## NHS Grampian Guidance For Prescribing Stoma Appliances In Primary Care

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<tr>
<th>Co-ordinators:</th>
<th>Consultation Group:</th>
<th>Approver:</th>
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<tr>
<td>Colorectal/Stoma Clinical Nurse Specialists, HSCP Lead Pharmacist</td>
<td>See page 5</td>
<td>Medicine Guidelines and Policies Group</td>
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### Executive Sign-Off

This document has been endorsed by the Director of Pharmacy and Medicines Management

[Signature Image]

With the permission of NHS Highland, this guidance is based on the ‘Policy for the Prescribing of Stoma Appliances in NHS Highland (Excluding Argyll and Bute CHP)’
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Lead Author/Co-ordinator: Colorectal/Stoma Clinical Nurse Specialists (CSCNS), HSCP Lead Pharmacist

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Guideline

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Operational Management: Unit Operational Managers

Policy statement: It is the responsibility of all staff to ensure that they are working to the most up to date and relevant policies, protocols procedures.

Review: This policy will be reviewed in three years or sooner if current treatment recommendations change.
This document is also available in large print and other formats and languages, upon request. Please call NHS Grampian Corporate Communications on (01224) 551116 or (01224) 552245.

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* Changes marked should detail the section(s) of the document that have been amended i.e. page number and section heading.
# NHS Grampian Guidance For Prescribing Stoma Appliances In Primary Care

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1. **Aim**

   This guidance aims to provide basic information on appropriate and cost-effective stoma care prescribing.

2. **Summary Of Key Points**

   - All patients should be given the choice of having prescriptions for stoma appliances supplied from either a local community pharmacy contractor or a dispensing appliance contractor (or a dispensing doctor practice, if applicable).

   - Patients must request a prescription from their GP practice **before** placing an order with their community pharmacy or dispensing appliance contractor for any stoma appliances.

   - Practices should provide patients with a list stating the patient’s current stoma items that can be issued on repeat prescription.

   - Patients (or an appliance contractor acting on their behalf) should only order items on the current repeat prescription list unless a change has been advised by the Colorectal/Stoma Clinical Nurse Specialist (CSCNS), prescriber or community pharmacist.

   - If a patient wishes to order additional/alternative items (particularly ‘accessories’), they should contact a CSCNS for advice.

   - Following a patient review, the CSCNS will inform the patient’s GP of any changes to stoma appliances. Practices should update the patient’s repeat prescription list with this information.

   - Stoma appliances should not routinely be supplied before the dispenser is in receipt of a valid prescription. Retrospective prescriptions should only be issued in exceptional circumstances.

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**Practices, pharmacists and patients can contact the Colorectal/Stoma Clinical Nurse Specialists for further advice:**

**Aberdeen & Aberdeenshire:** (01224) 553987

**Moray:** (01343) 567480/567786

**Email:** [grampian.stomanurses@nhs.net](mailto:grampian.stomanurses@nhs.net)

(For non-urgent queries)
3. Recommendations

3.1. General Points for Prescribers

- Whilst it is essential for patients to have an adequate stock of stoma appliances and be able to order additional supplies in plenty of time, this must be balanced against over ordering/prescribing.
- No patient should order in excess of two months’ supply at any one time (see Appendix 1 for details of appropriate quantities). However it should be recognised that, on occasion, patients may require larger quantities than normal.
- If patients are identified as routinely over ordering and there are clinical concerns (rather than simply a ‘stockpiling’ issue), it would be appropriate to refer the patient to a CSCNS for review.
- The use of (and appropriate quantities of) accessories will be advised on an individual patient need basis by the CSCNS (see Appendix 1 for further information on accessories).

3.2. For New Patients

- All patients discharged from hospital with a new stoma will be given the choice of having prescriptions for stoma appliances supplied from either a local community pharmacy contractor or a dispensing appliance contractor (or a dispensing doctor practice, if applicable). Patients should also be given information on the usual turnaround time for prescriptions.
- On discharge, all patients should be supplied with a minimum of 7 days supply of stoma appliances from hospital stock.
- The CSCNS will provide the patient’s GP practice with a list of products being used.
- GP practices should use the list provided to update the patient’s repeat prescription list and provide the patient with a copy of the items that can be ordered on repeat prescription.
- Where patients choose to have their products supplied by a community pharmacy, the CSCNS, with the patient’s consent, will also provide the pharmacy with a list of products.
- The product information provided will include:
  - Name and type of product
  - Manufacturer
  - Product code/product order number
  - Pack size
  - Suggested quantity required each month (please note that this may alter as the stoma becomes established).

3.3. Ordering Prescriptions

- Patients must request a prescription from their GP practice before placing an order with their community pharmacy.
• Dispensing appliance contractors should only request prescriptions from a GP practice after receiving a request from the patient. Supplies should not be made prior to receipt of the prescription (see Section 3.4).

• Patients, their carers (including care home staff) or dispensing appliance contractors should be advised that only products that are actually required should be ordered, in order to reduce wastage.

• Patients, or their carers (including care home staff), should regularly check their supplies so that orders are placed in a timely manner.

• Patients, their carers (including care home staff) or dispensing appliance contractors should be advised that they should only order items that are on the current repeat prescription list, unless a change has been advised by the CSCNS, prescriber or community pharmacist.

• Dispensing appliance contractors may offer patients free samples of stoma accessories (e.g. deodorants, wipes, etc). If the patient perceives these products to be required on a regular basis they should discuss their requirements with a CSCNS or prescriber prior to requesting a prescription.

3.4. Issuing Prescriptions

• To prevent waste, prescriptions should be checked to ensure that products and quantities requested are appropriate to the needs of the patient and not excessive.

• Prescriptions for stoma appliances should be issued on separate prescription forms to other items requested by a patient, e.g. medication. This will avoid problems if the patient chooses to use a dispensing appliance contractor for their stoma appliances and a community pharmacy for their medicines.

• If the patient chooses to use a dispensing appliance contractor, care must be taken not to send the right hand side of any prescriptions to the appliance contractor (as they contain confidential patient information, i.e. list of other repeat medicines).

• No appliances should be supplied to a patient prior to a prescription being issued. Requests for ‘retrospective’ prescriptions should not be granted except in emergency situations, e.g. if the condition of the stoma changes.

• There may be some occasions when a patient who is newly discharged from hospital will require products quickly and may need frequent product changes until the stoma stabilises. The CSCNS may arrange to (temporarily) supply products to the patient from (hospital) ward stock. After these initial supplies, prescriptions should then be issued via the normal GP practice process.

• Following a review with a CSCNS, any changes made to a patient’s products will be notified to the patient’s GP practice in writing in order to ensure prescriptions are accurate. A copy of this list may also be sent to the relevant community pharmacy or dispensing appliance contractor (with the patient’s consent).

• Patients may request/receive samples or products from dispensing appliance contractors. Additional products requested by the patient or appliance contractor which are not on the repeat list should be checked with the patient, GP/prescriber or CSCNS to ensure that the product is necessary and appropriate.
3.4.1. Practical Points:

- When issuing prescriptions, the product code can be entered under "Drug Name". This helps to ensure that the correct product is selected. On VISION, "#" should be entered before the code number.
- If no quantity is stated on the prescription request, please refer to Appendix 1 for suggested quantities.
- GPs or other practice staff can also telephone 01224 553987 (for Aberdeen and Aberdeenshire) or 01343 567480 / 567786 (Moray) to obtain advice from the CSCNS.

3.5. Dispensing Prescriptions

- Stoma appliances should not routinely be supplied before the dispenser is in receipt of a valid prescription.
- In exceptional circumstances, a contractor may dispense urgent supplies of stoma appliances before receiving a prescription at the request of a prescriber or CSCNS (with the prior permission of the prescriber). In such circumstances the prescriber must undertake to provide a prescription to the contractor within 72 hours.
- Alternatively, in urgent situations when the prescriber is unavailable, the community pharmacy contractor may supply stoma appliances under CPUS (Community Pharmacy Urgent Supply).
- If a community pharmacy contractor is unable to source a particular product before the discharge supply for a new patient runs out, they should contact the CSCNS, who will offer a temporary alternative.

4. Consultation Group

Colorectal/Stoma Clinical Nurse Specialists
Helen Chisholm, Nurse Service Manager
HSCP Lead Pharmacists
Liz Kemp, Principal Pharmacist Pharmaceutical Services
Grampian Pharmacy Contractors Committee
Area Pharmaceutical Committee
Aberdeen City HSCP Clinical/Cluster Leads
Moray HSCP Prescribing Group

5. Acknowledgement

This guidance is based on the ‘Policy for the Prescribing of Stoma Appliances in NHS Highland (Excluding Argyll and Bute CHP)’. We are grateful to NHS Highland for allowing us to adapt their policy for use in NHS Grampian.

6. Distribution List

GP Practices
Community Pharmacies
NHS Grampian Community Nursing Teams
Care Homes
Appendix 1 - Stoma Products Prescribing and Quantity Guidance

The recommended quantities stated below are those considered reasonable for a one month supply. If a patient’s stoma is stable, then a two-month supply may be prescribed.

Bags/Pouches

One Piece Closed Pouches
- Most products come in boxes of 30 pouches.
- Most require to be changed up to three times daily.
- 30 pouches should last 10 to 15 days.
- Up to 90 pouches would be a reasonable quantity to order.

One Piece Drainable Bags
- Includes urostomy bags.
- These bags can be changed every 2 to 3 days or daily, if preferred.
- Most come in boxes of 30.
- Up to 30 bags would be a reasonable quantity to order.

Two Piece Closed Systems (involving a base plate and pouch)
- Most two piece closed systems require separate orders for base plates (also known as flanges or wafers) and pouches.
- Most base plates come in boxes of 5 or 10 and each base plate is usually left in place for a period of 2 to 4 days.
- The pouches are usually in boxes of 30 and can be changed up to 2 to 3 times per day.
- Up to 15 base plates and 90 pouches would be a reasonable quantity to order.

Two Piece Drainable System (involving a base plate and bag)
- Most two piece drainable systems require separate orders for base plates (also known as flanges or wafers) and drainable bags.
- Includes urostomy bags.
- Most base plates come in boxes of 5 or 10.
- Each base plate is usually left in place for a period of 2 to 4 days.
- Drainable bags are usually supplied in boxes of 10 and changed every 2 to 3 days, or daily if preferred.
- Up to 15 base plates would be a reasonable quantity to order.
- Up to 30 drainable bags would be a reasonable quantity to order.

Night Bags
- These are for both one and two piece urostomy systems.
- These are usually changed daily.
- Most are supplied in boxes of 10.
- Up to 30 bags would be a reasonable quantity to order.
Accessories

General Notes
- The use of (and appropriate quantities of) accessories will be advised on an individual patient need basis by the CSCNS.
- In general, accessories such as wipes and deodorants should not be provided. All pouches should be delivered with free wipes and disposal bags by the supplier as a matter of course and these items do not need to be ordered separately.

Items highlighted in the boxes below are the accessories that are most commonly inappropriately requested or prescribed. Extra care should be taken when dealing with requests for these items.

Adhesives (Discs/Washers, Pastes, Sprays or Solutions)
- These products should only be used following advice from CSCNS

Adhesive Removers
- Adhesive removers are available as sprays, liquids and wipes.
- There may be a role for these products to prevent skin damage when an appliance sticks firmly to the skin.
- Usual first choice products would be WipeAway® or Appeel®.

Bag Closures
- Used on older drainable pouches, to seal the end of the pouch, but are being replaced by integral fastenings.
- There are two types; plastic clips and wire ties.
- Plastic clips are usually cleaned and re-used whereas wire ties are disposable.
- Some drainable pouches include closures in the box so do not require to be ordered separately – please check appropriate literature.

Bag Covers
- Help reduce bag irritation and discomfort resulting from the feel of the bag on the skin and also bag noise.
- With many newer products being opaque the requirement for bag covers is reducing but may still be necessary for some patients.
- Pouch covers are washable.
- A wide range of bag covers are available to purchase online.

Belts
- Ostomy/stoma belts are used to secure the stoma product to the skin.
- The advice of a CSCNS must be sought regarding their use as not all stoma products can have a belt fitted to them.

Deodorants (sprays and sachets)
- If a deodorant is required, patients should be advised to purchase an ordinary personal deodorant / household air freshener, as appropriate.
Filters/Bridges
- Removable filters are becoming obsolete but are still used with some older products.
- All new pouches have built-in filters that allow the dispersal of flatus from the pouch via a charcoal pad, which absorbs any odour.
- Drainable bags can also have filters that can be fitted by the patient.
- There is a very limited role for bridges and there may be difficulties in obtaining supplies of them.

Irrigation/Wash-out Appliances
- Irrigation is only suitable for patients with an end colostomy and should only be undertaken on the advice of a CSCNS.

Protective Shields
- These can be useful for patients who e.g. work offshore, play contact sports, etc. A belt would also be required.
- Patients currently receiving prescriptions for these products may require review by a CSCNS.

Skin Protectives / Barrier products
- Some products should only be used a maximum of twice a week and discontinued when the skin has healed. They can cause skin sensitisation and overuse can also lead to the stoma bag being unable to adhere to the skin.
- If these products are requested repeatedly then the patient should be reviewed by the CSCNS.

Stoma Caps/Dressings
- Used to cover the stoma but have no actual capacity.
- There are also products available for patients with a urostomy and these have limited capacity.
- They can be used on a colostomy during the day when the stoma is “quiet” or “inactive”.
- Patients who irrigate their stoma often find these useful.
- They should not be used with an ileostomy due to the high activity of this type of stoma.
- Up to 30 caps a month would be a reasonable quantity to order.

Underwear
- There is no good, peer reviewed evidence to support the use of stoma specific underwear and therefore such underwear is a significant avoidable expense for NHS Grampian. As such, these products should only be used following advice from CSCNS.