

Discharge planning

Patient education

In time, you should be able to resume the life you led before ostomy surgery. Your doctor will tell you when you can resume your everyday activities including: driving, exercise, and any heavy lifting. Here are some considerations to review:

Basic skills checklist

The basic skills checklist is important for you to understand prior to leaving the hospital. Your healthcare provider will review this information with you. You can also refer to your ostomy educational booklet for specific details.

- | | |
|---|---|
| <input type="checkbox"/> Emptying your ostomy pouch | <input type="checkbox"/> Signs of potential complications |
| <input type="checkbox"/> Changing your ostomy pouch | <input type="checkbox"/> Monitor medications |
| <input type="checkbox"/> Dietary guidelines | <input type="checkbox"/> When to seek assistance |
| <input type="checkbox"/> Odor and gas management | |

Supplies / educational materials

Discharge supplies needed for pouch change:

- Pouching system (one or two-piece)
- Written instructions on how to apply pouching system
- Stoma measuring guide and pattern of stoma
- Scissors and marking pen
- Accessory supplies: _____
- Ostomy educational booklet
- Intake / Output diary (as needed)

How and where to order supplies

Those covered under Medicare can usually obtain supplies from any distributor/dealer. Depending on your insurance, you may need to obtain supplies from a preferred provider.

Your healthcare provider can supply you with a list of local and mail-order ostomy suppliers. You can also contact a Coloplast® Care Advisor at 1-877-858-2656 for help in finding an ostomy dealer/distributor.

How and where to order supplies, continued

You may need a prescription for your supplies so your insurance company can be billed appropriately. It should include your type of stoma and pouching system, including monthly usage and any accessory products.

PRODUCT CODE	DESCRIPTION OF ITEM

Additional information

WOC Nurse: _____
Physician: _____
Home Health Agency: _____
Ostomy supplier: _____
Phone number: _____
Address: _____

Special instructions

The recommendations and information in this material should not be considered a substitute for personal medical advice or diagnosis.