











## Deciding on the Type of Ostomy Appliance System

Type of Appliance	One-Piece Ostomy Bag	Two-Piece Ostomy Bag
<b>Description and Picture</b>	 <p>Pouch/bag is bound to the wafer.</p>	 <p>Pouch/bag is separate from the wafer.</p>
<b>Advantages</b>	<ul style="list-style-type: none"> <li>• Easy to use and secure.</li> <li>• Flexible.</li> <li>• Less bulky and lower profile.</li> <li>• Quicker application.</li> <li>• More adaptable to uneven skin.</li> </ul>	<ul style="list-style-type: none"> <li>• More skin friendly.</li> <li>• Accommodates special needs.</li> </ul>
<b>Disadvantages</b>	<ul style="list-style-type: none"> <li>• Less accommodating to special needs.</li> <li>• Frequent changes leads to sore skin.</li> </ul>	<ul style="list-style-type: none"> <li>• Subject to leaks.</li> <li>• Bulky and less flexible.</li> <li>• Flange difficult to keep clean.</li> </ul>

Type of Appliance	Closed-End	Drainable
<p><b>Description</b></p>	 <p>Not reusable and thrown away once filled.</p>	 <p>Open at the end, allowing user to empty contents when full and reuse after emptied.</p>
<p><b>Advantages</b></p>	<ul style="list-style-type: none"> <li>• Flushable options for easy disposal.</li> <li>• Accommodates active lifestyle for swimming, exercise, and intimacy.</li> </ul>	<ul style="list-style-type: none"> <li>• Extends wear time.</li> <li>• Less changing required.</li> <li>• Easy removal of heavy liquids.</li> <li>• Easy to empty bag for disposal.</li> <li>• Ideal for liquid and semi-solid waste.</li> </ul>
<p><b>Disadvantages</b></p>	<ul style="list-style-type: none"> <li>• Not practical for high liquid output.</li> <li>• More difficult to dispose of in public.</li> <li>• Requires replacing 1-3 times daily.</li> </ul>	<ul style="list-style-type: none"> <li>• Difficult to drain with thicker consistencies.</li> </ul>

Type of Appliance	Pre-Cut Ostomy Bag	Cut-to-Fit Ostomy Bag
<b>Description</b>	 <p>Pre-sized barrier is an opening in the flange that is already cut to the size of the stoma.</p>	 <p>This type requires cutting the skin barrier before applying it to the body. It may have a small starter hole in the center.</p>
<b>Advantages</b>	<ul style="list-style-type: none"> <li>• Easier to apply.</li> <li>• Less time required.</li> <li>• Ideal for round stomas.</li> </ul>	<ul style="list-style-type: none"> <li>• Adaptable to patient needs.</li> <li>• Increased flexibility.</li> <li>• Ideal for odd shapes, sizes, and frequently changing stomas.</li> </ul>
<b>Disadvantages</b>	<ul style="list-style-type: none"> <li>• May not fit well.</li> <li>• Less adaptable to odd shaped stomas and sizes.</li> </ul>	<ul style="list-style-type: none"> <li>• More time consuming.</li> </ul>

Type of Appliance	Opaque Bag	Transparent Bag
<b>Description</b>	 <p>This type of bag conceal the contents of the pouch and you cannot see through them.</p>	 <p>This bag is clear and allows viewing of contents.</p>
<b>Advantages</b>	<ul style="list-style-type: none"> <li>• Discreet and hides contents.</li> </ul>	<ul style="list-style-type: none"> <li>• Helpful for caregivers to know when bag is full (i.e. especially pediatrics).</li> <li>• Easier to check.</li> </ul>
<b>Disadvantages</b>	<ul style="list-style-type: none"> <li>• Difficult to check.</li> </ul>	<ul style="list-style-type: none"> <li>• Less discreet.</li> <li>• Harder while in public.</li> </ul>

Type of Appliance	Flat Ostomy Bag	Convex Ostomy Bag
<b>Description</b>	 <p>This type has a flat adhesive backing, allowing the bag to be in a fixed position with little protrusion. Most common.</p>	 <p>This type of system is designed to curve inward toward the stoma to accommodate stomas flush with the abdomen.</p>
<b>Advantages</b>	<ul style="list-style-type: none"> <li>• Discreet.</li> <li>• Fits stomas that protrude &gt; ½ inch from abdomen.</li> </ul>	<ul style="list-style-type: none"> <li>• Accommodates a flush stoma.</li> <li>• Adapts to skin wrinkles, abdominal creases, surgical scars.</li> <li>• Longer lasting seal.</li> </ul>
<b>Disadvantages</b>	<ul style="list-style-type: none"> <li>• Requires stomas protruding &gt;1/2 inch .</li> </ul>	<ul style="list-style-type: none"> <li>• Increased profile.</li> <li>• Less discreet.</li> <li>• More expensive.</li> </ul>

## Other Possible Options:

### Filtered Ostomy Bags:

- Allow the bag to vent while filtering gas to remove any odor
- Helpful for those who play sports or like to remain active in reducing the risk of leaks
- Variable performance success between manufacturers

### Multi-chambered Ostomy Bags:

- These reduce the amount of sloshing within the pouch to reduce noise and provide more discreet wear.
- Beneficial for active ostomy patients.

### Mini Ostomy Bags

- As they sound, they are very small ostomy bags.
- Very discreet, but limited use due to size.

### Ostomy Belts

- Helps to support the weight of an ostomy bag and holds the appliance in place.
- Conceals the ostomy appliance.
- Disadvantages include the possibility of the belt dislodging or pinching your skin.

**Your Ostomy Bag Decision Table:** Place the choices you make in the second column to indicate the basic features of your desired ostomy appliance system. Then you can go to the common manufacturer websites to try and find the best products to fit your needs.

Appliance Feature	Your Desired Feature
One-Piece or Two-Piece Appliance	
Closed-End or Drainable	
Pre-Cut or Cut-to-Fit	
Opaque or Transparent	
Flat or Convex	
Filtered	
Multi-Chambered	
Final Features:	

**Free Samples of Ostomy Supplies:** Visit these sites to request free samples of ostomy products to determine which works best for you.

[Coloplast](#)

[Convatec](#)

[Hollister](#)

[Cymed](#)

[Eakin](#)

**References:**

1. Living with an Ostomy | United Ostomy Associations of America. (2018, December 13). Retrieved June 12, 2020, from <https://www.ostomy.org/living-with-an-ostomy/>
2. Choosing an Ostomy Bag. (2015, December 15). Retrieved June 13, 2020, from <https://www.vitalitymedical.com/blog/choosing-an-ostomy-bag.html>



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