

# Ostomy Care Supplies List

Supply List · 21 items · 5 sections

A complete ostomy care supplies list covering pouches, skin barriers, accessories, and hygiene products for colostomy, ileostomy, and urostomy management.

Open the editable, AI-powered version online:

<https://genechecklist.com/checklist/ostomy-care-supplies-list>

## POUCHING SYSTEM

- Ostomy pouches (drainable or closed, correct size)

HIGH

*Consult your stoma nurse for the right type and size*

- Skin barrier wafer / baseplate

HIGH

*For two-piece systems; pre-cut or cut-to-fit*

- One-piece ostomy system (all-in-one)

*Choose one-piece or two-piece based on personal preference*

- Pouch clamp / clip (for drainable pouches)

HIGH

- Ostomy belt (for extra security)

- Stoma measuring guide

HIGH

*Stoma size changes in the first 6 weeks, measure regularly*

- Stoma scissors (curved, for cutting wafers)

## SKIN CARE

- Skin barrier ring / moldable ring

HIGH

*Fills gaps between stoma and wafer to prevent leaks*

- Stoma powder (for sore or moist skin)

HIGH

- Skin barrier spray / protective wipe

HIGH

*Forms a protective film before applying the wafer*

- Adhesive remover spray or wipe

HIGH

*Prevents skin trauma when removing the wafer*

- Barrier cream (for peristomal skin)

## **ODOUR CONTROL**

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- Ostomy bag deodorant drops  
**HIGH**
- Ostomy deodorant spray (room use)
- Charcoal filter covers (for flatus bags)

## **HYGIENE**

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- Disposal bags (scented, opaque)  
**HIGH**
- Soft wipes (fragrance-free, no alcohol)  
**HIGH**  
*Avoid wipes with moisturisers: they prevent adhesion*
- Warm water and soft cloth for cleaning  
**HIGH**  
*Soap is not recommended around the stoma site*

## **ACCESSORIES**

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- Travel supply kit / portable changing bag  
*Always carry spare supplies when away from home*
- Medical ID card (explaining ostomy for emergencies)
- Stoma care diary / output log