



Stoma  
Skin  
Soul

## Your Stoma Diary

**Shelley, Ulcerative  
Colitis Survivor**

# Personal Information

Name: .....

Stoma Type: .....

Type of Surgery: .....

Permanent/Temporary: .....

Stoma Care Nurse: .....

Date of Surgery: .....

Surgeon: .....

Tel no: .....

Medications and medical history:

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Having a stoma is a big change in a person's life and it can be challenging to keep track of all the things going on around you. This notebook is designed to help you keep a record of important information as you recover from surgery.

For instance, maintaining healthy peristomal skin (skin around your stoma) is an important step in your recovery. Your stoma can change in shape and size during the first 6 weeks after surgery<sup>1</sup>. It is a good idea to measure your stoma each week to make sure your skin barrier is providing the best fit and protection for your skin.

You can also use this diary as a journal for your personal notes and questions.

## Recommended products:

Product Brand	Product Name	Code	Intended Use



# Week 2

## Appointments:

Date: ..... Time: .....

Clinic/Nurse: .....

Date: ..... Time: .....

Clinic/Nurse: .....

## Thoughts and Personal Notes:

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## Information and Considerations

**Stoma measurement:** .....mm

**Stoma output:** Describe the consistency of the output.  
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**Skin condition:** Describe the condition of the skin around your stoma. The skin around your stoma should be just like the skin on the opposite side of your abdomen.  
.....

**Pouch Change:** How often did you change the pouch?  
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**Pouch Emptying:** Drainable Pouches Only. How often did you empty the pouch?  
.....

**Issues:** Did you experience any problems (leakage, gas, sleep disruption,...)?  
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**Activity:** What kind of activity did you do?  
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**How are you feeling?**  
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# Week 3

## Appointments:

Date: ..... Time: .....

Clinic/Nurse: .....

Date: ..... Time: .....

Clinic/Nurse: .....

## Thoughts and Personal Notes:

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## Information and Considerations

**Stoma measurement:** .....mm

**Stoma output:** Describe the consistency of the output.

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**Skin condition:** Describe the condition of the skin around your stoma. The skin around your stoma should be just like the skin on the opposite side of your abdomen.

.....

**Pouch Change:** How often did you change the pouch?

.....

**Pouch Emptying:** Drainable Pouches Only. How often did you empty the pouch?

.....

**Issues:** Did you experience any problems (leakage, gas, sleep disruption,...)?

.....

**Activity:** What kind of activity did you do?

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**How are you feeling?**

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# Week 4

## Appointments:

Date: ..... Time: .....

Clinic/Nurse: .....

Date: ..... Time: .....

Clinic/Nurse: .....

## Thoughts and Personal Notes:

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## Information and Considerations

**Stoma measurement:** .....mm

**Stoma output:** Describe the consistency of the output.

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**Skin condition:** Describe the condition of the skin around your stoma. The skin around your stoma should be just like the skin on the opposite side of your abdomen.

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**Pouch Change:** How often did you change the pouch?

.....

**Pouch Emptying:** Drainable Pouches Only. How often did you empty the pouch?

.....

**Issues:** Did you experience any problems (leakage, gas, sleep disruption,...)?

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**Activity:** What kind of activity did you do?

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**How are you feeling?**

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# Dansac Accessories

Helping support healthy skin



Stoma  
Skin  
Soul

Dansac offers a variety of stoma care accessory products designed to help support healthy peristomal skin.

Focused on helping to improve your Quality of Life, our products offer the right mix when additional skin protection, security and care is needed.



## Feeling comfortable in your own skin

1. Colwell, J.C. (2016). Postoperative Nursing Assessment Management, Chapter 9 in Carmel, J.E., Colwell, J.C. & Goldberg, M.T. (eds). Wound Ostomy and Continence Nurses Society Core Curriculum Ostomy Management. Wolters Kluwer, PA.

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 [www.facebook.com/dansacostomy](https://www.facebook.com/dansacostomy)

Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.

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Dedicated to Stoma Care