





Having a stoma is a big change is a persons 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 surgery¹. 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

Personal Information

Name:
Stoma Type:
Type of Surgery:
Permanent/Temporary:
Stoma Care Nurse:
Date of Surgery:
Surgeon:
Tel no:
Medications and medical history:

Appointments:

Date:	Time:
Clinic/Nurse:	
Date:	Time:
Clinic/Nurse:	
Thoughts and Personal No	otes:

Information and Considerations

Stoma measurement:mm
Stoma output: Describe the consistency of the output.
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 distruption,)?
Activity: What kind of activity did you do?
How are you feeling?

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Clinic/Nurse:				
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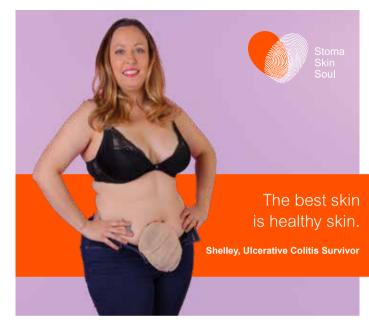
Notes

Use these pages to write down important messages or questions you may have for your stoma care nurse or doctor.	

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Useful contacts



Dansac NovaLife TRE skin barrier is an exciting and innovative technology that creates an environment that is friendly to skin.



The product is designed with three levels of protection that all work together to help keep skin naturally healthy. Adhesion - Absorption - pH Balance.

When it comes to your skin there is no such thing as too much protection.

For more information about NovaLife TRE barrier and seals and to order a free sample please call Customer Care on xxxxxxxx or visit www.dansac.co.uk



Dansac Accessories



Helping support healthy skin

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

 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.

Dansac A/S

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www.facebook.com/dansacostomy

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