



**Secure Start**<sup>SM</sup>

# TIME FLIES

It has been a while since your surgery...

We know things change. Changes can happen to your stoma or to the skin around your stoma sometimes months or years after surgery. We also know most people with an ostomy don't recognise the change, and most don't know who to ask for help.

This checklist has been developed from conversations with people living with a stoma, and from findings of numerous research studies that tell us about their experience.

Keep this checklist, you can use it now and in the future, to help you decide if you need to contact your Stoma Care Nurse.

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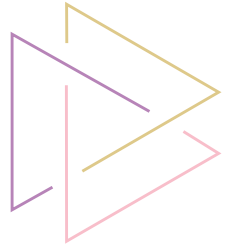
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# Secure Start

# CHECKLIST

If you answer “YES” to one or more of the items below, contact your Stoma Care Nurse or call us on **0800 3761310**.



YES NO ITEMS TO CHECK

- My stoma seems **longer** or **shorter** than usual
- I have **itching** or **burning** to the skin around my stoma
- The skin around my stoma is **red or has a rash**
- The skin around my stoma is **flaky, broken or wet**
- I have a **bulge to the skin** around my stoma
- I have pain** because of my stoma or because of the skin around my stoma
- I have **lost or gained** more than **1 stone or 7 kilos** in the last year
- I have to **change my stoma bag** more often than I used to
- I have **odour from my bag**
- I would like to know if there are new stoma products to try



Checking your skin regularly



Follow-up with your stoma nurse



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