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2021

Ostomy Discharge Instructions

You have a(n): The supplies ordered for you are:	

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:

- > Register with your health card at a kiosk on the main level.
- > Take the Dickson elevators to the 4th floor, and turn left when you get off the elevator.
- > Follow the surgery clinic signs on the wall.

Call the Wound and Ostomy Clinic if you notice 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

QEII Health Sciences Centre, Halifax Connie Harvey, Karla Lohnes, and Loretta Pike 902-473-7503

Eastside Collaborative Care Centre, New Glasgow

Carla Williams 902-752-3632

Cape Breton Regional Hospital, Sydney Heather MacKay, Kristen Oliver 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 902-438-4167

Queen Elizabeth Hospital, CharlottetownMichele Langille, Bev Beck
902-894-0036

Kings County Memorial Hospital, Montague (Note: you will need a doctor's referral) Mandy Acorn 902-838-0786

Souris Hospital, Souris (Note: you will need a doctor's referral) Mandy Acorn 902-687-7096

New Brunswick

Dr. E. Chalmers Hospital, FrederictonNancy Schuttenbeld 506-452-5385 **Miramichi Regional Hospital, Miramichi**Tracy Fournier 506-623-3121

The Moncton Hospital, MonctonDenise Nicholson, Melanie Philips
506-870-2836

George Dumont Hospital, MonctonJosee Morin 506-862-4607
Sylvee Ruest-Levesque 506-862-4160

Cambellton Regional Hospital, Campbellton

Rene Valdron, Melissa Berube 506-789-5215

Edmunston Regional Hospital, Edmundston

Rachel Bosse 506-739-2651

Chaleur Regional Hospital, Bathurst Kristen Nickum, Chantale Hache 506-544-2077

Saint John Regional Hospital, Saint John Christina Barber 506-648-6915

Newfoundland

Western Memorial Hospital, Cornerbrook Susan Peckford 709-637-5000 ext. 6694 James Paton Health Care Centre, Gander Jeanette Augot 709-256-5681

Eastern Health, St. John's Lana Mah, Colleen Beson 709-777-7555

Central Newfoundland Regional Health, Grand Falls

Nicole Pitcher 709-292-2431