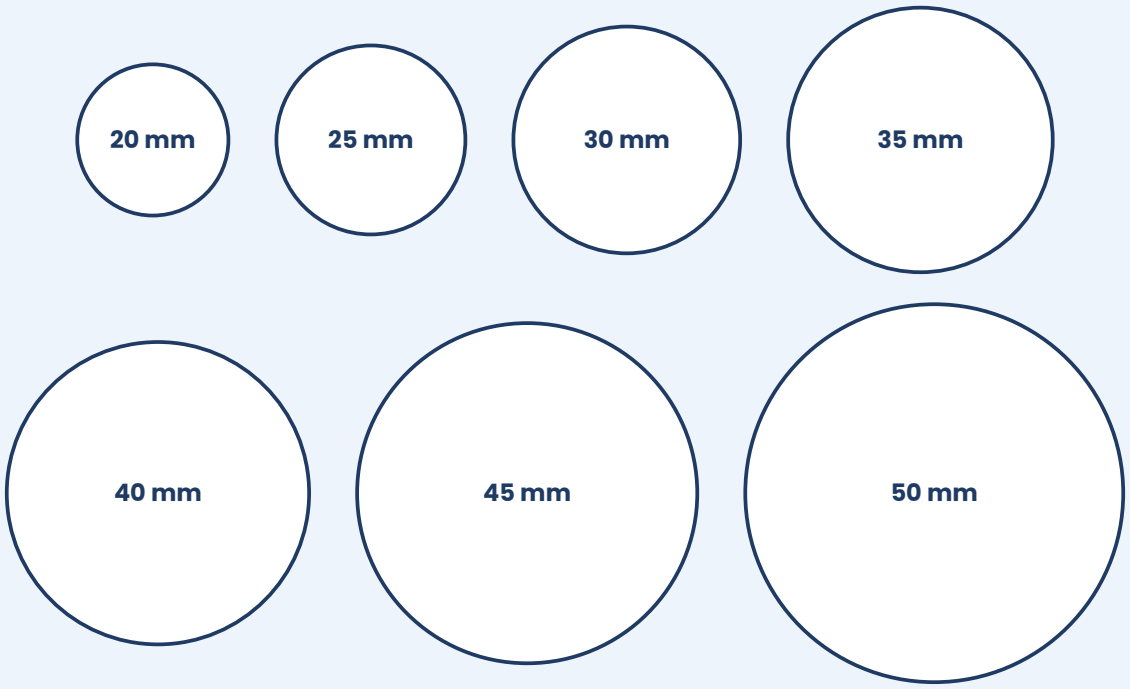
Stoma Measuring Card

Measure, cut and track the size of the stoma over time

Print at **100% (actual size)** so the circles measure true. Hold each circle over the stoma: the right size is the smallest circle that clears the stoma edge without touching it.



Check the print: the 50 mm circle should measure about 2 inches across.

How to measure and cut

- Measure at every change for the first 8 weeks after surgery, while swelling goes down.
- After that, measure once a month and any time leaks start, after weight change or with a bulge.
- Cut the wafer opening about 1/16 to 1/8 inch (2 to 3 mm) larger than the stoma so no skin is left exposed. An oval stoma gets an oval opening.

Size log

Date	Size (mm)	Cut opening	Notes (shape, skin, leaks)

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.