

A close-up photograph of a hand holding an orange pen, writing in a spiral-bound notebook. The pen is held in a tripod grip, and the tip is touching the paper. The background is softly blurred, showing the spiral binding of the notebook. The overall tone is warm and focused.

Your Stoma
Diary

A woman with curly blonde hair is shown from the chest up, wearing a black sleeveless top over an orange shirt. She is holding a black mobile phone to her ear with her left hand and looking down thoughtfully. The background is a bright, slightly blurred indoor setting with a patterned wall.

Pia,
ileostomy since 1993

Getting a stoma can be an overwhelming experience 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 about your recovery from stoma surgery.

For instance, your stoma can change shape and size in the first few weeks after surgery. It is a good idea to measure your stoma each week to make sure your products provide a secure fit around your stoma.

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

Personal Information

Name: _____

Stoma type: _____

Stoma Care Nurse: _____

Date of surgery: _____

Surgeon: _____

Tel no: _____

Recommended products: _____

Brand: _____

Closed:

Drainable:

Urostomy:

Code: _____

Medications and medical history: _____

Information and Considerations

Stoma measurement: _____ mm

Stoma output: Describe the consistency of the output.

Skin condition: The skin around your stoma should be just like the skin on other parts of your body.

Change of appliance: How often did you change or empty the appliance?

Did you experience any issues (leaks, gas...)?

Activity: What kind of activity did you do?

How are you feeling?

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Fumio,
colostomy since 2009



Dansac Accessories

- taking extra care of your skin

At Dansac, we are dedicated to developing unique ostomy pouches and skin barriers to help improve the quality of life for people with a stoma.

Individual differences may, however, lead to a need for special care products. In addition to offering ostomy pouch systems, we also care for these particular ostomy needs by offering easy-to-use special care products that can make every day life more comfortable and secure, and can help with problems such as leakage, skin dryness, skin irritation, unpleasant odours etc.

Please contact your local Dansac office for more information about Dansac Accessories.

