

USEFUL INFORMATION FOR OSTOMATES
Ostomy Support Group of Northern Virginia, LLC (OSGNV)

SUPPORT GROUPS & CONTACTS

- 1. **Ostomy Support Group of Northern Virginia (OSGNV) 703 802-3457**
www.osgnv.org email: info@osgnv.org PO Box 672, Merrifield VA 22116
 Membership: \$20/year, application form on website
Fairfax Group: Meets monthly on 1st Sunday either on zoom or at Inova Fairfax Hospital
 1:30 to 3:00 pm. When Monday is a public holiday, meetings are on 2nd Sunday.
Fredericksburg Group meets 3rd Tuesday at Mary Washington Hospital, 5:30-6:30 pm

Visitor - Ostomy Friends Program.

Coordinators: Diane Carroad, Monica Haradem, Cindy Mitchell
Contact email: info@osgnv.org or phone 703 802 3457

- 2. **United Ostomy Associations of America -- UOAA**
www.ostomy.org (was www.uoaa.org) Wonderful downloads and online discussions
 (pediatric resources, teen network, 18-30s yodaa.org, 30+ network, & more)
800 826-0826 Helpful information
 Magazine: *The Phoenix* \$29.95/year

TO REQUEST SAMPLES AND SOMETIMES ASK ADVICE

Some of the Ostomy Product *Manufacturers* (often send samples)

Company	Website	Phone
Coloplast	Info-us@coloplast.com	800 533-0464
Convatec	convatec.com	800 422-8811
Cymed, Inc.	cymedostomy.com	800 582-0707
Hollister, Inc	www.hollister.com	888 740-8999
Marlen Manufacturing	www.marlenmfg.com	216 292-7060
Nu-Hope Laboratories	www.nu-hope.com	800 899-5017
Perma-Type Company	www.perma-type.com	800 243-4234
Safe-n-Simple	www.sns-medical.com	844 767-6334

Some of the *Distributors* of Ostomy Supplies (sell products to consumer)

Byram Healthcare	1 877-902-9726	New Hampshire Pharmacy	202 726-3100
Edgepark	1 888-394-5375	Parthenon	1 800-453-8898
Genairex, Inc	866 316-0162	Shield Healthcare	1 800-765-8775
		Torbot Group	800-545-4254

DONATIONS OF SPARE SUPPLIES & FREE SUPPLY CLOSETS

Friends of Ostomates Worldwide	502 909-6669	www.fowusa.org info@fowusa.org	FOW-USA 4018 Bishop Lane Louisville KY 40218
Kenny’s Closet: Thurs 10 am – noon In-person only	540 741-1751	Gail.erickson@mwhc.com	MWHC Cancer Center 1300 Hospital Dr, #305 Fredericksburg VA 22401
Ostogroup, LLC (Donate or get free supplies if uninsured)	877 678-6690	www.ostogroup.org FAX 561 627-3686	3500 45th St, 16A West Palm Beach, FL 33407

ADDITIONAL COMMUNITY AND NATIONAL RESOURCES (2016)

Resource	Phone	Web or email	Contact
Metro Maryland Ostomy Association	301 946-6661	www.marylandostomy.org	Mildred Carter
Continent Diversion Network (online)	267 939-2409	lkramer22@verizon.net	Lynne Kramer
Gay & Lesbian Ostomates (online)	773 286-4005	www.glo-uoa.org	Fred Shulak
Quality Life Assoc-continent ostomies	662 801-5461	www.qla-ostomy.org	Suzette Miller
Crohns & Colitis Foundation	301 287-8494	Crohnscolitisfoundation.org	

LOCAL OSTOMY CLINICS (check if still available)

VIRGINIA

***doctor referral NOT needed**

- 1) *Inova Fair Oaks Hospital: Wed afternoons, 703 391-3500, option 4 for appointment
- 2) Inova Loudoun Wound & Ostomy Center: Wed & Thurs, 703 858-6399
- 3) *Mary Washington Healthcare: Tues (3/mon), 540 741-2000 for appointment, no fee
- 4) Sentara Medical Center, Outpatient Wound Care Center, Woodbridge: 703 523-0660
- 5) *Virginia Commonwealth University, Richmond: Mon – Fri 8-4:30, 804 828 5212
- 6) Virginia Hospital Center, Ostomy Clinic: Tues 8am to 4pm, 703 558-6600

DISTRICT OF COLUMBIA

- 7) MedStar Georgetown University Hospital Ostomy Clinic, Thurs 8:30-12:30, 202 444-5365
- 8) MedStar Washington Hospital Center Ostomy Clinic, Wed, 202 877-7103
- 9) Veterans Affairs Medical Center Wound & Ostomy Clinic, 202 875-8495, military only

GUIDELINES: WHEN TO SEEK HELP FROM AN OSTOMY NURSE

1. If skin around stoma is compromised.
2. If appliance needs to be changed daily or more often unless using a closed pouch.
3. If person is changing to a different pouching system.
4. If there are recurrent problems with leaking or other issues with ostomy.
5. If individual has physical or emotional problems related to the ostomy.
6. If individual has other questions, concerns, or needs clarification of issues above.