

Ostomy Discharge Instructions

You have a(n): _____

Supplies ordered for you:

- Your ostomy equipment should be changed every 4 to 5 days, **or** right away if there is any leaking stool (poop) or urine (pee).
- Bring your equipment with you to all outpatient appointments and hospital visits.
- **Once you get your follow-up appointment with your surgeon, please call the Wound and Ostomy Clinic to make a follow-up appointment with the nurse.**
 - › **Phone: 902-473-7503**
- The Wound and Ostomy Clinic is in the Dickson Building, VG site, QE II:
 - › Register with your provincial health (MSI) card at a kiosk on the main level.
 - › Take the Dickson elevators to the 4th floor. When you get off the elevator, turn left.
 - › Follow the surgery clinic signs on the walls.
- **Call the Wound and Ostomy Clinic** if you have skin irritation, leaking that does not stop, or any problems with your stoma or ostomy.

Nurses Specialized in Wound, Ostomy and Continence Canada (NSWOCC) – Atlantic Region

Nova Scotia

QE II Health Sciences Centre, Halifax
Connie Harvey, Melanie Isukuru,
Karla Lohnes, Karyn Tweedale: 902-473-7503

**Eastside Collaborative Care Centre,
New Glasgow**
Carla Williams: 902-752-3632

Cape Breton Regional Hospital, Sydney
Kristen Oliver, Jim Browne:
902-567-8000 ext. 2335

Colchester East Hants Health Centre, Truro
Keri Coulson: 902-893-5554 ext. 42943

Valley Regional Hospital, Kentville
Charlene Doyle: 902-679-2657 ext. 3066

South Shore Regional Hospital, Bridgewater
Elizabeth Baker, Elizabeth Dorey:
902-543-4604 ext. 2488

Yarmouth Regional Hospital, Yarmouth
Adam Blooi: 902-742-3542 ext. 1722

Prince Edward Island
Prince County Hospital, Summerside
Marcia Leard: 902-438-4927

Queen Elizabeth Hospital, Charlottetown
Michele Langille: 902-894-2135
Julie Chui: 902-894-0193

**Kings County Memorial Hospital, Montague
(need a doctor's referral)**
Beverly Beck: 902-838-0786

**Souris Hospital, Souris
(need a doctor's referral)**
Mandy Acorn, Beverly Beck: 902-687-7096

New Brunswick
Dr. E. Chalmers Hospital, Fredericton
Nancy Schuttenbeld: 506-452-5385

Miramichi Regional Hospital, Miramichi
Tracy Fournier: 506-623-3121

The Moncton Hospital, Moncton
Denise Nicholson, Melanie Philips:
506-870-2836

**Dr. Georges-L.-Dumont University Hospital
Centre, Moncton**
Nathalie Godin: 506-862-4160
Sylvee Roussel: 506-862-4607

Cambellton Regional Hospital, Campbellton
Melissa Berube: 506-789-5867
Shanie-Line Bernard Landry: 506-760-0029

Edmunston Regional Hospital, Edmundston
Rachel Bosse, Heidi St-Jean: 506-739-2651

Chaleur Regional Hospital, Bathurst
Kristen Nickum, Annick Gapil: 506-544-2077

Tracadie Hospital
Amelia McLaughlin-Benoit: 506-252-6471

Saint John Regional Hospital, Saint John
Christina Barber, Sarah Hoben,
Ashley Hogan: 506-648-6452

St. Joseph's Hospital, Saint John
Lynn Reid: 506-560-0093

Newfoundland
Western Memorial Hospital, Cornerbrook
Susan Peckford: 709-784-6697
Jessica Reid: 709-632-9185

**James Paton Memorial Regional Health
Care Centre, Gander**
Jeanette Augot: 709-256-5681

Eastern Health, St. John's
Ron Abbott: 709-777-7554
Lana Mah: 709-777-7555

Central Health, Grand Falls
Nicole Pitcher: 709-292-2431