

Ostomy Self-Management Checklist

DAILY POUCH EMPTYING

- Are you able to ambulate/ self-propel to the bathroom to empty your pouch?
- Are you able to adjust your clothing before and after pouch emptying?
- Are you able to empty your pouch, clean the end and reseal it?
- Do you remember to empty your pouch on a regular basis?
- Are you experiencing leaks related to your pouch emptying schedule?
- Are you able to empty your pouch at night?
- Urostomy- Can you change from daytime drainage system to nighttime drainage system?

APPLIANCE CHANGE

- Are you able to gather your supplies and change your appliance on a regular schedule and maintain a functional wear time (3-4 days)?
- Are you able to observe your peristomal skin at your appliance change to determine if the area is intact?
- If your skin is not intact at appliance change, are you able to manage minor skin problems?
- Are you able to observe your stoma at your appliance change to determine any changes and to aid in aligning the appliance over your stoma?

PROBLEM SOLVING

- Can you identify and problem solve leak problems?
- Do you know when you need to seek medical assistance and how to access this care? (Signs and symptoms of blockage, severe skin problems, dehydration, infection, constipation)

SUPPLY MANAGEMENT

- Do you maintain a list of supplies (include supplier name and contact number, product manufacturer, reference number and amount ordered monthly)? UOAA has a handy supply checklist that you can use for this purpose.
- Do you have automatic reorder set up with supplier or a system to remind you to reorder?
- Does your Primary Care Provider have an up-to-date supply list in your medical record?
- Are you able to self-advocate for supply problems?
- Are you able to store your supplies in a temperature neutral place away from excessive heat or cold?

LIFESTYLE MANAGEMENT: DIET & HYDRATION

- Ileostomy: Do you know how to maintain adequate hydration and electrolyte balance? Do you know how to avoid foods which may cause blockage?
- Urostomy: Do you maintain adequate hydration?
- Colostomy: Do you maintain adequate hydration and diet to avoid constipation?

For more ostomy resources visit UOAA's website: <https://ostomy.org>

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