

Vitamin E Diaries

#vitaminEdiaries is a platform for ostomates to read, view, engage and share their stories and experiences with each other on their Vitamin E journey*

Louise



Louise suffers from Crohn's disease. She's had two ileostomy surgeries, with the second becoming permanent. She's a mother to a beautiful girl and lives with her fiancé, Ben.

Louise has a blog site, crohnsfighting.com and writes regular blog posts for us, which can be found over on our website. You can also find her on social media under the name [crohnsfighting](#).

This is Louise's Vitamin E journey:

I visited Pelican HQ some time ago and was asked if I would like to road test their improved version of the current stoma

bag I was using. They explained to me about the Vitamin E and how it helps to improve the quality of the skin around the stoma site. I jumped at the chance and received my first box in the post soon after.

The improvement in my stoma site, after just three days, was absolutely amazing. I can honestly say from personal experience and still using this bag that it has improved my skin 100%.

With the addition of Vitamin E to the Platinum contour bag, I am a happy ostomate and am no longer hindered by my bag and can continue life as normal.

The added benefits of a soft petalled flange means my movements are not hindered and the bag bends with me, not against me, during weights and PT training at the gym.



Dan



My first experience of wearing an ileostomy bag was not a good one. In the first few days post-surgery, the post-op bag that was used resulted in extremely painful blisters and open bleeding wounds.

As a result of this my stoma nurses recommended using the Pelican Vitamin E range of products especially when even a simple plaster after an injection would cause a rash on my arm, my skin was that sensitive.

At first I was a bit skeptical, but to my relief they were right. After using the Pelican Vitamin E range, the skin issues

completely disappeared and have never reoccurred. My skin no longer has painful blisters or bleeding wounds, which shows the Vitamin E has worked brilliantly on my sensitive skin. This has given me the confidence to enjoy time with my family and to carry on with my career.

My lifestyle post-op is a very active one. Running and cycling training have become part of my normal week.

Luckily, the Pelican Vitamin E bags have carried on working well even when faced with an 8-hour cycle ride or a 2 hour run. Touch wood I've never experienced any issues with the bags. I find that the adhesive on the flange becomes stickier as I train making the bag even more secure.

The Pelican Vitamin E adhesive remover has become my go to product to help remove the flange after a big training session.

I would definitely recommend the Pelican Vitamin E range to anyone who has an active lifestyle. Next year will be an even bigger test for the product when I undertake my biggest challenge year, Ironman Wales!



We are proud to support Dan and his various fundraising activities, including the Carten100 (cycling 100 miles from Cardiff to Tenby) and Prudential Ride London 100 mile ride, to help raise money and awareness for Crohn's and Colitis. Visit www.justgiving.com/fundraising/daniel-bevan6 to donate and support Dan's Crohn's & Colitis fundraising.

Amy



I got in touch with Pelican Healthcare to ask them if I could sample their new Vitamin E Elements range. Within a few days I was sent a cute little box (purple too, woo!) full of Vitamin E goodies to try, including adhesive remover spray and wipes, and also some barrier wipes.

My peristomal skin (the skin around my stoma) in general has been great, but I do get reddening frequently from changing my bag twice daily and occasionally dry skin. I change my bag twice daily due to having to medically widen my own stoma twice a day, so it is important to me that there are products out there that help keep my skin in check and as clear as possible.

I was keen to try the Vitamin E adhesive remover and being a big fan of purple the spray can automatically appealed to me and was something cute I could add to my ostomy supplies box.

So how did I get on? I used the adhesive remover spray (and also gave the wipes a go, although I favour the spray usually because I find it easier and quicker) twice daily for 2 weeks and there was a definite difference. The skin reddening seemed to be less intense using this spray, and my skin also felt super soft and nourished to touch as the days went on. The spray itself wasn't messy, which was a bonus as I've sometimes had issues with spray coming out more like water when it's got near to the end of the bottle with some adhesive removers. It didn't have a scent to it, but this I didn't mind as it's better to have no scent than super overpowering! Also, if you don't have a scented spray it means there are less ingredients that could affect your skin. You can find some photos below ranging from start to finish over the two weeks of my peristomal skin.

Would I use the products again? Yes! I would definitely continue using the spray as a staple everyday bag kit product!



Simon



I have tried a number of different products since I first had my stoma and I found it a nightmare finding a bag that suited me, that was until I tried Pelican.

Now everyone is different, and everybody likes different things. It ultimately depends on what you are after – are you all about the look of a bag, the comfort, the texture, an all-rounder? I personally don't care too much for the look of my bag, I'd much prefer something that was comfortable to wear and reliable. I find the Pelican Platinum range both extremely comfortable and reliable, with the added bonus of looking pretty slick on too. My only concern has been that my skin can occasionally become sore and bleed from time to time, so hearing

about the Vitamin E range excited me (who on earth gets excited about stoma bags!?) I felt like a bag I loved with having a Vitamin E element for my skin would only be a positive, so I agreed to trialling the range.

After removing the old bag, I set about trying the new range, using the Vitamin E barrier wipes and the cream (you only need a very small amount of cream). I then placed the new bag on and the thing that struck me the most, was the fact it immediately stuck to my skin, sometimes I peel the bag off quickly and reposition it but there was no chance of that this time as the bag felt like it was superglued on. I went to bed that night without a care in the world, knowing there was no leak occurring during that night.

I've used the range for two weeks in total and my skin feels amazing. I don't use the cream everyday because I don't feel I need to, but even using it as and when the skin has improved massively. There's been no negatives to take from this range. I would highly recommend everyone to try this range as I'm confident that if you do, you'll do what I did and change all my products before the samples ran out.



Before



After

Angelina



Before finding out about Vitamin E from Pelican Healthcare I suffered with extremely sore skin around my stoma. My skin was extremely itchy 24/7 which left me scratching it over my clothes in public (I probably looked really weird). As well as being itchy, I suffered with bleeding from my skin every time I cleaned it. This meant that I had to wait for the bleeding to stop before I placed the bag on again.

I met the lovely Pelican Healthcare team at an event and they introduced me to their Vitamin E range. I was kindly given the Vitamin E Barrier Cream and the Vitamin E Adhesive Remover Spray.

It came in the cutest colourful packaging and it felt like a little present from them to me.

After the event I went home and decided to test them, I used the spray to remove my bag and once I cleaned it I used the cream. The cream was fast drying meaning I didn't have to wait a while to place my bag on again.

A few days later of religiously using these two products I noticed a massive difference in my skin. The itching and the bleeding completely stopped, which I was really taken aback by at how quick and effective they were. It really helped my skin and my self-esteem.

I cannot recommend the Vitamin E range enough, if you suffer from sore skin around your stoma then please give them a try! You will not be disappointed!!

