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Thank you for contacting the United Ostomy Association, Inc. for information about ostomy surgery and the services we provide.

The UOA is a volunteer-based health organization dedicated to providing education, information, support, and advocacy for people who have had or will have intestinal or urinary diversions.

We've provided general information here to answer most basic questions. If you can't find what you're looking for, please don't hesitate to call or e-mail us with your questions. What's included:

[So You Have or Will Have an Ostomy...](#)

What you need to know about ostomies, common questions and answers and where to get help.

[Nationwide Network of Support Groups](#)

This explains the UOA - our history, who we are and what we do. Membership benefits of joining the UOA, either at a local or national level are also included.

[Brochures, Booklets and Care Manuals](#)

Information on education materials available to you from the UOA. From fact-sheets to videos to 32-page guidebooks, an extensive collection can be ordered.

[NEW Ostomy Guidebooks](#)

Covering colostomy, ileostomy, urostomy, continent urostomy, ileoanal reservoir and a new sexuality guide. Written, reviewed and updated by WOC(ET) nurses.

[UOA Membership Application](#)

The three types of membership, Chapter, Association and Professional, are explained and four convenient ways to join are included.

On behalf of the UOA leadership, volunteers and staff, I'd like to thank you for your interest in the UOA and hope you will consider joining us in helping others and making a difference in the lives of thousands of ostomates nationwide.

Sincerely,

Nancy Italia
Executive Director

SO YOU HAVE OR WILL HAVE AN OSTOMY...

SUPPORT SERVICES AVAILABLE

[Introduction](#)

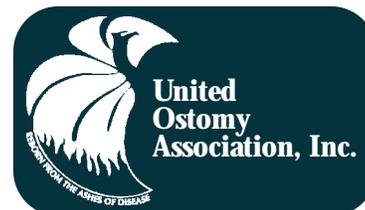
[Brochures, Booklets and Care Manuals](#)

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What You Need To Know - Questions and Answers

You Are Not Alone

There are approximately one million people in the United States who lead full, productive lives after ostomy surgery. The United Ostomy Association is a nationwide organization of local support groups that offer assistance through their visiting program, mutual-aid meetings, and educational publications for ostomates.

What is an ostomy?

An ostomy is a surgically created opening in the intestine or urinary tract, through the abdominal wall, for discharge of bowel or bladder wastes. Different types of ostomies are named for the organ involved. The most common are:

Ileostomy - Created by the removal or bypass of the large intestine. The end of the small intestine is brought through a surgically created opening in the abdomen, stoma, and permits the elimination of body waste.

Colostomy - Created by the removal of a damaged or diseased portion of the large intestine. A stoma permits body waste elimination from the remaining portion of the large intestine.

Urostomy - Created by the removal or bypass of the bladder. The urine is diverted and passed out of the body through a stoma.

An ostomy may be necessary when cancer or disease involves the bladder or digestive tract. Some may be temporary to allow a disease process or operative site to heal and others will be permanent.

Ostomates may wear an external pouch to collect liquid or

food waste. Some newer procedures allow for internal pouches, which eliminate the need for external collection devices.

Ostomates come in all sizes, shapes, descriptions and with major health care problems. Ostomy surgery saves many lives and returns people to better health and a new way of living.

Can I wear normal clothing?

Most individuals are able to wear their entire wardrobe, including tight clothing and bathing suits. Maybe you should skip the bikinis!

Will there be odor?

Those with ileostomies and urinary diversions will be fitted with pouches which are odor-free. Colostomates control odor with diet and odor-free pouches or stoma coverings (for those who choose to irrigate). In addition, for all ostomates, there are deodorants for external use and odor-reducing compounds to be taken by mouth, should they be needed.

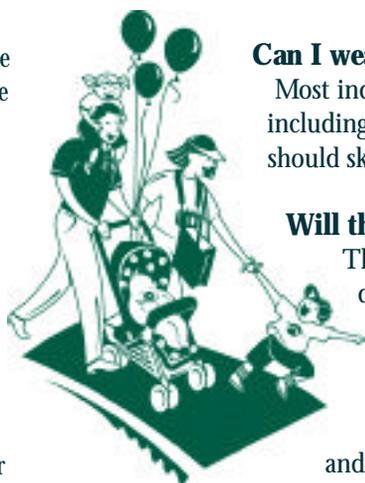
Will there be noises?

Everyone produces gas and rumblings, including ostomates. You can place your hand over your stoma area or maybe a little cough to cover up the noise. You will experience less gas and noises as your digestive system settles down after the surgery. Avoid gassy foods, drinking through a straw and chewing gum.

Will I feel the waste discharging?

The intestines have very minimal feeling. Colostomates will probably be aware of intestinal movements when it happens. Those with urinary diversions will probably be unaware of kidney draining.

Check the pouch occasionally to see if it needs emptying before it gets too full and may cause a leakage problem. Always empty prior to going out of the house and away from a convenient toilet.



SO YOU HAVE OR WILL HAVE AN OSTOMY...

SUPPORT SERVICES AVAILABLE

[Introduction](#)

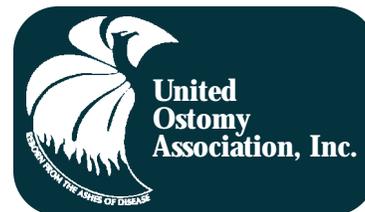
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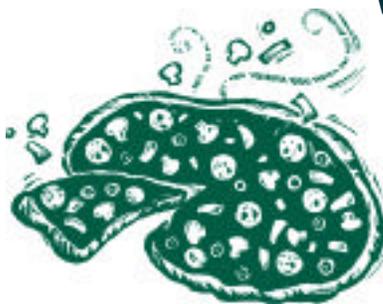
What You Need To Know - Questions and Answers CONT.

Will I be a captive of the bathroom?

At first you may find yourself spending lots of time in the bathroom until you become proficient with the management of your stoma. But then, your routine will not involve any more time than normal visits to the bathroom, except for changing the pouch. Also, irrigating, for the colostomate who chooses this type of management, will take longer.

Will I be on a special diet?

Follow doctor's orders regarding nutrition at each stage of your adjustment. Begin with small portions, introduce new foods slowly and chew well. A good practice for all ostomates is to drink plenty of fluids.



Will I be a social outcast?

Only your own attitude and morale will affect your companions. You should determine who, when and how much to tell about your surgery. Most ostomates return to the same physical and social activities that they enjoyed prior to their illness and subsequent surgery.

Ostomates are dating, mating and having babies after ostomy surgery. Good marriages grow stronger by sharing life experiences.

Can I still go swimming?

With a securely attached pouch, or properly managed colostomy, you can shower, take a bath, swim and scuba dive. Go for it!

WHERE CAN I GET HELP?

United Ostomy Association (UOA)

The United Ostomy Association with local chapters throughout the United States will provide you with support, education, and information to help you return to a productive life after ostomy or related surgery. UOA certified visitors are available on request.

Visit the UOA Web site www.uoa.org for valuable information and links to many other helpful ostomy related sites.

Wound, Ostomy and Continence Nurses Society (WOCN)

The WOCN is the professional organization for ostomy nurses and health care professionals. WOCN's mission is to provide education, research, certification and collaborative atmosphere to support state-of-the-art health care management for individuals with wounds, ostomies, and incontinence. For more information contact your local hospital or visit www.wocn.org.

American Cancer Society (ACS)

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer through research, education, advocacy, and service.

For more information, contact the local unit of the American Cancer Society listed in the white pages of your telephone directory or call toll-free (800) ACS-2345, or visit their web page at www.cancer.org.

NATIONWIDE NETWORK OF SUPPORT GROUPS

UNITED OSTOMY ASSOCIATION, INC.

[Introduction](#)

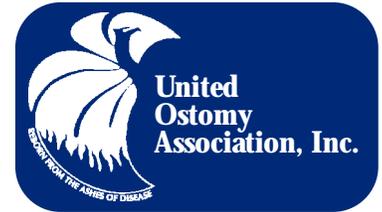
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History of the UOA

In 1962 in Cleveland, Ohio, the UOA held its constituting convention and unified 28 ostomy support groups from the U.S. and Canada.

Unifying allowed chapters to share resources, increase advocacy leverage and strengthen the ability to attract new members and develop chapters in new cities and communities.

During the next four decades, the UOA established a presence in most of the U.S. communities and provided patients access to mutual aid, moral support and education.

Partnerships and Collaborations

In 1968, one of the most significant factors affecting the UOA was the establishment of our professional partner, the enterostomal therapist (ET) or ostomy nurse. For many years we held our annual conferences together and built a mutual organization of support. The Wound, Ostomy and Continence Nurses (WOCN) Society was formed to foster the training of technicians who provide direct physical and management support for the ostomy patient.

A strong partnership with the WOCN exists at both a national and community level. We work together as part of a total care-giving team that provides ostomates the physical and emotional support they need for life with an intestinal or urinary diversion.

The American Cancer Society and the United Ostomy Association have entered into a nationwide collaborative agreement that outlines mutual interest and opportunity in colorectal education, patient visiting and advocacy issues.

UOA - WHO WE ARE

Chapters and Satellites

Affiliated chapters and satellites of the UOA are located in communities throughout the U.S.

Local chapters offer support through the UOA Visiting Program, chapter newsletters, educational meetings and support groups. They work with hospitals and medical personnel to establish a resource network of support for ostomates.

Chapters also play an important public relations role in their communities by exhibiting at health fairs, speaking before medical and civic groups and by spreading the word that life with an ostomy can be as fulfilling as before surgery.

There is a chapter directory on the UOA Web site, www.uoa.org, or you can call the UOA central office at 800-826-0826 for more information.

Membership Opportunities

Chapter Memberships offer the full UOA member benefits, including the *Ostomy Quarterly* magazine. Dues are paid through the chapter.

Association Memberships include the *Ostomy Quarterly* and access to patient educational materials for ostomy and continent procedures. Annual dues are paid directly to the UOA. Professional Memberships are also available for those working in the medical field.

UOA - WHAT WE DO

National Initiatives

The UOA Visiting Program is our flag-ship program offering person to person contact for patients both pre-op and post-op and is implemented at the local level.

Communication activities include the production of the *Ostomy Quarterly* magazine, patient education publications, toll free assistance via 800-826-0826 and the UOA Web site, www.uoa.org, which includes an interactive message board.

Advocacy initiatives focus on ostomy-related legislation, reimbursement issues and access to products and supplies.

NATIONWIDE NETWORK OF SUPPORT GROUPS

UNITED OSTOMY ASSOCIATION, INC.

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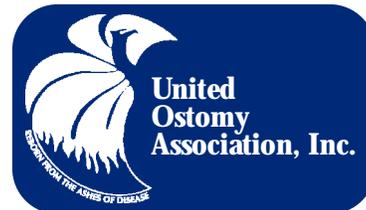
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UOA - WHAT WE DO CONT.

National, regional and local meetings are held to provide current updates on ostomy surgeries and their management, new product information and free clinics for consultation with an ostomy nurse. An exhibit hall features major manufacturers and suppliers and a chance to interact with their representatives.

Established focus groups within the UOA include: Continent Diversions Network (CDN) - for those who have or plan to have an internal pouch to replace the bladder or colon; Gay and Lesbian Ostomates (GLO) - for the gay, lesbian or bisexual ostomate, their partners, caregivers and friends; Parents of Ostomy Children (POC) - for parents of children with ostomies or related procedures; Young Adult Network (YAN) - committed to addressing the needs and concerns of those 18 years and older; Pull-Thru Network (PTN) - for parents of children who have had a "pull-through" procedure.

An annual youth rally helps kids learn to become independent and also provides a fun, educational and comfortable atmosphere to share with and support fellow peers.

MEMBERSHIP BENEFITS

Affiliated Chapters at Community Level

- Visiting Program
- Newsletters
- Support group meetings

UOA Publications

- *Ostomy Quarterly* magazine
- Patient care guides
- Educational brochures

Nationwide Information Center

- Referral Network 800-826-0826
- E-mail: info@uoa.org

Web Site - www.uoa.org

- Current UOA activities
- Links to manufacturers, message boards and medical information

National and Regional Meetings

Youth Activities

- Youth Rally
- Young Adult Network

Advocacy Activities

- Legislative and reimbursement
- Access to ostomy products

Networking Opportunities

- National networks
- International Ostomy Association
- Allied agencies
- Ostomy product manufacturers

BROCHURES, BOOKLETS AND CARE MANUALS

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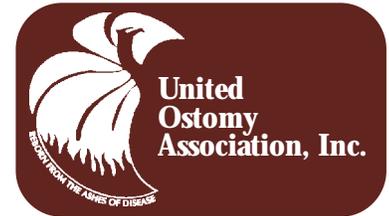
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KNOWLEDGE

Knowledge can dispel anxiety and encourages positive approaches to recovery. The publications listed here are the result of knowledge gained from the experience of ostomates, exchanged among them and prepared by the UOA. This exchange is one of the goals behind the formation of the United Ostomy Association in 1962.

Membership in the UOA is not necessary to obtain these publications, but we do hope you will consider joining this member-supported association. Our goal is to help people with intestinal or urinary diversions achieve the fullest possible rehabilitation. To do that, we need your support.

If you wish to receive membership information, even though you may not wish to obtain publications at this time, please indicate so on the order form, and you will be sent information on the UOA chapter nearest you.

If you do wish to order publications, simply complete both sides of the order form on the last panel. Inclusion of payment with your order is appreciated.

Use the publications offered here to better your knowledge of ostomy so that you may enjoy the improved life shared by nearly 30,000 UOA members.

GENERAL INFORMATION

So You Have, or Will Have, an Ostomy

#03-002. A six-panel brochure written with a light touch. It answers many common questions about living with an ostomy.

Surgical Options for Bowel Diversion

08-002 - A small brochure that briefly explains three surgical choices including: continent ileostomy, pelvic pouch, and conventional ileostomy.

Working Together: UOA and WOCN

#08-004 - Six-panel brochure with information on the partnership, benefits, resources and history of the UOA and WOCN. Also lists ways for WOCN members to become involved with the UOA.

Surgical Options for Bladder Diversion

#08-003 - A small brochure that briefly explains the surgical choices of continent urinary reservoir and the conventional urostomy.

Nationwide Networks of Support Groups #03-022 - A six-panel brochure explaining ostomy surgery and UOA. Excellent for public relations and new members.

FACTSHEETS

Covering the basics of the three main types of ostomies:

Colostomy • Ileostomy • Urostomy

GUIDEBOOKS

Colostomy Guide #05-001 - by Edith Lenneberg, ET, Alan Mendelssohn, MD, and Linda Gross, MA, ET. This revised guide covers colostomy care and adjustment, anatomy and function, management, skin care, odor control, daily life and diet.

Ileostomy Guide #05-005 - by Linda Gross, MA, ET. This revised guide covers standard ileostomy surgery, care and problem solving. Includes a resource guide and a glossary.

Urostomy Guide #05-006 - by Katherine F. Jeter, Ed.D., ET. Covers normal urinary system function, reasons for and types of urostomy surgery, basic urostomy care and potential problems.

Continent Urostomy Guide #05-007 - by Ilene Fleischer, MSN, RN, CWOCN and Patti Wise, BSN, RN, CWOCN. Covers before and after surgery, routine care including irrigation, supplies, helpful hints, living with a continent urostomy, resources and glossary of terms.

Ileoanal Reservoir Patient Handbook

#05-008 - 48-pages. Thorough explanation of various surgery techniques for continent bowel diversions, with an emphasis on the ileoanal reservoir procedure. Includes glossary and illustrations.

BROCHURES, BOOKLETS AND CARE MANUALS

[Introduction](#)

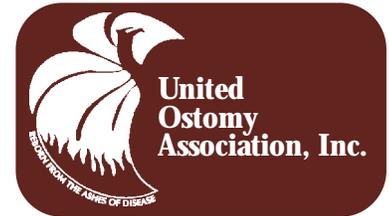
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VIDEOS

Please contact the Ft. Worth Area Chapter of the UOA to order videos. 1-817-561-1961.

Care of the Child with an Ostomy: A Guide for Parents - 14 minutes. Describes pouching of an infant with a colostomy and support services for parents of children with ostomies. Sponsored by a grant from ConvaTec, Inc. 1991, re-released in 1999.

Peer-Led Support Groups: A Model for Success. 15 minutes; includes 25-page manual. Provides a model for peer-led support groups; demonstrates techniques for study in a training session for support group facilitators. Sponsored by a grant from Coloplast, Inc., 1992

Ask the ET Nurse: Basic Ostomy Care Guidelines. 24 minutes; includes brochure. Basic ostomy management and care procedures described by two Ostomy nurses; personal experiences by persons with ostomies and support services also are outlined. Sponsored by a grant from the UOA, Ft. Worth Area Chapter, 1997.

Updated Techniques for Making Successful Hospital and Telephone Visits. 20 minutes; includes brochure. This 1999 version, sponsored by a grant from the UOA, Ft. Worth Area Chapter, includes enactments of hospital and telephone visits for use in UOA Visitor Training Programs.

CHILDREN WITH OSTOMIES

Youth Rally #07-001 - Specific information on this annual event for young ostomates 12-17 years old.

My Child Has an Ostomy #07-003 - by Susan Hamilton (mother of a child with an ostomy). A brochure that explains the child's needs to anyone not familiar with the ostomy.

Chris Has an Ostomy #07-004 - by Doris Held, RNET, and Arlene Klosterman, RNET. A 24-page coloring book using children's language to explain ostomy surgery, and various situations.

Ostomy Care for Children #07-005 - by Betty B.

Broadhurst, MA, BSN, ET, and Debra C. Broadwell, Ph.D, RNET. A great resource for parents of children with ostomies.

OSTOMY QUARTERLY

A 72 page, full-color magazine on the care and management of ostomies, personal accounts from ostomates and activities of the UOA and its chapters. Includes advertising. Included in UOA chapter membership. Annual subscriptions are available for \$25 (U.S.) in the U.S., \$30.00 (Canada and Mexico) and \$40.00 (All other foreign countries).

SEXUALITY

Gay and Lesbian Ostomates and Their Caregivers #03-006 - A three-panel brochure that provides information for gay men, lesbians and their caregivers.

Intimacy, Sexuality and an Ostomy #06-001 - by Gwen B. Turnbull, RN, BS, CETN. 18-pages covering sex myths and facts, common sexual problems, talking with your partner, the effects of medication and helpful hints. Includes resources, glossary and bibliography.

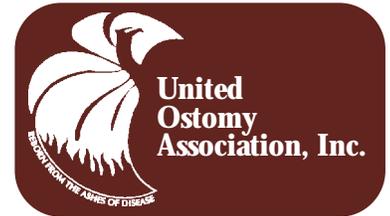
BOOKS

The Ostomy Book: Living Comfortably With Colostomies, Ileostomies and Urostomies # 02-001 - by Barbara Dorr Mullen and Kerry Anne McGinn, RN. Winner of the Medical SelfCare Book Award. This book is an in-depth resource on how to adapt to an ostomy. Published by Bull Publishing Company. Revised 1992.

Yes We Can! #02-000 - by Barbara Kupfer, Kathy Foley-Bolch, Michelle Fallon Kasouf and Brian Sweeney, M.D. Advice on traveling with an ostomy and tips for everyday living.

BROCHURES, BOOKLETS AND CARE MANUALS

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To order any of the publications listed below, please fill out the form and fax (with credit card info) or mail it (with credit card info or payment). You can also order online at www.uoa.org.

ORDER FORM

QUANTITY	ITEM	
_____	Ostomy Quarterly subscription	\$25/yr.
	Canada and Mexico:\$30/yr. All others:\$40/yr.	
_____	Yes We Can book	\$12.50
_____	Yes We Can book (nonmember)	\$14.50
_____	The Ostomy Book	\$12.95
_____	The Ostomy Book (nonmember)	\$14.95
_____	Colostomy Guide	\$3.50*
_____	Colostomy Guide (nonmember)	\$4.00*
_____	Ileostomy Guide	\$3.50*
_____	Ileostomy Guide (nonmember)	\$4.00*
_____	Urostomy Guide	\$3.50*
_____	Urostomy Guide (nonmember)	\$4.00*
_____	Continent Urostomy Guide	\$3.50*
_____	Cont. Urostomy Guide (nonmember)	\$4.00*
_____	Diet and Nutrition Guide	\$3.50*
_____	Diet and Nutrition (nonmember)	\$4.00*
_____	Sexuality Guide	\$3.50*
_____	Sexuality Guide (nonmember)	\$4.00*
_____	Ileoanal Reservoir Guide	\$3.50*
_____	Ileoanal Reservoir Guide (nonmember)	\$4.00*
_____	Chris Has an Ostomy	75¢
_____	Ostomy Care Children	\$3.95
_____	Youth Rally	no charge [†]
_____	Child Has Ostomy	no charge [†]
_____	Parents of Ostomy Children	no charge [†]
_____	So You Have or Will Have an Ostomy	no charge [†]
_____	Gay/Lesbian	no charge [†]
_____	Publications price list	no charge [†]
_____	Bowel Diversion	no charge [†]
_____	Bladder Diversion	no charge [†]
_____	Orthotopic Neobladder	no charge [†]
_____	Support Groups	no charge [†]
_____	Employment-based Discrimination	no charge [†]

[†]Please see applicable shipping costs

*Quantity discount: 10-24: -\$.50 ea./25-100: -\$1 ea./Over 100: -\$1.50 ea.

Subtotal of merchandise: _____

CA residents add 7.75% sales tax: _____

Shipping: Free brochures: No charge when ordering less than 10; \$.05 for each brochure when ordering more than 10. Orders under \$50, add 20% of subtotal for shipping and handling; orders over \$50, add 10% of subtotal. Minimum \$1.50.

Shipping (see above): _____

Total: _____

Charge to: VISA MASTERCARD DISCOVER

Card number: _____

Expiration date: _____

Signature: _____

Make checks payable to: United Ostomy Association, Inc.
19772 MacArthur Blvd., Suite 200 • Irvine, CA 92612-2405
800-826-0826 • FAX 949-660-8624 • www.uoa.org • info@uoa.org

• ALL ORDERS MUST BE PREPAID.

- Returns, refunds or exchanges can be made within 30 days of the shipping date.
- Overseas postage will be billed in addition to other charges.

Please send my order to:

Name: _____

Address: _____

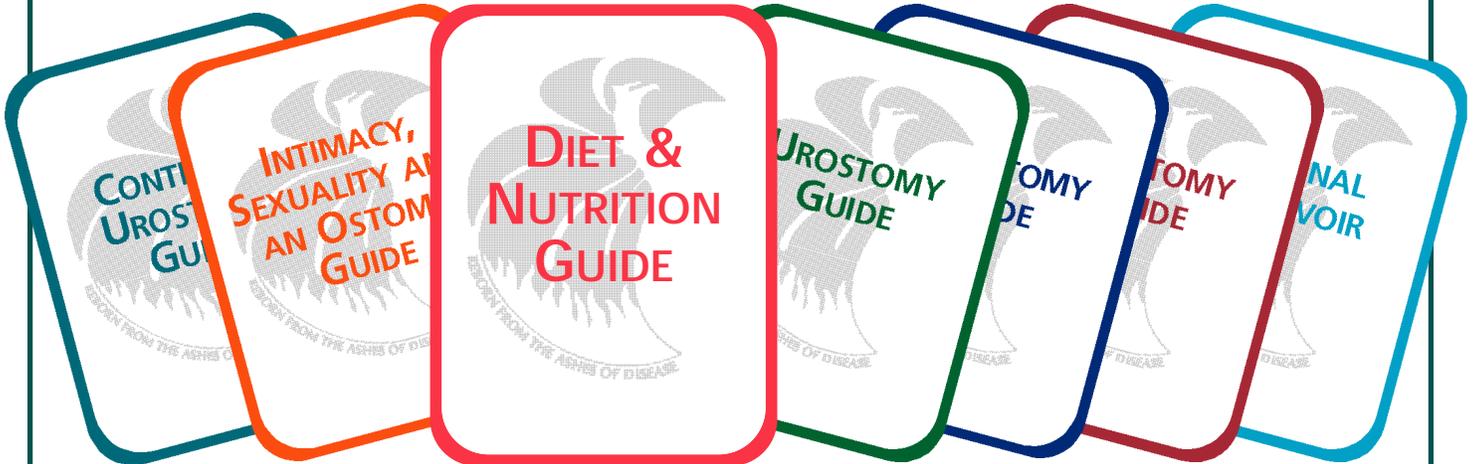
Address: _____

City: _____

State _____ ZIP _____



UOA Ostomy Guides



Written, reviewed and updated by WOC(ET) nurses, UOA care guides are excellent for the UOA Visiting Program or for someone who needs or has had ostomy surgery. No one should have to face a bladder or bowel diversion without one!

Often, education is the key to successful rehabilitation following surgery. These booklets provide down-to-earth answers to help alleviate fears and concerns by educating the reader.

Fax this form to 949-660-9262 or mail to United Ostomy Association, Inc., 19772 MacArthur Blvd., Suite 200, Irvine, CA, 92612-2405 with payment. You can also order online at www.uoa.org.

Name _____

Address _____

Phone # _____

Credit Card # _____

Visa MasterCard Discover

Expiration date _____

Signature _____

	Colostomy Guide			
	Ileostomy Guide			
	Urostomy Guide			
	Continent Urostomy Guide			
	Intimacy, Sexuality and an Ostomy			
	Ileoanal Reservoir Guide			
	Diet and Nutrition Guide			
	Guidebook Set (all 7 guides) \$25/\$20 UOA Member			
Quantity	Price	UOA Member Price	Subtotal	
1-9	\$4.00	\$3.50	Shipping & handling (20% of total subtotal)	
10-25	\$3.50	\$3.00	CA residents add 7.75% sales tax	
26-99	\$3.00	\$2.50	Total	
100+	\$2.50	\$2.00	Checks Accepted	



The United Ostomy Association, Inc.

The UOA is a volunteer-based health organization dedicated to assisting people who have had or will have intestinal or urinary diversions. There are three ways to become a member:

CHAPTER MEMBERSHIP offers full local and national UOA benefits, including the patient visiting program, support group meetings, newsletter, and the *Ostomy Quarterly* magazine. Dues are paid through the chapter, please call for amount.

ASSOCIATION MEMBERSHIP offers an annual subscription to the *Ostomy Quarterly* and access to patient educational materials about ostomy and continent procedures. Annual dues are \$25.00, paid to the UOA.

PROFESSIONAL MEMBERSHIP includes an annual subscription to the *Ostomy Quarterly*, patient literature, a Professional Certificate and annual recognition in the *Ostomy Quarterly*. Dues are \$50.00, paid to the UOA.

EIP

UOA Membership Application

Membership: Chapter (call for amount) Association (\$25.00) Professional (\$50.00)

Name _____

Address _____

City _____ State _____ ZIP _____

Home Phone _____ Business Phone _____

E-mail _____ Date of Birth _____

To help us complete our records, please answer the following. Check all that apply.

- Colostomy Ileostomy Urinary Diversion
 Continent Ileostomy Continent Urostomy Pull-Through
 Parent of Child with Ostomy Other Continent Procedure
 Spouse/Family Member Medical Professional (Physician, CETN, RN)
 Other _____

FOUR EASY WAYS TO JOIN

1. Mail completed application with your payment to:
United Ostomy Association, Inc.
19772 MacArthur Blvd., Suite 200, Irvine, CA 92612-2405
2. Call toll-free 800-826-0826
3. Fax this form to: 949-660-9262
4. Apply online at www.uoa.org

PAYMENT INFORMATION

Checks, money orders and credit cards accepted.
 VISA MasterCard Discover

Card number: _____

Exp. date _____

Signature: _____