

How to store your ostomy supplies



Typically, ostomates need to order ostomy supplies on a monthly basis. However, this depends on individual usage. For instance, people who live more active lives may find that they go through their supplies more quickly.

As a general rule, you should reorder supplies when you have ~10 days worth of supplies left.

What does 1 month of supplies look like?

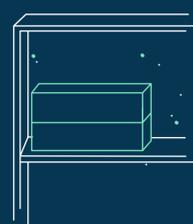
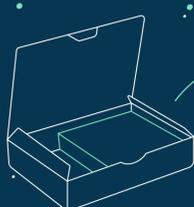
10 skin barriers	= 2 boxes
20 ostomy bags	= 2 boxes
Barrier extender strips	= 2 boxes
Skin prep spray or wipes	= 1 box
Adhesive remover spray or wipes	= 1 box
Barrier rings	= 1 box
Tube of ostomy paste	= 1 box

Total boxes = 10

*This is just an example. Your usage or products may be different.



How will I get my supplies?



Your ostomy supplies will likely come packaged in many small boxes. Check your supplies as soon as they arrive to make sure you're not missing anything.

Unpack all your supplies to ensure that you've received the correct products and that nothing is damaged or expired.

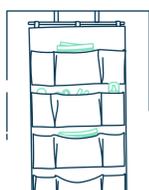
Find a cool, dry place to store your supplies. If you have the space, closets are a great place to store your ostomy supplies.

Storage options at home



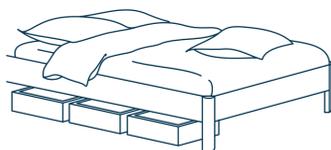
Behind the door

If you don't have the closet space to store your supplies, an over-the-door supply organizer can be a great alternative.



Under the bed

An underbed storage box is also a good option.



In baskets

Some people use a basket or bag to store a smaller set of supplies. Supplies are ready to go when it's time to change your ostomy system.



Storage options on the go

Backup Change Kit

Many ostomates carry a small on-the-go kit that contains supplies for an emergency ostomy system change.



Car Change Kit

If you're new to having an ostomy, it might help to carry a change of supplies (and clothing) in your car. Just remember to rotate those supplies often because interior temperatures in cars can rise and melt supplies.



Travel Tip

If you're traveling far from home, it's a good idea to keep a back-up change of supplies with you in addition to packing supplies in your luggage.



Tips for safe storage

Keep your supplies in a cool, dry area

High temperatures will cause the adhesives in skin barriers to degrade, meaning they won't stick as well to your skin.



Humid environments are bad for supplies

Avoid keeping supplies in the bathroom. Skin barriers absorb the extra moisture and won't adhere as well to your skin.



Supplies that have been kept in a cool, dry area will work better and last longer.

Rotate your supplies

Yes, ostomy supplies can expire! After they expire, they may not work as well.



To ensure your ostomy supplies are always in the best condition:

- Order fresh supplies every month
- Always check the expiration date that's printed on the box



Tips for reusing your ostomy boxes

- Let your cat play with them
- Use them to build your next robot costume
- Add them to the recycle bin!

