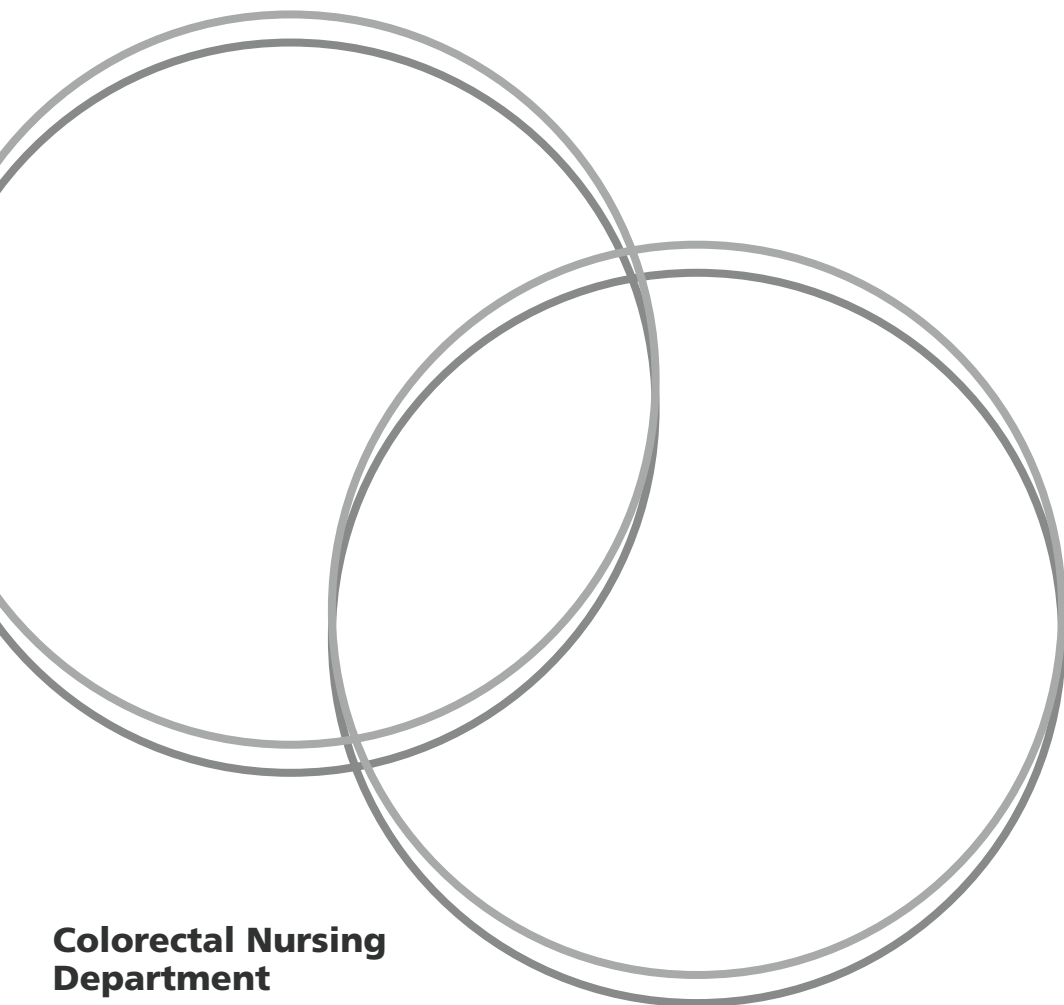


Why check the size of your stoma?

Information for patients



It is normal for your stoma to change in size and/or shape, especially during the first 6-8 weeks after your surgery.

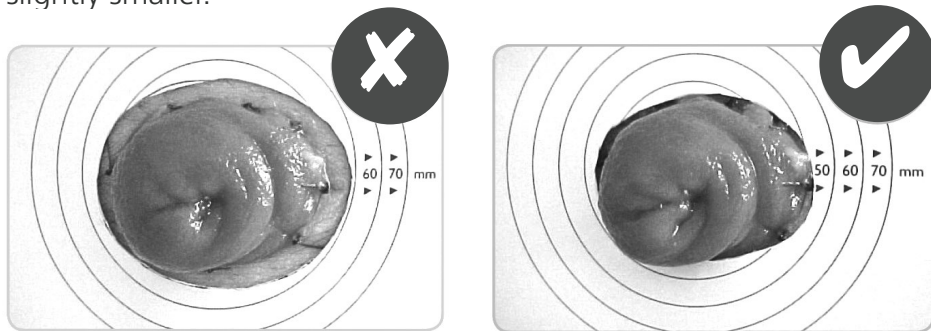
Some of the initial swelling in your stoma may have settled before you leave the hospital. During the 4-6 weeks after you are discharged, your stoma is likely to shrink further in size. You should check the template size for the hole (through which you put your stoma to attach your appliance) about once a week during this time.

Further reasons why your stoma may have changed in size or shape could be due to a change in your abdominal shape due to weight gain or loss, resulting in skin wrinkles or creases, hernia formation, or retraction of the stoma. See our separate leaflet called 'Common concerns and potential complications for people with a stoma.'

How to check the size of your stoma

We will give you a template (cutting guide) to use, or you can peel off the backing paper from your appliance to use as a template. During your hospital admission the stoma nurse will have created your initial template. It is always a good idea to keep one of these in with your stoma care supplies, for future reference. Write the date on the new template when you make one, so that you know which is the most recent.

Place the template over your stoma. If you see any skin showing, you will need to adapt your next cutting out of the appliances to be slightly smaller.



The template needs to fit snugly around the edge of your stoma, not on the stoma itself, as this could cut into it and make your stoma sore. If this happens, then the hole size needs to be cut slightly larger.

It is often difficult to see the underside of your stoma, so you might want to use a small mirror (a cosmetic mirror is good) to help see this area of your stoma. If you have a partner or member of your family who has been involved in your stoma care before, perhaps you could ask them to check the template sizing.

How to contact us

If you have any problems, please do not hesitate to contact your Stoma Specialist Nurse, who can check this for you.

Tel: **01865 221 839** or **01865 235 367** (Monday to Friday)

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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