

Know Your Ostomy Checklist[©]

Surgeon: _____ Surgery Date: _____

Ostomy Type: I have a (n) ____ Colostomy ____ Ileostomy ____ Urostomy ____ Other (_____)
____ Temporary ____ Permanent

(A healthy stoma should look red, moist, and shiny.)

Stoma Shape:

- Round
- Oval
- Irregular
- Smaller at the top, larger at the bottom
- Larger at the top, smaller at the bottom
- Has one opening
- Has two openings

Stoma Color:

- Red
- Pink
- Brown (not normal)
- Black (not normal)
- Maroon (not normal)
- Blue/Purple (not normal)
- Other

Stoma Position and Level:

- Below skin level (in a skin fold or sunken)
- Flush to skin level/at skin level
- Above skin level

Stoma Location:

- Right side of the body above the belly button
- Right side of the body below the belly button
- Left side of the body above the belly button
- Left side of the body below the belly button
- In or near a skin crease
- In or near a skin fold
- On a flat skin surface

Stoma Size:

_____ X _____

- Round
- Oval
- Irregular