Caregiver Hand-Off Sheet

Everything a backup helper needs to step in calmly

Name _____ Ostomy type _____

Supplies are kept _____

Their routine

Changes the pouch every _____ days

Best time for a change _____

Empties the pouch about _____ times a day

Step by step, their way

1. _____
2. _____
3. _____
4. _____
5. _____

Their products

Pouch _____ Wafer _____

Ring or paste _____ Remover _____

Who to call

Ostomy nurse _____ Doctor _____

Supplier _____ Emergency contact _____

Call the ostomy nurse or doctor if

the stoma turns purple, black or unusually pale; the skin around it is raw or bleeding; there is no output for several hours with cramping; or leaks keep happening.

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.