*[Patient name] [Practice name]*

*[Patient address1] [Practice Address 1]*

*[Patient address 2] [Practice Address 2]*

*[Patient address 3] [Practice Address 3]*

*[Postcode] [Postcode]*

*[Date]*

Dear [PATIENT],

**Changes to your barrier ring/seal/washer prescription**

In line with current national and local guidelines, we have carried out a review for all patients who are prescribed accessories for their stoma.

Barrier rings, seals and washers stick to the skin around your stoma and stoma appliance. They are used to prevent leakage and protect peristomal skin from faeces or urine causing soreness. When the stoma bag is changed, the barrier ring, seal or washer will be removed at the same time and therefore a new one is required at each bag change.

Depending on the type of stoma you have, the maximum number of barrier rings, seals or washers prescribed per month has changed:

|  |  |  |
| --- | --- | --- |
| Stoma Type | Daily Number | Maximum Monthly Number to be Prescribed |
| Ileostomy | 1 | 15-30\* |
| Colostomy | 1-3 | 30-90 |
| Urostomy | 1 | 15-30\* |

*\*Bag may be changed on alternate days, so only 15 barrier rings, seals or washers required each month*

Needing to use more than the recommended number of barrier rings, seals or washers, may indicate a stoma related issue that your stoma nurse can help with.

This prescription change has been agreed with local stoma care specialist nurses and is in line with current local guidance. We have made this change to your repeat prescription ready for your next order.

**If you are experiencing leakage, odour or sore skin around your stoma, please contact your stoma nurse.**

Their contact details are:

|  |  |  |
| --- | --- | --- |
| Dacorum, Watford and St Albans & Harpenden Localities | Telephone: 01923 217489 (Monday-Friday, 8am-4pm) | Email: [westherts.stomacare@nhs.net](mailto:westherts.stomacare@nhs.net) |
| Hertsmere Locality | Telephone: 07901 118827  (Monday-Friday, 8:30am-4:30pm) | Email:  [nclicb.stomanurse@nhs.net](mailto:nclicb.stomanurse@nhs.net) |
| Stoma office for hospital and community care service, Lister hospital, Stevenage | Telephone: 01438 284133  (Monday-Friday, 7am-4.30pm) | Email:  [stomacare.enh-tr@nhs.net](mailto:stomacare.enh-tr@nhs.net) |
| West Essex Stoma Care Nursing Team | Telephone: 01279 827072 (Monday-Friday, 8am-4pm) | Email: [paht.stomacare@nhs.net](mailto:paht.stomacare@nhs.net) |

**The ideal aim is to have such a good bag fit that stoma accessories are rarely needed.  Please note that if you are prescribed more than one stoma accessory product, you may receive more than one letter for each of your different products.**

Yours sincerely,

Dr Kevin Barrett

Clinical Lead for Gastroenterology

Herts Valleys CCG

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