

Ileostomy Skin Assessment Form				
Each line is one time you change your pouch				
Pouch Change Date	Skin Condition Around the Stoma at Pouch Change Circle one			Comments: other information
	Intact	Pink	Red Irritated*	
	Intact	Pink	Red Irritated*	
	Intact	Pink	Red Irritated*	
	Intact	Pink	Red Irritated*	
	Intact	Pink	Red Irritated*	
	Intact	Pink	Red Irritated*	
	Intact	Pink	Red Irritated*	
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	Intact	Pink	Red Irritated*	
	Intact	Pink	Red Irritated*	
	Intact	Pink	Red Irritated*	
	Intact	Pink	Red Irritated*	
	Intact	Pink	Red Irritated*	

Important Skin Care Information

1. As your stoma heals, it may change in shape and size and you must change the pattern as this occurs. The skin barrier on the appliance should fit up to the stoma, protecting the skin around the stoma. Change your pouch every three to four days or as your ostomy nurse has directed.
2. You may shower or bathe with the ostomy appliance on. The tape around the edges is waterproof and should be dried off after showering or bathing.
3. To treat red, irritated skin: sprinkle with stoma powder. Brush off excess. There should only be a light dusting left on the skin. The powder will absorb moisture and allow the appliance to adhere to the irritated skin.
4. Do not use products that contain creams or oils on the skin around your stoma. They will interfere with how well the pouch adhesive adheres.