

## Your 9-Point Hospital Discharge Checklist



Before making the trip from your hospital bed to your home, it's important to review some essential ostomy skills, facts and precautions with your stoma care nurse for a smooth transition.

Review this nine-point hospital discharge checklist and know how to:

- Empty your pouch
- Remove your pouching system
- Assess and care for your stoma and the skin around your stoma
- Apply your pouching system
- Assess the signs of potential complications and know when to contact a healthcare professional
- Manage gas and odor
- Follow dietary and fluid guidelines
- Follow instructions for home healthcare (if applicable)

See the reverse side for additional information.

Additional Instructions:

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Ostomy Nurse Contact Information:

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## Your 9-Point Hospital Discharge Checklist *(continued)*

### Empty your pouch

Exactly how you empty your pouch depends on the type you choose. For example, with a closed pouch, you simply remove and dispose of it. Whereas a drainable or urostomy pouch requires you to drain it. Be sure to empty your pouch when it is 1/3 to 1/2 full.

### Changing your pouching system

It is best to change your pouching system when the stoma is least active. Often people find this is first thing in the morning. Once you get into a routine, you'll learn the rhythm of your body and be able to estimate the best time to change your pouching system.

### Assess and care for your stoma and the skin around your stoma

Make sure your stoma care nurse reviews some important facts about your stoma, including how to assess its health. The skin around the stoma should look just like the skin on the other side of the abdomen and be free of irritation or redness.

### Apply your pouching system

Your stoma care nurse will be sure to go over all the steps needed to re-apply your pouching system, including applying the skin barrier, verifying that it fits well, and making sure the adhesion is strong.

### Assess the signs of potential complications and know when to contact a healthcare professional

Some issues may arise occasionally as you care for your ostomy at home. You'll need to check for leaks, peristomal skin irritation, excessive stoma bleeding, and other potential complications that warrant contacting your stoma care nurse.

### Manage gas and odor (colostomy or ileostomy only)

As your bowel begins to function after surgery, you will notice gas in your pouch. Pouches with filters are available that help minimize gas and odor. Talk to your stoma care nurse about your options.

### Follow dietary and fluid guidelines

You may gradually resume your usual diet unless your healthcare provider recommends otherwise.

### Follow instructions for home healthcare

You may be provided with home healthcare services on a temporary or permanent basis during your recovery. Your healthcare team will go over any special instructions with you.

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Routine follow-up with your healthcare professional is recommended.

Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.

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