



ALIVE & KICKING

Your doctor will write a prescription for you detailing how many ostomy pouches you will need each month. If you run out of supplies, contact your doctor and ask to order more.

When selecting your ostomy supplies, you have a lot of freedom to choose what's best for you, including the type of products and where you buy them. However, your choices might be influenced by your medical insurance. Medicare and some HMOs have specific rules about where you can buy these supplies. If you're using Medicare, it's good to check if the supplier is approved by Medicare to ensure you're covered. Always double-check with your insurance to see what they cover and any specific suppliers they prefer you to use.

Remember, when you're shopping for ostomy supplies, you're not just looking at prices, but also the quality of service. You have the right to choose your supplier and if you need help deciding on the best supplier for you try asking your insurance provider, your ostomy nurse, or directly contact the product manufacturers. They're all great resources to guide you.

There are three main places where you can purchase your supplies: Medical/Surgical Supply Houses, Mail-Order Companies, and Pharmacies. Each offer something unique, so here's the scoop on what they bring to the table:

Medical/Surgical Supply Houses are the go-to spots for all sorts of medical items. If they specialize in ostomy care, they might even have ostomy nurses ready to help, give product advice, solve problems, and offer a wide range of products right off the shelf or through special orders. You can find what you need by visiting their stores.

Mail-Order Companies are like the big catalogs for medical supplies you can get delivered right to your door. You can order from them via phone, mail, or online. Since they deal in bulk, you're likely to snag some discounts. Plus, they often have experts on call to answer any ostomy-related questions you might have.

Pharmacies, especially the independent ones, might surprise you with their personalized service. While it's becoming rarer for chain pharmacies to order specific medical supplies, independent pharmacies often will, making them a valuable resource for getting exactly what you need.

Each option has its perks, so you can choose the one that fits your needs the best!

- Coloplast Corporation
800.333.0464
<https://www.coloplast.us/>
- ConvaTec
800.422.8811
<https://www.convatec.com/products/ostomy-care/>
- Cymed Ostomy Co
800.582.0707
<https://cymed.us/>
- Fortis Medical Products
855.550.2600
<https://fortismp.com>
- Hollister Incorporated
888.808.7456
<https://www.hollister.com/en/ostomycare>
- Marlen Manufacturing & Development Co
216.292.7060
<https://www.marlenmfg.com/>
- Nu-Hope Laboratories Inc.
800.899.5017
<https://nu-hope.com/>
- Perma-Type Company
860.243.4234
<http://www.perma-type.com/about.html>
- Safe n Simple
844.767.6334
<https://sns-medical.com/>
- Schena Ostomy Technologies Inc
239.263.9957
<https://www.ostomyezclean.com>
- Torbot Group
800.545.4254
<https://torbot.com/>

Ostomy Product Distributors

ABC medical <https://www.abc-med.com>
Anchor Medical -
<https://www.anchormedsupplies.com>

866-897-8588
 833-667-8669

Blanchard Ostomy Products - https://www.lamedicalwholesale.com/brands/blanchard-products	818-242-6789
BPI Medical Supply- https://bpi-medical-supply.business.site/	800-476-7496
Byram Healthcare- https://www.byramhealthcare.com/	877-902-9726
Edgepark- https://www.edgepark.com/c/ostomy/c/L1-3	800-321-0591
Express Medical Supply- https://www.expressmed.com/	877-822-2719
Finnegan Medical Supply- https://finneganhealth.com/	888-789-6600
Liberty Medical- https://www.liberty-ms.com/catalog	866-297-7567
Shield Healthcare- https://www.shieldhealthcare.com/	800-765-8775
Sterling Medical- https://www.sterlingmedproducts.com/	815-537-5303 800-453-8898
The Parthenon Company- https://parthenoninc.com	

Free Ostomy Supplies

Organizations that offer free ostomy supplies to the uninsured, underinsured, and those in need. If you wish to simply donate supplies or donate, they are always grateful.

- **UOAA-United Ostomy Association of America-**<https://www.ostomy.org/>
- **Kindred Box-** <https://www.kindredbox.org>
- **Ostomy 2-1-1-**<https://www.ostomy211.org/>
- **Friends of Ostomates Worldwide-**<https://www.fowusa.org/request-supplies-individuals-fecal/>
- **QLA-Quality of Life Association-**<https://qla-ostomy.org/donate-parent/general-fund/>
- **Pouches of Love-** <https://www.pouchesoflove.net/home>
- **Ostomy & Tube Feeding Supply Bank-** Soflost466@gmail.com
- **United Ostomy Association of St. Louis-** uoastlouis@gmail.com
- **Delaware Ostomy Closet-**Ostomycloset.de@gmail.com



www.embracingostomylife.org