

Ostomy Discharge Instructions

Western Zone

You have a(n): _____.

The supplies ordered for you are:

- Change your ostomy equipment every 4 to 5 days, or as soon as you see a leak.
- Bring your equipment with you to all of your appointments and hospital visits.
- The NSWOC (Nurses Specialized in Wound, Ostomy and Continence) nurse will call you 1 to 2 weeks after you are discharged. They will check how you are doing and arrange a follow-up appointment at the NSWOC Clinic.
- Your follow-up appointment may be at:
 - › South Shore Regional Hospital
 - › Fishermen's Memorial Hospital
 - › Queens General Hospital

You and the NSWOC nurse will decide which location is best for you.

Call the NSWOC Clinic if you have any of the following:

- Skin irritation (red, sore, itchy, or weepy skin)
- Leaking that does not stop
- Problems with your stoma or ostomy
 - › Phone: 902-543-4604 ext. 2488

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, Charlottetown
Michele 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, 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
Josee Morin 506-862-4607
Sylvee Ruest-Levesque 506-862-4160

Campbellton Regional Hospital, Campbellton
Rene Valdron, Melissa Berube
506-789-5215

Edmundston 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 Centre, Gander
Jeanette Augot 709-256-5681

St. Clare's Mercy Hospital, St. John's
Lana Mah, Colleen Beson 709-777-7555

Central Newfoundland Regional Health Centre, Grand Falls
Nicole Pitcher 709-292-2431