

## Pancaking

'Pancaking' (caused by firmer stool lying on top of the stoma) can be a problem, but there are several things that can be tried

- A small amount of baby oil on the inside of the top of the appliance will help the stoma to slide into the bag.
- A moist adhesive disc, can be applied over the stoma to prevent the appliance from 'popping' on the stoma. This can then be removed to release excess flatus.
- There are also adhesive bars (available on prescription) which can be placed on the outside of the appliance close by the stoma, this can be used to form a bridge that can prevent the bag from pancaking by blowing some air into the pouch before applying it.



## Travel

The 'Travel Pack' is useful to carry with you at all times, in case the need arises for you to change your pouch. It should consist of:

- A moistened wipe carried in a small re-sealable plastic bag
- A bag for the dirty appliance
- A new pouch or flange and pouch

For more hints on travel see our 'Travel' Factsheet

## Your Association

The British Colostomy Association has local representatives around Britain.

As well as providing newsletter and welfare information, a number of officers and voluntary visitors (all with colostomies themselves) are available to give advice based on their own personal experience.

Depending on where you live they may be able to visit you in your own home, if requested, or communicate with you by letter or telephone.

Their address is:

British Colostomy Association  
15 Station Road  
Reading  
Berkshire, RG1 1LG  
0800 3284257

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