

Life is more comfortable with the right appliance-change routine

Keeping an ostomy diary can be a good way to find the appliance-change frequency that suits your lifestyle. This diary has been designed to help you keep a record of your appliance changes and find the right routine.

The right appliance-change routine helps keep the skin around your stoma healthy, which increases your comfort and security. By following the Apply Remove Check routine, you can make sure your appliance is more secure and dependable.

Apply

Applying to clean and dry skin keeps your stoma appliance securely in place to protect your stoma from leakage and skin irritation. The adhesive plate should fit snugly around your stoma. Accessories, such as rings or a paste, can help you achieve a snug fit.

Remove

The stoma appliance needs to be removed gently to protect the skin around the stoma. Pull down the removal tab to loosen the adhesive plate from the skin. Gently remove the adhesive plate by rolling it step by step downwards. Apply light pressure to your skin with your other hand. You should always change your appliance if you feel any itching or burning.

Check

You can check your adhesive plate straight away but should wait a few minutes before examining the skin it has been covering. If necessary, use a mirror to check your skin. If you experience one or more of the following signs, it may be because you need to change your appliance more often or use another appliance type:

- Erosion of the adhesive plate
- Leakage on the plate or your skin
- Irritated or discoloured skin around your stoma

 Before use, always consult the 'Instructions for Use' document delivered with the products.

Order 'Your guide to healthy skin'

This free guide has been designed to help you assess your skin so you can manage mild skin irritations and know when to seek help from your healthcare professional in case of more severe irritations.

To get your copy, please call the free **Coloplast® Care line on [phone]**.



SenSura®

A unique double-layer adhesive provides security and care for your skin. The protection layer protects the skin against stoma output, and the skin care layer keeps the skin healthy by absorbing excess moisture.



SenSura is available in many different variants for people with colostomy, ileostomy and urostomy.

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My appliance change diary



Please make an entry in the diary every time you change your appliance



| Change | Apply | Remove | Check | Conclusions / comments | | | |
|--------|---------------------|---------------------|-------------|---|--|--|----------------|
| | Pouch applied | Pouch removed | Worn for | Observations | Routine | Comments | |
| 1 | ____ day ____ month | ____ day ____ month | ____ day(s) | My skin is: <input type="checkbox"/> Healthy <input type="checkbox"/> Irritated | The adhesive is: <input type="checkbox"/> Intact <input type="checkbox"/> Eroded / broken <input type="checkbox"/> Visible faeces / urine | My change frequency is <input type="checkbox"/> Adequate <input type="checkbox"/> Inadequate | _____ _____ |
| 2 | ____ day ____ month | ____ day ____ month | ____ day(s) | My skin is: <input type="checkbox"/> Healthy <input type="checkbox"/> Irritated | The adhesive is: <input type="checkbox"/> Intact <input type="checkbox"/> Eroded / broken <input type="checkbox"/> Visible faeces / urine | My change frequency is <input type="checkbox"/> Adequate <input type="checkbox"/> Inadequate | _____ _____ |
| 3 | ____ day ____ month | ____ day ____ month | ____ day(s) | My skin is: <input type="checkbox"/> Healthy <input type="checkbox"/> Irritated | The adhesive is: <input type="checkbox"/> Intact <input type="checkbox"/> Eroded / broken <input type="checkbox"/> Visible faeces / urine | My change frequency is <input type="checkbox"/> Adequate <input type="checkbox"/> Inadequate | _____ _____ |
| 4 | ____ day ____ month | ____ day ____ month | ____ day(s) | My skin is: <input type="checkbox"/> Healthy <input type="checkbox"/> Irritated | The adhesive is: <input type="checkbox"/> Intact <input type="checkbox"/> Eroded / broken <input type="checkbox"/> Visible faeces / urine | My change frequency is <input type="checkbox"/> Adequate <input type="checkbox"/> Inadequate | _____ _____ |
| 5 | ____ day ____ month | ____ day ____ month | ____ day(s) | My skin is: <input type="checkbox"/> Healthy <input type="checkbox"/> Irritated | The adhesive is: <input type="checkbox"/> Intact <input type="checkbox"/> Eroded / broken <input type="checkbox"/> Visible faeces / urine | My change frequency is <input type="checkbox"/> Adequate <input type="checkbox"/> Inadequate | _____ _____ |
| 6 | ____ day ____ month | ____ day ____ month | ____ day(s) | My skin is: <input type="checkbox"/> Healthy <input type="checkbox"/> Irritated | The adhesive is: <input type="checkbox"/> Intact <input type="checkbox"/> Eroded / broken <input type="checkbox"/> Visible faeces / urine | My change frequency is <input type="checkbox"/> Adequate <input type="checkbox"/> Inadequate | _____ _____ |
| 7 | ____ day ____ month | ____ day ____ month | ____ day(s) | My skin is: <input type="checkbox"/> Healthy <input type="checkbox"/> Irritated | The adhesive is: <input type="checkbox"/> Intact <input type="checkbox"/> Eroded / broken <input type="checkbox"/> Visible faeces / urine | My change frequency is <input type="checkbox"/> Adequate <input type="checkbox"/> Inadequate | _____ _____ |
| 8 | ____ day ____ month | ____ day ____ month | ____ day(s) | My skin is: <input type="checkbox"/> Healthy <input type="checkbox"/> Irritated | The adhesive is: <input type="checkbox"/> Intact <input type="checkbox"/> Eroded / broken <input type="checkbox"/> Visible faeces / urine | My change frequency is <input type="checkbox"/> Adequate <input type="checkbox"/> Inadequate | _____ _____ |
| 9 | ____ day ____ month | ____ day ____ month | ____ day(s) | My skin is: <input type="checkbox"/> Healthy <input type="checkbox"/> Irritated | The adhesive is: <input type="checkbox"/> Intact <input type="checkbox"/> Eroded / broken <input type="checkbox"/> Visible faeces / urine | My change frequency is <input type="checkbox"/> Adequate <input type="checkbox"/> Inadequate | _____ _____ |
| 10 | ____ day ____ month | ____ day ____ month | ____ day(s) | My skin is: <input type="checkbox"/> Healthy <input type="checkbox"/> Irritated | The adhesive is: <input type="checkbox"/> Intact <input type="checkbox"/> Eroded / broken <input type="checkbox"/> Visible faeces / urine | My change frequency is <input type="checkbox"/> Adequate <input type="checkbox"/> Inadequate | _____ _____ |
| 11 | ____ day ____ month | ____ day ____ month | ____ day(s) | My skin is: <input type="checkbox"/> Healthy <input type="checkbox"/> Irritated | The adhesive is: <input type="checkbox"/> Intact <input type="checkbox"/> Eroded / broken <input type="checkbox"/> Visible faeces / urine | My change frequency is <input type="checkbox"/> Adequate <input type="checkbox"/> Inadequate | _____ _____ |

Preventing common issues

Leakage, ballooning and experiencing a vacuum in the pouch are common issues that can often be avoided by following the advice below.

How can I prevent leakage?

- Make sure that you are in the right appliance-change routine; Apply – Remove – Check.
- Ensure full contact between the adhesive and the skin.
- Change the adhesive before it erodes.
- Consider choosing a more erosion-resistant adhesive if you have an ileostomy or a urostomy.
- Consider using another type of appliance if your current appliance does not fit securely, e.g. a convex appliance if you have a retracted or skin level stoma.
- If you use a 2-piece appliance, a stoma belt may help keep your appliance in place.
- Avoid hair under the adhesive by gently shaving the area around the stoma. Use a clean sharp razor. Always shave away from the stoma.

If you are unable to identify the cause of your leakage problem, please consult your healthcare professional.

How can I prevent ballooning?

Ballooning is caused by a build-up of gas in the pouch. Charcoal filters can help by deodorising and releasing wind, but they become less effective if moist or blocked.

- Minimise the amount of gas produced by avoiding certain foods, e.g. nuts, beans or fizzy drinks, and by chewing food thoroughly.
- If you use an open pouch or a 2-piece appliance, release gas from the pouch.
- Change the pouch when needed.

How can I prevent a vacuum in the pouch?

Vacuum in the pouch may occur for those with a colostomy or an ileostomy. A vacuum in the pouch can cause the two sides of the pouch to stick together. This stops the output from dropping to the bottom of the pouch and can block the filter. A vacuum also increases the risk of the appliance being pushed off the stomach.

- Blow air into the pouch before putting it on.
- Add a drop of oil or lubricant to the pouch to help output drop to the bottom of the bag.
- Use the filter label to temporarily block the filter. When gas builds up, remove the filter label again.