

## What to Expect When Coming to the Clinic

- Continued teaching and support from an expert ostomy nurse.
- Visits with an ostomy nurse are by appointment 6 days a week. Your first consult is 1 hour in length.
- Clinic visits include pouch removal and examination of your skin and stoma. Do not change your pouching system prior to coming.
- Bring your current supplies with you.
- Your support person is always welcome!
- We work together with the rest of your healthcare team.
- If you've come with a concern, or just want to see "what's new", we are here to support you for as long as you have your ostomy.

## Fees & Billing

- All consultations with an ostomy nurse are provided as part of the complete service that we offer at no charge to people obtaining their supplies from our Centre. We also provide free delivery of your supplies anywhere throughout BC.
- Ostomy supplies are covered by the Fair Pharmacare program in BC. If you have an extended health plan, you will submit your official receipts manually. We bill DVA, NIHB, ICBC & WorkSafe BC directly.

## Contact Us



604.522.4265  
1.888.290.6313



604.524.6488



[myostomycare.com](http://myostomycare.com)



[nurses@myostomycare.com](mailto:nurses@myostomycare.com)

Find us on Facebook at [Ostomy Care and Supply Centre](#) and Twitter [@ostomy\\_care](#)



2004 Eighth Avenue  
New Westminster, BC  
V3M 2T5

Located in the West End Medicine Centre  
Pharmacy (Corner of 20th Street &  
Eighth Avenue)

Free Parking at the rear of the building and easy  
access from the 22nd Street Skytrain Station

Free Delivery Throughout BC



*BC's Centre of Excellence  
in Ostomy Care*

ACCESS TO EXPERT ET NURSES  
SIX DAYS A WEEK



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## Welcome to the Ostomy Care Centre

Whether you've had your ostomy for many years or this is a new experience for you, we are here to help. We take a holistic approach, monitoring your overall health as you recover, and work with the other members of your health care team.

We go at your pace, and work with you to find the best ostomy system for you. We believe in keeping it simple so you can be independent, have reliable wear time, and have no odour or leakage.

Just as you are unique, your ostomy needs are unique, too.

## Our Services

Our team of Enterostomal Therapy (ET) nurses has been helping patients for over 30 years with the transitions from hospital to home to living a normal, healthy life with an ostomy. Our patients have access to expert ET (ostomy) nurses 6 days per week. We provide ostomy-focused nursing care in a professional yet relaxed environment, unique in BC.

We have an extensive inventory on site to ensure you get your supplies when you need them. We provide free delivery throughout BC, so no matter where in the province you live, we are here to help with your ostomy care and supplies.

## Our Supplies & Accessories

- **Ostomy Supplies:** Convatec, Coloplast, Hollister, Marlen, Cymed (Microskin), Salts, Nuhope
- **Hernia Belts:** Omnigon, Nuhope, Carefix, Valco
- **Accessories:** Including rings, pastes, skin barriers, removers, deodorants, scissors, travel urostomy containers
- **Specialized continence and wound care:** indwelling, intermittent and external catheters, night bags, leg bags, and specialty dressings



## Life with an Ostomy Should Be

- Going out confidently in public
- Reliable wear time of your pouching system
- No skin problems, wounds, itchiness or pain around your stoma
- Showering, bathing, and swimming
- Returning to a healthy diet
- Going back to work and play
- Wearing the figure flattering clothing you want
- Returning to intimacy
- Playing sports and exercising

## Questions or concerns? Contact us

