Ostomy Supply Record

Every product, size and supplier in one place, so a reorder is one call

Supplier _____ **Phone** _____

Account number _____ **I reorder on** _____

Item	Maker and product number	Size	Supplier and phone	Reorder
Pouch				
Wafer (skin barrier)				
Barrier ring or paste				
Adhesive remover				
Barrier wipes or film				
Elastic barrier strips				
Deodorant or lubricant				
Belt or support wear				
Stoma guard				
Disposal bags				

Keep two weeks of supplies on hand, and reorder when you reach that point. Running low is one of the biggest sources of stress, and this page makes every reorder simple.

Ostomy information

Name _____

Ostomy type _____

Nurse and phone _____

Supplier and phone _____

Pouch and wafer numbers _____

Emergency contact _____

Wallet card. Fill it in, cut along the dotted line and keep it in your wallet or phone case. It helps anyone who steps in, from a backup helper to an emergency room.

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.