First 2 Weeks at Home Log

One line a day, to bring to the first follow-up visit

Fill in one line each evening. Patterns are easier to see on paper, and the nurse can read two weeks at a glance.

Day	Output (times, type)	Fluids (cups)	Changes, leaks	Skin	Notes

Call the surgeon's office or go to the ER now if

there is no output for 6 hours or more with cramping, swelling, nausea or vomiting; the stoma turns dark red, purple, black or pale; there is heavy bleeding; or there is dizziness, a racing heart or little dark urine with high output.

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.