

Getting Help With Your Colostomy

For a colostomy problem, help is never far away. The following are the most straightforward sources of assistance. You may wish to fill in the telephone numbers which relate specifically to you.

Your Stoma Nurse:

Your G P:

Your Consultant:

The Colostomy Association

Office Telephone: 0118 939 1537

Freephone: 0800 328 4257 (24 hour help line)

email: cass@colostomyassociation.org.uk

Website: www.colostomyassociation.org.uk

Adrian March - Colostomy Association Consultant

For help particularly with colostomy management, fitness and sport

Telephone: 020 3287 7494 (If no reply call the number below)

Direct line: +33 494 501 136 (France - and ask Adrian to call you back)

email: adrian.march@orange.fr or adrian@stomadata.com

Websites: www.stomadata.com and www.stoma.fr

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