COMMUNITY SUPPORT & INFORMATION

Support Groups

Northern Hospital Ostomy Support Group	A support group for over 50s	Enquiries to: Joy Walker 9306 4321 Peter Farmer 9460 1125
Young Ostomates United Inc. (Y.O.U.)	A support group for young people with stomas, aged between 0 and 40 (ish)	Enquiries to: Helen 9796 6623 Susan 9497 3901
Ostwest Support Group	Meet 3rd Monday of each month 7-9pm	Enquiries to: Tricia 0409 258 211 Jenny 9746 9121

Royal District Nursing Service (RDNS)

Role	Continuing stomal education and support once patients leave hospital. Provide support and education to RDNS field staff
Coverage	4 Stomal Therapy Nurse positions covering metropolitan Melbourne
Referral / Contact	Customer Service Centre 1300 798 068 RDNS Head Office 9536 5222 Email: www.rdns.com.au

Stoma Appliance Scheme

The scheme, subsidised by the Australian Government, provides stoma related products (medicines and appliances) free of charge to members of any stoma association.

Stoma Association details can be accessed by visiting: www.australianstoma.com.au

Freecall Ostomy Company Helplines

Manufacturers of ostomy supplies provide a five-day week 9-5pm Helpline.
The service provides information and advice on stoma products, pharmaceuticals and other products.

Coloplast	1800 333 317	www.coloplast.com.au
Convatec	1800 335 276	www.convatec.com.au
Dansac	1800 331 766	www.dansac.com.au
Hollister	1800 335 911	www.hollister.com.au
Omnigon	1800 819 274	www.omnigon.com.au

Available Literature

Coloplast	• Diseases of the Digestive System • Living with a Colostomy • Living with a Ileostomy • Living with a Urostomy • Special Tips • Ostomy Cook Book
Convatec	• Video – Calming Your Fears • The Ostomy Book • Alive & Kicking • What to Expect Before & After Your Ostomy Procedure • Understanding Your Colostomy • Understanding Your Ileostomy • Understanding Your Urostomy
Dansac	• How to Change one & two piece Ileostomy (illustrated) • How to Change one & two piece Colostomy (illustrated) • How to Change two piece urostomy (illustrated) • How to Irrigate • What's on my Tummy Emile? (paediatric illustrated) • Hints & Tips: Ileostomy • Hints & Tips: Colostomy • Hints & Tips: Urostomy • What About Sex? • Getting Fit After Surgery • Health Eating
Hollister	• Managing Your Colostomy • Managing Your Ileostomy • Managing Your Loop Ileostomy • Managing Your Urostomy
Omnigon	• Your Guide to Stoma Support, Hernia Prevention & Management • www.allaboutbowelsurgery.com The above link is a UK site therefore not all products mentioned are available in Australia.