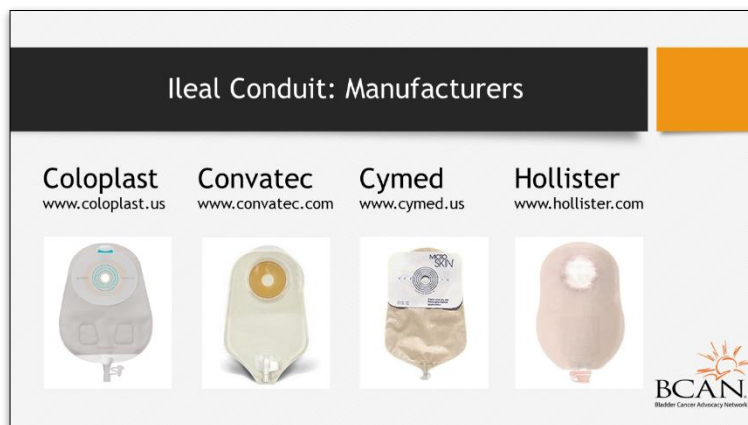




## Accessories for Ileal Conduits

**Jocelyn:** What we have here is a sample of a product from each of the companies. There are other companies, but these the major companies that you'll find readily available here in the United States. As you notice, they all have some type of pouch on the end. I look at my patients dexterity to figure out can they use the pull or would they be better with the flip tab, which is by ConvaTec and Hollister, so I made in Coloplast,

will have the pull tag. Some of my patients with arthritis have problems with the pull. They do better with the flip tab and so looking at the disparity and what is easier for you to empty is something else that we also consider when looking at the products. Every now and then we run into a patient who might have an allergic response to the wafer or the products.



**Jocelyn:** Most of these products are latex free, well all of them are latex free. They change a little between each one because they're from a different company, but if you're allergic to one or have a reaction to one of the other, there are the systems that we go to. I found that I had one patient that's can only use the Cymed, but I haven't had anybody with a truly allergic response in a very, very long time to the products I'm backing. So Darrell or Anne, have you run into any allergies with any of the products that you're using?

**Anne:** I've been extremely fortunate that I have not really had any adverse allergies against any of the products. It's just easy to use certain ones. As you say each one is a little different.

**Jocelyn:** And you dance, a lot are you comfortable in the one piece, two piece? Do you need a belt? Can you talk a little bit about activity? I think a lot of times when I'm talking to patients, their concern is activity and mobility. "What am I going to do, how can I function?" "But you dance beautifully, one night I saw you and no one would have known you had urostomy if you hadn't told us.

**Anne:** Well, I'm very fortunate that I had great care when I had the surgery and I went with, they actually give you a step down program. So they give you, my wound ostomy nurse gave me three separate products and as my stoma was changing, I changed companies. So the one I ended up with was Cymed and Cymed it was created for a triathlete. So they swim in it, they run and they ride bikes and it's a very low profile product and it's very easy once it's on. It's a little bit more complicated to get it on than most products, and it is the one piece. So, I've tried all the products and I've tried one pieces and two pieces. And for me the best option was always the one piece because I had failure on the two piece. But Cymed, I majority of the time I use Cymed.

**Jocelyn:** So what you find is it depends on your body type, what you're doing and various activities and you're absolutely correct. And what I tell my patients is that we'll send you home with one product, but we send you samples of another and what works for you works for you. It doesn't mean that you did anything wrong because a lot of times patients will think, I'm doing something wrong, I'm not doing it correctly. That's not necessarily true, so what we try to figure out is what worked for you with your activities and your lifestyle. So the other takeaway is, there is no wrong product. It's the product that best fits you, because a lot of times patients say, well what do you think? And again, we'll let you try more than one product. And normally the patients come out figuring out which product works best for them.

**Darrell:** So I have tried the three major Coloplast, ConvaTec and Hollister and I'm loyal to what I started with and that was a Hollister two piece, and what I like about the Hollister is the flip nozzle because just doing the pull tab, I wasn't as accurate at aiming, shall we say, without the control of the tab. Also, it's easier positioning for me seeing the stoma when I'm putting the wafer down and then adhering the pouch to it. Now there some times is user error where I don't click good enough. But again, that's a user problem, not a product problem.

**Jocelyn:** The other take away from what Darrell and Anne are saying and what I tell my patients is, there will be some mishaps, but again, even without a stoma, I can have mishaps. And what I try to tell my patients is this is a new norm, but again, you can become comfortable after a while. And most of my patients, they say, "how long will I have to rehab?" I would say three months, you're feeling comfortable.

By six months you're really comfortable with it. But most of my patients tell me that they've settled in, they figured out some things within a year. So I tell everyone, give yourself a year, there will be changes. Now will there be things after a year? Of course there will, but you're pretty comfortable and competent after a year's time.

**Darrell:** I definitely had a learning period. One of the first ventures out, I learned about how to wear pants because of the mishaps. That my pants was constricting the pouch. So that resulted in me leaving early because I had an accident. You will learn, it's also our thinking about learning how to monitor your liquid intake prior to something. So if I go for a massage, I know to limit the liquid I do before then because I'm on my stomach for a long time and I don't want that pressure on the pouch and whatnot.

**Jocelyn:** Very good. I try to tell my patients to take activity a little at a time. When they first go home, get accustomed to being at home for a week or two and then I tell them to gradually go to church, go out to dinner, try on different clothing's and see how they feel. One of the major questions is, and I'm glad you mentioned that Darrell, is "do I have to buy new clothes?" That's a good excuse if that's what you want to do. But normally you can get back into your normal cloths. And so with the women, we always joke about that it's a good thing to tell the spouse, "I need to buy new clothes."

So, after all the swelling goes down, most patients are able to wear their same clothing again. Darrell, you had to make an adjustment because of where the belt hit on the appliance. Men will sometimes have to, because most of my men, they wear it a little low. And so the pouch is usually where the belt line is and they do have to figure out how to loosen the belt just a little bit, but they figure it out in time of how to adjust wearing their pants. So we tell them you need to give a trial run even at home with wearing your clothes. Sometimes patients bring their clothing to the hospital and we do some trial runs while they're here, even at the hospital and showing them how to wear them prior to going home.

**Anne:** The only adjustment that I really conceded to a little bit was getting rid of any kind of Spanx or anything very tight in that area, but I tend to wear boy shorts that keep it nice and flat and low profile. So majority of the time, especially when I'm changing into costumes quite frequently, I do also restrict a little bit of my intake of liquids as I'm competing and then when I come off the floor then I resume as much water as I can, but I try to keep, so there's no more bikini shorts or I mean bikini anythings that would cut it in half. I just wear like the boy shorts. I think that's the only concession I really did in the wardrobe and majority of everything that I wear. I haven't had that many problems.

**Darrell:** Really you have two kinds of pants, ones that fit below the stoma and then some that are higher waisted. So they kind of conceal everything and it'll kind of depend, especially if it's above the stoma. I don't wear a belt at all. So it's all a thing of trial and error.

**Jocelyn:** Yeah. Most definitely. Again, patients tend to figure out what's the worst for them. I had a patient and she found out that with the loose fit underwear, she needed to feel more secure. So she bought them and she came over and she showed me she said, "Doctor this is what works for me." So again, all of the things that we're talking about and saying are just guide of what we found sometimes works for the patient.

Everybody is individual. Darrell and Anne have urostomies, and I don't. But I take a lot of information and pass it on from my patients and we share and then it helps the next person to be able to deal with this and to know that they can deal with it. And then in the long run, you get back to your norm, to your new normal that you can wear what you were wearing, and you just not have to make some adjustments in that area.

**Ileal Conduit: Hernia/Prolapse Belt**

- **Coloplast**  
• [www.coloplast.us](http://www.coloplast.us)
- **Nu Hope**  
• [www.nu-hope.com](http://www.nu-hope.com)
- **Stealth Belt**  
• [www.stealthbelt.com](http://www.stealthbelt.com)  
Use code DNAKAGAWA for 10% off



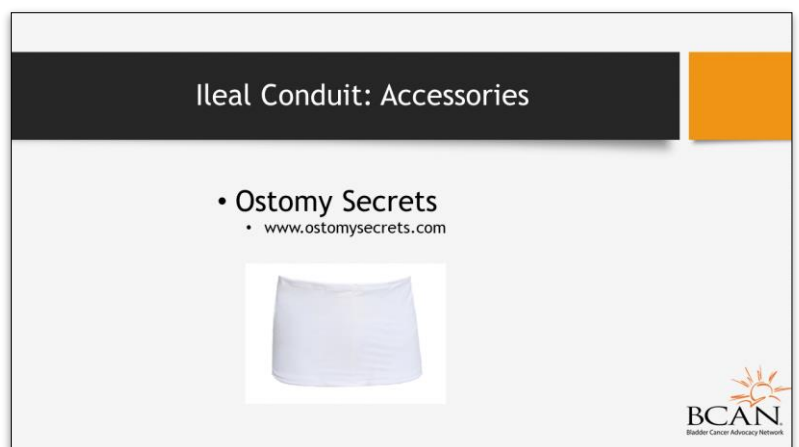
BCAN  
Bladder Cancer Advocacy Network

So these are some of the accessories for the hernia and the prolapse. Coloplast just recently, this was new on the market for the United States. This is their hernia belt. Nu Hope has been around for a very, very, very long time. And that is the blare answer. And then the Stealth Belt and Darrell wears the Stealth Belt. But these are the products that when the

physician sends the patients to the office for a hernia, we introduce them to try to just kind of reduce that hernia so that the pouch won't keep coming off and to provide that abdominal support that the patient needs when they get a hernia. Darrell, you want to talk about your experience with the Stealth Belt?

**Darrell:** Sure. So Stealth belt to me is a great product. It definitely supports my pouch and it really has kind of helped me along the way. Even my doctor has commented on, he has more and more patients wearing them. Also, I'm a Stealth Belt ambassador. And so if you use that code that you see on the screen, it will get you 10% off the product. They also have a number of different offerings. You can get standard black, you can get custom colors and whatnot. So it's a great product and the product was designed by an ostomate who's very active. He's part of a NASCAR pit crew. So, it's all about keeping active and living close to normal, new normal.

**Jocelyn:** Yes, most definitely. And again, as I said, if there is no decrease or obstruction of urine from your stoma, the physicians most likely will send you for one of the support belts to help with that. Normally they don't consider going back in or having surgery unless there's an obstruction or excruciating pain in that area. So these are some of your options for that. This is not a belt or anything like this. This is a company and it's called Ostomy Secrets. And the story behind Ostomy Secrets is a young lady, had an urostomy, she was very young and she felt as if she was not sexy enough for her husband. So she went home and designed underwear. I'm showing this wrap because this is the most popular product and it comes in black and beige. The pouch, it's on the inside.



A lot of my runners, my construction workers, people who are very, very active, they find that this is very, very comfortable and it holds them. So you put the pouch on the inside and it makes the patients say they feel a whole lot more secure when they have it on. A lot of patients who swim, Ostomy Secrets does have swimwear. They have male and female undergarments. And so if you go to Ostomy Secrets, you'll be able to see the whole line of products. The interesting thing about this company also is that everybody there has an ostomy, so no matter what you're looking for or needing help with, they can help you with what you're looking for. Again, it's not for a prolapse or anything like that. It's mainly cosmetic all around or for just a little bit more support.

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