When to Call Card

Keep one by the phone and one in the supply kit

Call now or go to the ER

- No output for 6 hours or more with cramping, swelling, nausea or vomiting
- Stoma turns dark red, purple, black or pale
- Heavy bleeding from the stoma or a wound
- Dizziness, a racing heart or little dark urine with high output
- Fever with redness or pain that keeps spreading

Call the ostomy nurse this week

- Skin around the stoma is broken, weeping or no better after two changes
- Leaks keep happening, even with a fresh fit
- A bulge around the stoma when standing or coughing
- The stoma looks a different size or shape
- Output changes for more than a few days

My care team

Surgeon's office _____

After-hours line _____

Ostomy nurse _____

Supply company _____

Pharmacy _____

CALL NOW OR GO TO THE ER

No output 6+ hours with cramps, swelling or vomiting. Stoma dark, purple, black or pale. Heavy bleeding. Dizzy with little dark urine.

Surgeon: _____

Nurse: _____

CALL NOW OR GO TO THE ER

No output 6+ hours with cramps, swelling or vomiting. Stoma dark, purple, black or pale. Heavy bleeding. Dizzy with little dark urine.

Surgeon: _____

Nurse: _____

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.