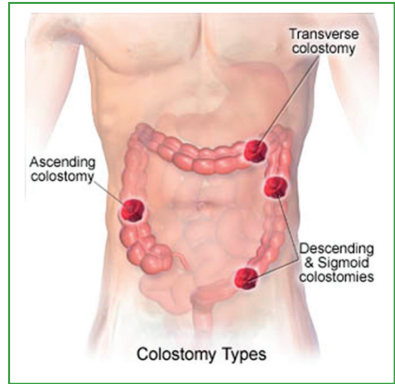
Approximately 1.5m in length, extending from the ileocaecal valve and ending at the rectosigmoid junction
The large bowel is subdivided into the following segments

- Caecum
- Ascending colon/hepatic flexure
- Transverse colon/splenic flexure
- Descending colon/sigmoid colon
- Rectum/anal canal

Function of the large bowel

- Reabsorption of water and mineral ions such as sodium and chloride
- Formation and temporary storage of faeces
- Maintaining a resident population of over 1000 species of bacteria
- Bacterial fermentation of indigestible materials

Colostomy Types



Urostomy/ileal conduit

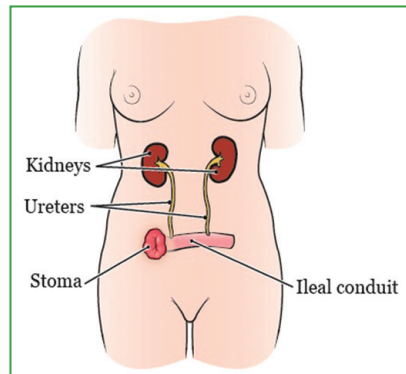
A **Urostomy** is a connection between the urinary tract (the kidneys and ureters) and the abdominal wall.

A Urostomy is also referred to as an 'ileal conduit'.

This is formed by isolating a small piece of ileum and implanting the ureters from the kidneys into it (the bladder is usually removed).

One end of the piece of small bowel is brought through the skin onto the abdomen as the stoma.

Urine flows down the ureters from the kidneys, through the piece of bowel, into an ostomy appliance.



Nutritional guidelines for a colostomy

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. Eat meals at regular times. 2. Chew all food thoroughly. 3. Drink adequate fluids (2litres). 4. Try new foods one at a time. 5. Monitor how the food you eat affects the consistency of your stool. | <ol style="list-style-type: none"> 1. Skipping meals may cause more gas production. 2. Chewing assists the digestion process and reduces the chance of food blockage. 3. Drinking fluid may help reduce the risk of constipation. 4. This will allow you to determine food tolerance. 5. This will help you make food choices to manage stool consistency. |
|--|---|

What is a Stoma... (continued)

What necessitates a urostomy

The most common indication is bladder cancer.

Other indications

- Irradiation damage following radiation treatment for a hysterectomy or prostatectomy.
- Trauma/spinal cord injury.
- Urinary incontinence.
- Malfunctioning of the bladder.
- Congenital abnormalities.

Nutritional guidelines for a urostomy

It is not necessary for you to be on any special diet.

Some foods cause odour of urine eg: fish, asparagus, garlic and onions.

Fluid intake: 2 litres per day to assist in preventing urinary tract infections.

Urine should be kept slightly acidic as acidic urine helps to minimise the risk of bacterial growth. Cranberry juice or

vitamin C tablets may help. (check dose of PAC in cranberry juice/tablets).

Another supplement option called Mannose, or D-Mannose, is showing promise in the management of recurrent UTIs. Mannose is a natural sugar that occurs in many fruits, and a recent study found that taking it in the form of a supplement was similar to an antibiotic in its effectiveness for reducing UTIs.

Stoma diet for all stomas

Good nutrition is essential to maintain your health and for healing.

A well-balanced diet gives your body the nutrients it needs for energy, maintaining body cells and regulating body processes.

Food transit time

It takes about 2-4 hours for food to pass from your stomach to your small intestine

Food transit times

Foods	Digestion time	Foods	Digestion time
water melon	20 minutes	potatoes	1 hour
oranges, grapes	30minutes	brown rice, oats, millet	1.5 hours
apple, pears, cherries	40 minutes	soya beans, peas, kidney beans	1.5-2 hours
fresh tomatoes, cucumbers, celery	40 minutes	white cheese	1.5-2 hours
boiled spinach, cauliflower, maize	45 minutes	chicken without skin	1-2 hours
boiled egg	45 minutes	beef	3-4 hours
boiled root vegetables: carrot, beetroot, turnip	50 minutes	cheese	3-4.5 hours
fish: cod, salmon, herring	30-60 minutes	pork	4-5 hours

Food transit time continues

Digestive segment	Time
Gastric emptying	0 to 6 hours
Small intestinal transit time	2 to 8 hours
Colonic transit time (large intestine)	<ul style="list-style-type: none"> • proximal: 6 minutes to 46 hours • distal: 18 minutes to 80 hours • rectosigmoid: 1 to 134 hours
Whole gut transit time	<u>10 to 73 hours</u>

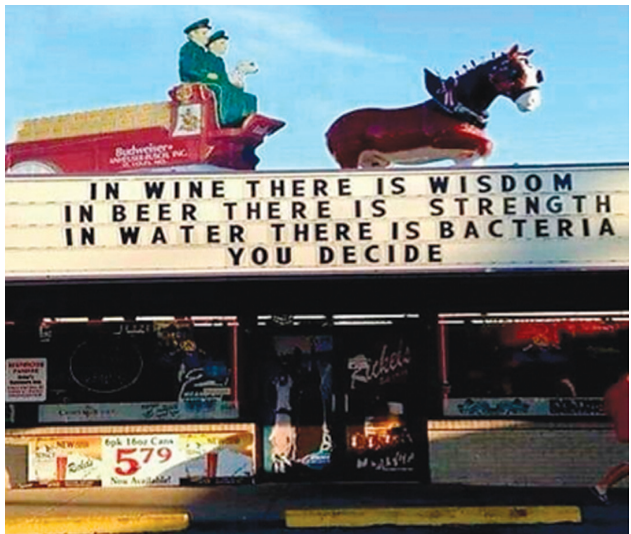
The exact amount of time can depend on several factors, such as...

- the composition and size of your meal,
- your hormones
- your sex. (Women tend to digest food more slowly than men.)
- dietary and lifestyle habits
- gut microbiome (flora)
- genetics
- stress
- underlying health conditions
- Mobility
- taking certain medications

Again if you have any questions please do not hesitate to call, email or book an appointment to see me or join our Zoom meeting, I'm always

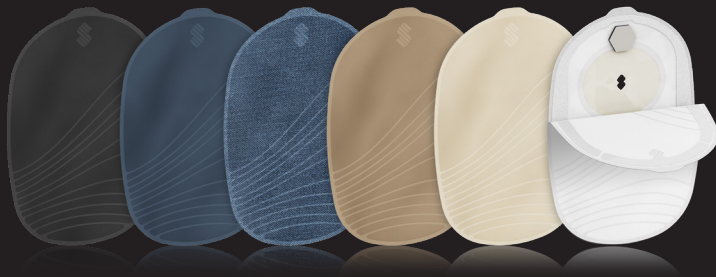
happy to listen and advise as best I can.
Take care all and stay safe

Slán agus beannacht
(bye and blessings)
Anne Marie



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Ostomy Education & Information Days

Each year NSW Stoma and Ostomy NSW (our sister association) get together to deliver education and information days to ostomates all around NSW.

In 2025 we visited Nowra, Port Macquarie, Wagga Wagga and Liverpool. These days are supported by all the major suppliers of stoma appliances, association & local stomal therapy nurses and ostomates willing to share their stories. They are also a great opportunity to meet other ostomates from your local area.

Ostomates have told us they love to see what other appliances are

available from all the suppliers. The clinical talks are really informative and being able to share stories with fellow ostomates is so empowering. It's a great way to pick up tips on managing your stoma and living your best life!

In 2026 we are planning trips to Tamworth, Dubbo, Central Coast and Sydney CBD. By the time this journal is published we will already have been to Tamworth on 29th May and will be getting ready for Dubbo on the 19th June.

I hope to catch you at an education day soon.

Mary Egan



How Stoma care, treatment and appliances have changed!

I recently had the pleasure of assisting staff at Brian King Gardens Residential Care with the stoma care of a lovely new resident, Mrs. Elizabeth Boslem. Elizabeth turned 90 years young in March!

Having managed her own stoma care for 64 years, Elizabeth is truly an expert in her field. She was eager to share her knowledge with the staff, helping them understand how far stoma care has come.

Elizabeth's stoma journey began on a day she will never forget — November 22, 1963, the very day John F. Kennedy was assassinated. She vividly recalls the scene at Crumpsall General Hospital in North Manchester, where she underwent life-saving ileostomy surgery to treat severe ulcerative colitis. As she was wheeled into theatre, she remembers nurses being visibly distressed by the tragic news from America.

When Elizabeth awoke from surgery, she decided to name her stoma "Henry." She recalls her first "appliance," made from a material similar to a hot water bottle — a Chiron one-piece stoma bag with a screw-in plug for emptying. She was issued two bags, which she would wash, dry, powder, and rotate for seven years. To secure the bag to her skin, Elizabeth had to paint both her abdomen and the back of the appliance with skin bond cement — a far cry from the user-friendly adhesives of today!

In 1965, Elizabeth discovered she was pregnant with her first child. When she told her doctor, he told her it would be impossible for her to have a baby. Determined to prove him wrong, Elizabeth



carried her pregnancy to term and proudly delivered a healthy baby girl, Jeanie, later that year. Although the doctors advised sterilisation after Jeanie's birth, Elizabeth refused — and went on to have a bouncing baby boy, John, in 1966. She laughs as she recalls how both babies would "kick" her stoma during pregnancy, sometimes causing it to prolapse into her bag. After John's birth, she underwent

surgery to stabilise her stoma — and has never looked back.

Today, Elizabeth is thrilled with the incredible improvements in ostomy products and care. When asked what she considers the greatest advancements, she listed odour control, ballooning prevention, gentle adhesives, adhesive remover sprays, the wide range of sizes and shapes, the soft materials, and the ease and cleanliness of emptying modern bags.

She has always used Coloplast products, proudly following their evolution through the decades. Together, we laughed about the old appliances decorated with yellow daisies or blue tiger stripes — and closed with a garbage tie!

Since immigrating from the UK many years ago, Elizabeth has been immensely grateful for the Stomal Therapy Nurses, the Australian Government, the Ostomy Associations, and the companies who continually strive to improve and supply the best products possible for people with a stoma.

As Elizabeth and I reflected on her incredible journey, we couldn't help but wonder — what innovations might come next?

Bernadette Burrell
Coloplast



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183910	57gm Tube	1	3503J	3



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Find support on every step of your ostomy journey with the me+ program. To find out more or to request samples, please contact our customer care team on **1800 335 276** or email connection.au@convatec.com

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My life with serious medical issues...

Although I was a very physically active wildlife biologist and considered to be reasonably fit, my health started to decline in 1985 when I was diagnosed with a perianal sinus. This required some painful surgery up my spine every Monday for 8 weeks. Because my number came up every Monday, I was known as Lotto Man. This put me out of action for over two months. Then in 1989, I had major surgery on this sinus at the Sydney Adventist Hospital, when the doctors diagnosed that I also had Crohn's Disease.

By 1990, my health had deteriorated dramatically with Crohn's getting worse and in June 1991, I suffered severe peritonitis, where my bowel had ruptured and a glass of water could kill me. In surgery, Dr Tim Porter, guided by phone with my earlier surgeon Dr Mark Killingback, operated for over 8 hours to remove the infected bowel.

I then fought infections and other complications for the next 9 weeks. I now had to deal with a bum on my belly, or in medical terms, a stoma. To me, a blessing as I was still alive and had the potential to live a relatively natural and happy life. But I had to learn how to put on a bag and to keep everything clean and sterile.

My first work excursion with my new "friend" was to Adelaide for a work conference. My wife Frances had to drive me the 950km across the Hay Plains to the centre of a strange city. At the formal dinner, I was dressed in my suit with a crisp white shirt. As I adjusted myself in my chair, I caught my stoma bag on the table edge and pulled my bag off. A dark brown stain travelled up the front of my white shirt as fast as city



traffic and I felt totally embarrassed. So, across the park we went to our hotel to change my clothes. As we walked, I was hiding behind Frances holding on to her shoulders. Halfway across the park I said to Frances, "I hope a dog doesn't run out and throw a bucket of water over us!"

This had us both in fits of laughter and from that time onward I looked at life in a totally different perspective. I was reminded of the saying, "You should never take life too seriously; after all it's not permanent."

I was conquering the stoma bit when a regular visit to my GP asked how long I had been taking prednisone (a corticosteroid drug used as an anti-inflammatory and immune system suppressant) for the Crohn's and what the time frame of resting between treatments was. I told him that I had been on the highest allowable dose of prednisone continuously for over six years and had never had a break. His next statement floored me. "You realise that you have probably destroyed your pancreas, and if you aren't a diabetic now, you will be within the next six months." How true he was and on 23 May 2005 he started me on insulin. I was



now dealing with a different medical condition requiring insulin injections twice daily and wondering what fate had been delivered to me. But life goes on, and apart from some minor surgery, I stayed away from long term stints in a hospital until I retired.

With my new friend hanging on my belly, I had befriended a number of others in a similar predicament and so we formed the Wagga Wagga Ostomates Support Group, under the guidance of stoma-therapist, Helma Riddell.

I had become proficient with my stoma until 2011 having Christmas lunch with the family, I suffered a major bowel blockage where my bowel had twisted. Unfortunately, it wasn't the last bowel blockage that I endured, suffering three more before June when a CT scan revealed I had 30 centimetres of bowel outside the abdominal wall and it was being strangled.

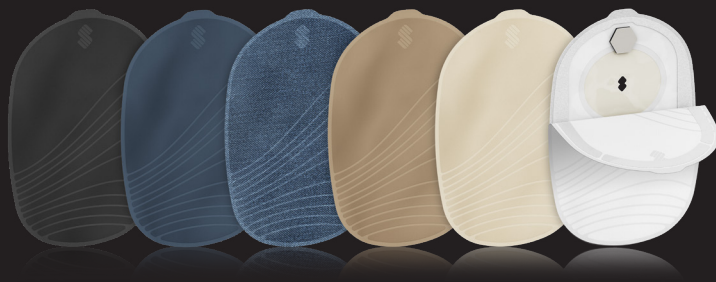
In August 2012, more major surgery to re-plumb and sew up all the hernias

(Continued on page 28) 



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I had accumulated during the past few decades. Once mended, I had to get used to a stoma on the "other" side of my belly. This new stoma was 'new technology' and very efficient. Then in 2014 I was losing a lot of body fluid through my bowel instead of going through the kidneys, which gave rise to kidney stones and required temporary stents before I suffered another severe stone which required two new stents to carry me through our travels to Canada. But these temporary stents calcified and required three visits to theatre for nephrostomy tubes. The most excruciatingly painful surgery I had experienced.

In 2016, the Ostomy Support Group moved to the Men's Shed in Wagga Wagga with my colleague and past sufferer, Bas Williams. We started this support group in 2005 along with Angie Hughes to provide a bit of personal advice for living with a stoma and providing lists of medical contacts if someone needed help. The Wagga Menshed has regular men's health days where specialists come and talk about issues that might confront a male as they age and become less likely to seek help for. The following year, I suffered cellulitis; an infection just under the skin but covering my whole abdomen. Antibiotics by drip, lots of blood tests daily, CT scans etc.

Right through my working life, I never hid the fact that I had a stoma, and my colleagues and friends have always been extremely supportive.

During my working life with a stoma, I was part of the national 1st Response Emergency Management team and was the controller of the Avian Influenza



outbreak in the Tamworth region, directed the mouse baiting program over 260,000ha of crop in the Moree district, two state-wide plague locust control programs, Operations Director for the Newcastle Disease outbreak in poultry at Mangrove Mountain, was in charge of biosecurity for the Equine Influenza outbreak in southern Australia, and a trainer for all the participants. I was awarded three (3) staff achievement awards, gained a Master of Science degree and did lots of travelling, caravanning around Australia and 10 cruises. In retirement, I have been Secretary of the Wagga Wagga Men's Shed with 145 members for the past 6 years, winning numerous awards for men's health programs.

Although my diabetes continues to haunt me, with daily testing I can manage the disease. I am on insulin injections twice a day and I am quite proficient at giving needles now, so life is not too bad.

My stoma was a condition that I could have wrapped myself in self-pity or I could just get on with living. My Memoirs (available as a pdf doc) are a testament to my decision to live a reasonably normal existence. *David Croft*

Managing bowel function after stoma closure

Low Anterior Resection Syndrome (LARS) is a well-recognised constellation of bowel dysfunction symptoms that may arise following sphincter-preserving surgery for rectal cancer. Although commonly associated with patients who have undergone temporary stoma formation (ileostomy or colostomy), it is important to note, LARS can also affect individuals whose surgery did not require a stoma.

LARS typically manifests after partial or total resection of the rectum, resulting in diminished reservoir capacity and altered bowel motility. The cluster of symptoms that may be experienced are listed below. These symptoms are often exacerbated in cases where preoperative radiotherapy was administered for patients with bowel cancer, as radiation can impair the nerve supply and disrupt the muscular coordination essential for normal defecation.

Given the substantial impact of LARS on quality of life, it is imperative for clinicians to provide comprehensive counselling and implement management strategies. Early identification and intervention is key to mitigating the severity of symptoms and improving outcomes.

The degree to which symptoms are experienced vary from person to person. The symptoms experienced due to LARS *may include*;

- Variable and unpredictable bowel function
- Difficulty completely emptying the bowels
- More frequent stools

- Pain when opening the bowels
- Altered consistency of bowel motions
- Rushing to the toilet (urgency)
- Soiling of underwear
- Faecal incontinence
- Moisture associated dermatitis (skin irritation in the peri-anal region)

As these symptoms vary from person to person, so do the impacts. Some people may experience the following consequences;

- Preoccupation with bowel function
- Preoccupation with knowing where toilet facilities are and not wanting to be far from the toilet
- Dissatisfaction with bowel function
- Reduced social activities
- Reduced willingness to engage in usual roles and responsibilities
- Reduced emotional wellbeing

What are the treatment options for LARS?

Depending on the severity of the LARS symptoms and the level of impact on quality of life, the following referrals may be made.

Dietary modification: the local medical officer (LMO), surgeon, or gastroenterologist may make a referral to a dietitian. Some people find it helpful to keep a food diary to assist with determining which foods adversely affect their bowel function.

Pharmacotherapy: this means taking medications to assist with bowel function. Some people need medications to soften the stool and avoid constipation, while others require medications to add bulk and thicken the stool. This should be discussed with the LMO, surgeon or gastroenterologist.



Biofeedback / pelvic floor training:

a referral may be required to a physiotherapist or hospital with a clinic that specialises in retraining bowel function.

Transanal irrigation/Peristeen: these procedures assist with LARS symptoms by routinely evacuating the bowel using water enemas to restore control over bowel function. Patients have usually trialled the more conservative management strategies outlined above.

Antegrade continence enemas: this requires a surgical procedure to make an opening into the appendix or caecum to allow for the administration of an antegrade enema to assist with routine bowel evacuation and can assist to relieve the symptoms of LARS. Patients have usually trialled more conservative management strategies.

Sacral neuromodulation: this is a surgical procedure that stimulates the sacral nerves to assist with bowel function. Patients have usually trialled more conservative management strategies.

Colostomy: for some people who have explored the other options, and their life is still affected by LARS symptoms, they may decide to have a colostomy formed to regain control over bowel function.

Perianal skin care

Sore, red, moist, perianal skin can be encountered by people with LARS, this is known as moisture associated dermatitis or incontinence associated dermatitis (IAD). This results from frequent contact of this area with stool and/or from frequent cleaning.

Treatment involves a structured skin care regime to keep the perianal

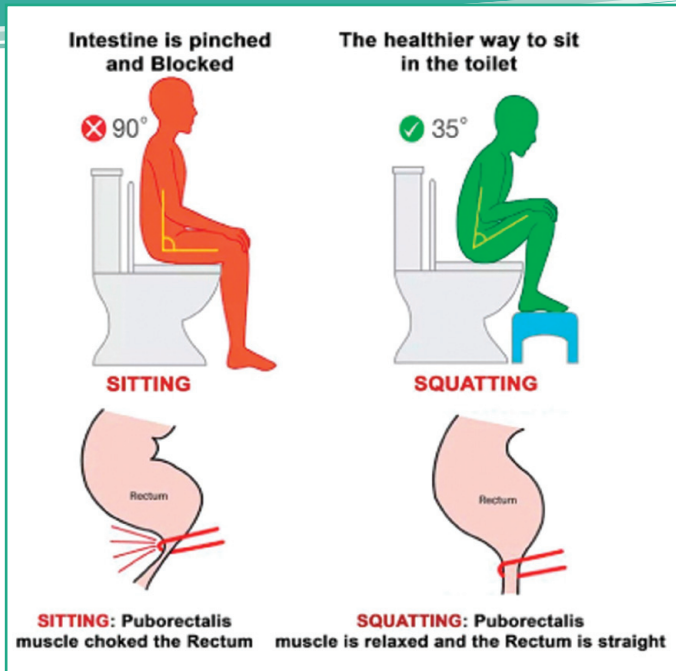
skin clean and protected, which can help to restore the skin integrity. Most incontinence pads are designed to absorb urine, so they are not effective for preventing IAD, as pads often hold the stool against the skin. Therefore, pads need to be changed as soon as soiling occurs.

Choose cleansing products, such as flushable toilet wipes, which are gentle and have a pH similar to skin. Alternatively, non-flushable skin cleansing wipes such as Coloplast Brava Skin cleansing wipes may be used to gently cleanse the perianal skin. The skin should be dried and then a protecting film, barrier cream, or paste should be applied. An example of a cream is the Coloplast Comfeel Barrier Cream, the effectiveness can be further enhanced by applying a sprinkle of Coloplast Brava Powder as this contains absorbent materials.

Other strategies

The dietary and pharmacological strategies mentioned earlier, aim to keep stool at a regular consistency. For example, the Bristol Stool Chart type 3-4 is the ideal consistency.

The correct defecation position and defecation strategies are important. This involves sitting on the toilet leaning forward with the knees slightly elevated. Normal defecation is, from 3 times per day to 3 times per week. A regular, individual routine should be established which involves, waiting for the urge, not straining, not sitting on the toilet for longer than 5 minutes, and not taking electronic devices or reading material into the bathroom.



Further resources can be found on the [Continence Health Australia website](https://www.continence.org.au/);

<https://www.continence.org.au/>

Resources include;

- Healthy diet and bowels
- Bowel diary
- Looking after your bowel: a guide to improving bowel function
- Bristol stool chart

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Ian Whiteley

Stomal Therapy - Nurse Practitioner |
Concord Repatriation General Hospital

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**250ml Pump Pack
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**250ml Pump Pack
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HOS-TOMA NO SMELLS

Hos-toma dropper bottle
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Travelling with a Stoma

Travel is one of life's great pleasures and that doesn't change when you have a stoma.

We asked 3 well-travelled ostomates for their tips for successful travel.

Terry Miller has a urostomy and has travelled extensively to far-flung destinations. From the jungles of Papua New-Guinea to the steppes of Kazakhstan, Terry truly is an intrepid traveller.

Carol Quast has a colostomy and has travelled extensively by air and sea to the UK, Europe, Asia and the Pacific.

Renee Constantin has an ileostomy and has travelled around Australia and to 17 countries and with 2 small children in tow.

Thank you to all 3 for taking the time to put all they have learned in writing. We have summarised it for you here but you can read their full articles on our website.

They all had some things in common:

1. Be prepared

- Checklists – This is essential!
- How long will you be away? How much do I normally use over that time? – then add 50% (some double it) – we all get funny tummies drinking different water and eating different food.
- Emergency kit – everything you need to change your appliance when out and about, plus a change of clothes. Regularly refresh your kit.
- Flanges and seals can help secure your bag when doing activities or even sitting for long periods. Talk to your stoma nurse about this.
- Support belts are great for hernia protection and helping secure your bag during strenuous activity.
- Travel letter or certificate – available from your association. Most of the suppliers have certificates in a variety of languages and multi-lingual on their websites. This should explain your

condition and your supplies.

- Know where to get emergency supplies – All the major suppliers have a presence in many countries – Check out your brand and see where they are located. No matter your destination – do your research before you go. If your supplier doesn't have a local office, see if one of the others do. Also, what medical and hospital services are available. Ask your stoma nurse too. They may be able to help.
- Pack rehydration sachets or hydrolyte and diarrhoea medication – you never know
- Remember your Toilet Card – Can't find it? Ask NSW Stoma for a new one!
- Get an MLAK Key (<https://masterlocksmiths.com.au/mlak/>) – NSW Stoma can provide you with a letter and the key gives you access to all the locked toilets around Australia

2. Sunflower Lanyard – free from airports or major train stations and even some shopping centres – They indicate a hidden disability and can smooth your way through airport security and even allow you to access the toilet when the seatbelt sign is on.

3. Travel insurance – do your research, shop around. Compare different companies and make sure they cover the country you will be travelling in or through. Do you need to declare a pre-existing condition? (especially if your ostomy surgery was less than 12 months ago) If you don't you may not be covered. Read the fine print. Know what you're covered for and what you're not!

4. Security screening

- When your carryon luggage is being screened be prepared for it to be searched. You can discreetly tell them about your stoma or use your travel letter



- The modern 3D scanners will identify your pouch. Wearing your sunflower lanyard can help – or have your travel letter / certificate ready
- You may be asked to stand aside for security to waive a detection wand over your body or even for a quick pat down (they should ask your permission to do this). You can request a private room if you prefer.
- If you do go to a private room, 2 attendants of the same gender as you, will do a further search. You may be asked to brush your hand over your pouch to check for explosives or drugs. They will then test your hand for illicit substances. They're just doing their job so try to stay calm and co-operate.

5. Flying

- Arrive early
- Change your bag before you get on the plane – particularly for long haul flights
- **Hand luggage:** take all your stoma appliances in your hand luggage (remove extra packaging and use zip-lock bags to organise your supplies) plus a change of clothes. If your luggage goes missing, you will still have what you need. Don't forget to ask your airline for an extra hand luggage allowance – If you don't ask, you won't get!
- If you use a cut-to-fit bag – pre-cut all your bags before you go. You can't take scissors on the plane so put them in your suitcase.
- Remover sprays (aerosols in general) and any flammables are generally not allowed on board so take remover wipes instead.
- Check with your airline for onboard restrictions including liquids
- Get an aisle seat close to the toilets
- Most planes, especially larger ones, have baby change tables in at least 1 cubicle. Ask your flight attendant where it is in

case you need to change your bag. In such a tight space and potentially anxious situation, it's comforting being able to lay out your supplies without fear of turbulence bumping them into the open toilet below.

- Comfortable clothing – an oversize top or jumper can hide an expanding bag
- Stay hydrated
- Empty your stoma bag when it's one-third to one-half full – This prevents it from pulling away from the skin
- Plan ahead – a meal trolley can make it difficult to get to the toilet
- Sometimes changing air pressure can cause the bag to inflate – if you wear a drainable bag, a quick trip to the bathroom to burp it will take care of that.
- Relax and enjoy the flight

6. Cruise Ships

Cruising is a very easy way to travel if you are an ostomate.

- Take double your usual supplies for the same period (as insurance).
- **Manage pouch disposal** - (many cruise lines provide sanitary bags or take your own Nappy Sacks). Simply place your normal disposal bags inside them and throw them in your bathroom waste bin. Your bin is likely to be emptied once or twice a day.
- If you're in a small cabin and worried about odours, pack scented disposal bags and/or room freshener. If you wish, ask your steward to have your bin emptied more often.
- If you do Colostomy Irrigation, ask your Cruise Company in advance to provide distilled water for the infusion and a kettle. Your GP can help with a letter to explain this and your cabin steward will be more than happy to support you. 

Travelling with a Stoma

7. Car, Train or Coach

- Check in advance for toilets, service stops and public toilets on the way
- Download the National Public Toilet Map App on your phone and search in advance where the facilities are that will suit you, especially if you'll be in a black spot for mobile phone coverage
- Check and change/empty your bag just before leaving
- Stop and stretch every couple of hours
- Stay hydrated

8. Swimming

- **Swimwear** – This is a very individual preference. Wear what is comfortable for you. Flaunt your bag with a bikini or speedos or cover up with boardies and swim shirt. Using a bold pattern or design can help camouflage bulges (stoma or not). Use an ostomy swimming belt (search online)– many find this can help secure your stoma bag, particularly for ocean swimming or spas.
- Change your bag 30 minutes before you swim to ensure the adhesion has had plenty of time to stick.
- Some find a small bag or stoma cap is suitable while they swim.
- Afterwards, change your bag if it feels wet – You may find the adhesive stickier than usual so may need to give it a chance to dry before you change it.
- Don't leave a wet bag against your skin for extended periods.
- If you sunbathe or spend a lot of time in the sun, remember to cover your bag as the plastic of the pouch actually magnifies the heat and can affect the stickiness and durability of the bag

9. Storing your stoma supplies

- Keep your appliances in a cool bag or in the coolest part of your accommodation. Hot humid conditions can adversely affect

the adhesive on your bags.

- Keep your supplies safe, especially in countries where they are expensive and there may be a strong black market. Keeping them in a locked suitcase inside your accommodation

10. Urostomies

- If it's an early morning flight, you may need to change your bag the day before.
- For a long haul flight use an overnight bag or leg bag and a sturdy plastic bag to put it in, for discretion and storage.
- One or two microfibre towels and a pack of wet wipes in your emergency kit can be handy in case of leaks.

11. Colostomies

- For the flight maybe consider using a drainable bag which might solve the problem of having to change your appliance often and also it might help to "burp" your bag if it balloons with gas in the air.
- If you do colostomy irrigation and the tap water is not potable (drinkable) use bottled water for the infusion into your bowel. Otherwise just proceed with the process as you usually do.
- Again for irrigation -travel with a range of hooks for use in unfamiliar bathrooms to hang your water bag.

12. Ileostomies

- Frequent bag emptying
- Safe snacks
- Hydration
- Comfy clothes

Check out the new travel section on our website and you can also find the complete articles from Terry, Renee & Carol. Thank you so much for your wisdom! ■

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I also want to acknowledge our members who are no longer with us and the generosity of their loved ones who made donations on their behalf.

Some of you choose to remain anonymous but your generosity and philanthropy are noted with special thanks to the Penn Foundation for their continued support of our STN Scholarship.

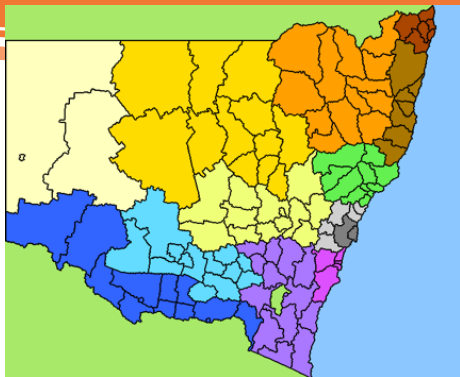
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Elsie Currie	Frank Haynes	Susan Pang	Janice Wood
Paul Daly	Thelma Hennessy	Cherie Parsons	Mary Woodhouse
Steven Davis	Julianna Hopkins	Susan Preston	Juliet Woolfe
Scott De Young	Jean Hoysted	Alfonso Quintana	Annette Wright
Juanita Devries	Roy Hubbard	Nillo Rahkonen	Di Wu
Wesley Dickson		Leslie Reeve	

Donations to NSW Stoma Ltd are tax deductible.

JOURNAL

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Ostomy Support groups are a great way for ostomates to support and care about each other. Friends and family are also welcome to attend support group meetings.

If you are involved in a support group and would like us to include information about your meetings in our journal and on our website please email:

info@nswstoma.org.au

For current information on support groups please go to: <https://www.nswstoma.org.au/becoming-a-member/support-groups/>

NSW STOMA LTD MEMBERS SUPPORT GROUP ZOOM MEETING

All members, carers & friends are welcome to join our monthly Zoom meeting at **6pm on the first Wednesday of every month**. Hosted by Anne Marie Lyons (STN), Carol Quast, NSW Stoma Member & Ostomate, and NSW Stoma Ltd manager, Mary Egan, this is designed to give information about the services we offer, the Stoma Appliance Scheme. We also cover topics to help you live your best life as an ostomate. If you would like to attend please email: customer.service@nswstoma.org.au and we will send you a zoom invitation on the day of the meeting. You need to register your interest for each meeting you wish to attend.

NSW STOMA PRIVATE FACEBOOK GROUP:

<https://www.facebook.com/groups/1124967772131504>

OSTOMINGLE - YOUNG OSTOMATES SUPPORTING EACH OTHER

Looking for some young, like-minded Ostomates? Ostomingle is a group of ostomates 18 and over who come together over a meal to share their ostomy experiences and learn from one another.

Each meet-up will be held at a different venue around Sydney so we can mingle around town.

When: Ostomingle is currently on hiatus with hopes to return soon.

Contact: Renee Constantin
www.ostomingle.com
ostomingle@gmail.com

BEAT BLADDER CANCER

National support group (online via Zoom) for bladder cancer patients/carers from all across Australia. All welcome. Last Tuesday of every month @ 7:30pm – 9pm AEST

Contact: Adam Lynch **0421 626 016**
Register at [https://www.](https://www.beatbladdercanceraustralia.org.au/)

beatbladdercanceraustralia.org.au/

SYDNEY METROPOLITAN AREA

BANKSTOWN – LIDCOMBE AREA

Where: Revesby Workers Club 2B Brett St, Revesby 02 9772 2100

When: 10am-12 noon, Wednesday 2026

Dates: 1st July, 11th November

Contact: Your Stomal Therapy Nurse or Carolyn Nichols on **0419 335 046** or carolyn.nichols@dansac.com.au for further information

Please RSVP for catering purposes

CONCORD AREA

People with bowel cancer and carers 

NSW OSTOMY SUPPORT GROUPS

family are welcome to attend this free monthly service.

Where: Survivorship Cottage, Concord Hospital, Gate 4, Nullawarra Avenue, Concord West

When: Check with the group organisers for advice on scheduled meetings.

Contacts: Sonia Khatri (02) 9767 5943

LIVERPOOL & CAMPBELLTOWN AREA

Where: Campbelltown Catholic Club, 20/22 Camden Rd, Campbelltown

When: Thursday 1.30pm-3pm 2026

Dates: 18th June, 20th Aug, 15th Oct, 19th Nov
Afternoon tea provided. RSVP is essential for catering purposes.

Contact: Erin Wagner/Afin Rasul - 0419 224 662 or Mathew Sebastian - 0417 026 109 (STNs)

NORTHERN BEACHES AREA

Where: Forestville RSL Club, 22 Melwood Avenue, Forestville

When: Meets every 2 months – next meeting 3.30pm 17th June 2026

Contacts: Bob Cooper
email: bob.cooper542500@gmail.com

PENRITH AREA

Ostomates, family and friends are welcome to attend our educational support group

Where: Sydney Medical School, Outpatients Department, 62 Derby Street, Kingswood (opposite Nepean Hospital Emergency Department at roundabout, Outpatients is at left-hand side of building)

When: 2pm-3.30pm 26th June, 25th Sept, 27th Nov

Contact: Naomi Houston (Stomal Therapist) on (02) 4734 1245

Naomi.Houston@health.nsw.gov.au

RAMSGATE

The Stomal Therapy Nurses from St George Public, St George Private, Kareena Private, Hurstville Private and Sutherland Hospitals together would like to invite you to attend a stoma support group for ostomates and their families.

Where: Ramsgate RSL (meet in the front foyer), Corner of Ramsgate Rd and Chuter Ave, Sans Souci,

When: 11am-1pm Thursdays. 2026

Dates: 4th June, 3rd Sept, 3rd Dec

Contact: Your Stomal Therapy Nurse or Carolyn Nicols on 0419 335 046 or email: Carolyn.nichols@dansac.com.au

Everyone is welcome. Car parking available. Tea, coffee and finger food provided. RSVP for catering purposes.

ST GEORGE/SOUTH EAST SYDNEY

Where: St George Community Centre, Premier St, Kogarah

When: 11am - First Wednesday of the month (February to December)

Contact: June on (02) 9311 0211 or Allan on (02) 9556 3268

WESTMEAD

Where: Westmead Hospital, Seminar Room 6, WECC

When: Wednesday 10am – 12pm, 2026

Dates: 3rd June, 2nd Sept, 2nd Dec

Contact: Lee Gavegan STN

Mob: 0409 962 111 – All welcome!

NORTH COAST REGION

TWEED / BYRON AREA

Ostomates, family and friends are welcome.

Where: South Tweed Sports Club, 4 Minjungbal Dr. Tweed Heads South.

When: Check with the group organisers for advice on scheduled meetings.

Contact: Lisa Clare STN: (07) 5506 7540 or 0429 998 928 or

Lisa.Clare@health.nsw.gov.au
Kate Rycroft 0432 251 703 or rycroffkate@gmail.com

FAR NORTH COAST

All Ostomates plus partners and friends are welcome to attend meetings.

Where: Lismore Workers Club, 225-231 Keen Street

When: Check with the group organisers for advice on scheduled meetings.

Contact: Marie Taylor (02) 6686 7248

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CLARENCE VALLEY OSTOMY SUPPORT GROUP

All Ostomates plus partners and friends are welcome to attend meetings.

Where: Aruma, 175 Queen St, Grafton

When: Check with organiser

Contact: Gary Tobin Ph: **0400 675 277**

COFFS HARBOUR

All Ostomates and friends are welcome so come along, have a cuppa and be a part of it.

Where: Sawtell RSL Club, First Avenue, Sawtell

When: 4th Thursday of every second month. 25th June, 27th Aug, 22nd Oct, Dec tba – Christmas Party)

Contact: Mandy Hawkins STN: (02 66567804)

Mandy.Hawkins@health.nsw.gov.au

HASTINGS MACLEAY

Where: Port City Bowling Club, Function Room, 4 Owen St, Port Macquarie.

When: 10am - 12pm Third Wednesday of every second month Feb, Apr, Jun, Aug, Oct, Dec

Contact: Neil **0427 856 630** or Glennie **0410 637 060**

MANNING / GREAT LAKES

Where: Venue TBA

When: 10.30-12pm approx. 1st Wednesday of every 2nd month

Contact: Karla MacTaggart STN (02) **6592 9169**

NEWCASTLE/CENTRAL COAST REGION

Stomal therapists and company representatives will attend and help with any queries. New members and friends are welcome.

HAMILTON

Where: The Hub, Hamilton Wesley Fellowship House, 150 Beaumont Street, Hamilton

When: 1.30pm – 4.30pm approx. Last Saturday in Feb, May, Aug & Nov

Contact: Geoff on **0425 315 726** or

Lynda on **0425 209 030**

MAITLAND

Where: Maitland Hospital Education Rooms, 51 Metford Rd, Metford

When: 11am – 1st Wednesday of Feb, May, Aug, Nov

Contact: RSVP Annika **0429 002 760** or Jackie **0412 445 498**

GOSFORD/WYONG

Where: Wyong Community Health Centre, 38A Pacific Hwy, Wyong NSW 2259 Or: Child and Family Health Services – Gateway Centre, Gosford | Level 1, 221–237 Mann Street, Gosford

When: Contact organiser

Contact: Local Stoma Therapists: ph: **(02) 4320 3323** email: **CCLHD-Stomaltherapy@health.nsw.gov.au**

ILLAWARRA/SOUTH COAST REGION

ALBURY-WODONGA

Where: Boardroom, Hilltop Albury-Wodonga Patient and Carer Accommodation Centre, 600 Keene St, Albury

When: 10am every 2nd Tuesday of the month. February to December

Contacts: Alex Watson on **0428 578 385** or Liz Landy on **0418 854 574**.

BOWRAL

Where: Mittagong RSL Club, 146 Old Hume Highway, Mittagong

When: 1pm-2.30pm Tuesday 2026

Dates: TBA

Contacts: Mathew Sebastian & Erin Wagner & Afin Rasul, Stomal Therapists, Liverpool Hospital **(02) 8738 4308** or Mariam Mellor (Coloplast) on **0400 921 901**

Everyone is welcome. Plenty of car parking. Tea/coffee and finger food provided. RSVP 1 week prior for catering purposes.

EUROBODALLA

All from the NSW South Coast region are welcome.

NSW OSTOMY SUPPORT GROUPS

Where: Moruya Hospital, River Street, Moruya
When: Check with the group organisers for advice on scheduled meetings.

Contact: Trena OShea (02) 4474 2666
FAR SOUTH COAST/BEGA AND SURROUNDS

Where: Meeting venue changes, ostomates advised 10 days prior
When: 11am 2nd Sunday of every 2nd month: Feb, April, Jun, Aug, Oct, Dec
Contact: Eileen (02) 6492 2530 or Geraldine (02) 6492 2366

GOULBURN

Where: Goulburn Workers Club
1 McKell Place Goulburn NSW 2580
When: 10am – 12pm Wednesday 2026
Dates TBA

Contact: Your Stomal Therapy Nurse

ILLAWARRA

Where: Education Room, Figtree Private Hospital, 1 Suttor Place, Figtree

When: 10am-12pm 2026

Dates: check with organisers

Contacts: Helen Richards CNC STN Wollongong Private Hospital
phone: (02) 4286 1109

richardsh@ramsayhealth.com.au or

Julia Kittscha CNC STN Wollongong
Hospital mob: 0414 421 021

islh-stomaltherapy-NIHG-SIHG@health.nsw.gov.au

SHOALHAVEN

Where: Nowra Community Health Centre, 5-7 Lawrence Avenue, Nowra

Also: Ulladulla Community Health Centre, cnr South St & Princes Hwy, Ulladulla

When: 2026 Dates: 24th June & 21st Oct (Nowra), 19th Nov (Ulladulla)

Xmas lunch: Nowra 10th December RSVP soon!

Contact: Brenda Christiansen (02) 4424 6321 or 0422 006 550 or

Brenda.cristiansen@health.nsw.gov.au

ACT

Where: ACT & Districts Stoma Association, 2nd Floor, City Health Building,

1 Moore St, Canberra

When: 10am-12pm, Tuesday 2026: 18th

Jun, 20th Aug, 15th Oct

Contact: Geoff Rhodes on 0416206871 or email: stoma@actstoma.net.au

WESTERN NSW REGION

BATHURST

Where: Daffodil Cottage, 365 Howick St, West Bathurst NSW 2795

When: Check with the group organisers for advice on scheduled meetings.

Contact: Louise Linke (STN/continence advisor) (02) 6330 5676

BROKEN HILL

Where: Broken Hill Hospital, conference room

When: Every third month or as required

Contact: Tarndra on (08) 8080 1333

DUBBO

Where: Dubbo Health Service, Ian Locke Building, Room 8 or join virtually via Pexip or phone.

When: Check with group organiser

Contact: Stomal Therapy on 0408 769 873

GRIFFITH AND DISTRICT

An invitation is extended to all in Griffith and Surrounding areas (including Coleambally, Leeton, Yenda, Hillston & Hanwood) with a Stoma formation to attend our meetings and share experiences.

When: Check with the group organisers for advice on scheduled meetings.

Contact: Barry Maples (02) 6963 5267 or 0429 635 267; Kim Hallam 0434 785 309

ORANGE

Where: Smarter Living Choices, 15 Olver St, Orange

When: Check with the group organisers for advice on scheduled meetings.

Contact: Louise Linke (STN/continence advisor) (02) 6330 5676 or Joanne (02) 6362 6184

WAGGA AND DISTRICT

Where: Men's Shed, 11 Ashmont Avenue, Wagga Wagga

When: Check with the group organisers for advice on scheduled meetings.

Contact: David (02) 6971 3346 or 0428 116 084

JOURNAL

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CeraPlus™ Product user



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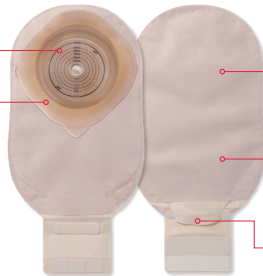
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^{**}compared to our previous pouches. 1 Data on File, 2023; n=43. 2 Data on File, 2024. 3 Data on File, 2023; n=110. 4 Data on File, 2023; n=68 OSO Registry. Prior to the use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions. Not all products are CE marked.

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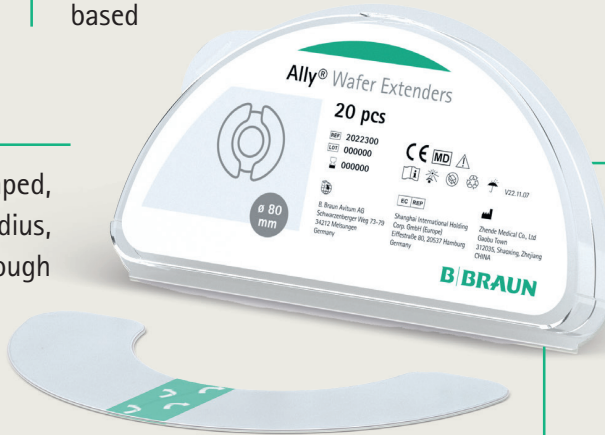
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