

# FLAT RATE SHIPPING



FRIENDS OF  
OSTOMATES  
WORLDWIDE - USA

## Instructions



Excess **OSTOMY** supplies  
Just \$15 per shipping box

(Maximum 5 boxes per day up to 40 pounds per box)

## IT'S EASY!



1. Go to [WWW.FOWUSA.ORG](http://WWW.FOWUSA.ORG)
  2. Select DONATE > Donate Supplies (from the menu)
  3. Click UPS FLAT RATE SHIPPING LABEL
  4. Donate \$15.00 for each shipping box
  5. Click "continue as guest"
  6. Enter your "ship from" information
  7. Enter the weight for each carton. *Determining accurate weight is critical \*\**
  8. Click "Process Shipment" button
  9. Print and **attach** the UPS label(s) to the carton(s)
  10. **Drop-off** carton(s) at an authorized UPS location
- An email confirmation is sent upon receiving carton(s).



**Make a difference in the lives of  
ostomates worldwide with your  
product and financial donations.**

\*\*To determine accurate package weight:

- Put carton on scale, OR
- Hold carton, get on scale, and deduct your body weight
- **Do not just enter 40 pounds**





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## Frequently Asked Questions

### When do the UPS labels print?

After completing your donation, entering your name, address, and the weight of the box, then selecting "Submit" generates the labels. Use your printer to create the UPS label.

### How do I accurately weigh a carton?

Put carton on scale or hold carton, get on scale then deduct body weight. **Do not just enter 40 pounds.**

### Do I have to re-pack everything?

Your choice. You can put everything you have into the shipping carton. OR put like product into a plastic bag (squeeze out the air + write quantity on the bag) and put into carton. This increases the capacity of the carton and requires fewer cartons to be shipped.

### What box can be used for shipping?

Use a clean LARGE carton up to 20 inches in any dimension (length, width or height). Cross off any stray marks from prior use with a black marker or pen.

### Can I donate without having a PayPal account?

YES - select Donate with Debit or Credit Card. The email confirmation for your donation comes from PayPal. Check the SPAM or JUNK folder if confirmation isn't in your inbox.

### What's your shipping address?

FOW-USA 4018 Bishop Lane, Louisville, KY 40218. This address prints automatically on the UPS labels when using the Flat Rate Shipping program.

### I need help with the UPS link and/or printing the UPS labels?

Send an email to [flatrateshipping@fowusa.org](mailto:flatrateshipping@fowusa.org) for help.

### How do I enter more than one box?

Click the ADD button after entering the weight of the first box.