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2025

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

Phone: 902-473-7503

St. Martha's Regional Hospital, Antigonish

Phone: 902-867-4500 ext: 4478

Aberdeen Hospital, New Glasgow

Phone: 902-752-7600 ext: 4500

Eastside Collaborative Care Centre, New Glasgow

Phone: 902-752-3632

Cape Breton Regional Hospital, Sydney

Phone: 902-567-8000 ext. 2335

Colchester East Hants Health Centre, Truro

Phone: 902-893-5554 ext. 42943

Cumberland Regional Health Care Centre,

Amherst

Phone: 902-667-5400 ext: 6355

Valley Regional Hospital, Kentville

Phone: 902-679-2657 ext. 3066

South Shore Regional Hospital, Bridgewater

Phone: 902-543-4604 ext. 2488

Yarmouth Regional Hospital, Yarmouth

Phone: 902-742-3542 ext. 1722

Prince Edward Island

Prince County Hospital, Summerside

Phone: 902-438-4927

Queen Elizabeth Hospital, Charlottetown

Phone: 902-894-2135 or 902-894-0193

Kings County Memorial Hospital, Montague

(need a doctor's referral)

Phone: 902-838-0786

Souris Hospital, Souris (need a doctor's referral)

Phone: 902-687-7096

New Brunswick

Dr. Everett Chalmers Regional Hospital,

Fredericton

Phone: 506-452-5385

Miramichi Regional Hospital, Miramichi

Phone: 506-623-3121

The Moncton Hospital, Moncton

Phone: 506-870-2836

Dr. Georges-L.-Dumont University Hospital

Centre, Moncton

Phone: 506-862-4160 or 506-862-4607

Campbellton Regional Hospital,

Campbellton

Phone: 506-789-5867 or 506-760-0029

Edmundston Regional Hospital,

Edmundston

Phone: 506-739-2651

Chaleur Regional Hospital, Bathurst

Phone: 506-544-2077

Tracadie Hospital, Tracadie

Phone: 506-252-6471

Saint John Regional Hospital, Saint John

Phone: 506-648-6452

Newfoundland

Western Memorial Regional Hospital,

Cornerbrook

Phone: 709-784-6697 or 709-632-9185

James Paton Memorial Regional Health

Centre, Gander

Phone: 709-256-5681

Eastern Health, St. John's

Phone: 709-777-7554 or 709-777-7555

Central Health, Grand Falls-Windsor area

Phone: 709-292-2431