Before Your Ostomy Visit

Bring this page so your time with your nurse goes further

Bring with you

- [ ] A spare pouch and wafer
- [ ] Measuring guide and scissors, if you cut to fit
- [ ] This page, with your notes
- [ ] Product names and numbers, or box labels
- [ ] A list of your medicines
- [ ] Someone who helps you, if you like

Since your last visit

My wafer usually lasts _____ days

Leaks in the past 2 weeks ☐ None ☐ 1 or 2 ☐ 3 or more

Skin around my stoma ☐ Calm ☐ Red ☐ Sore ☐ Broken

Stoma noise ☐ Rarely ☐ Sometimes ☐ Often

Changes in output, color or stoma size _____

Foods or drinks I am unsure about _____

What is working well _____

My top 3 questions

1. _____
2. _____
3. _____

Go one step deeper with My Ostomy Blueprint

A personal plan written from your own story. Scan the code or visit **stomastifler.com/my-ostomy-blueprint**

Educational information only, not medical advice. Your ostomy nurse knows your situation best.