



Information Sheet - Checking your stoma template

When should I check my stoma template?

It is advisable to check your template every couple of months as part of your routine of checking your stoma. The size of your stoma can change for a number of reasons, or you could have, for example developed a problem with leaks, have sore skin around your stoma, or have put on/lost weight.

How to check your stoma template

Step 1

Use the backing from your current cut appliance and place this over the stoma.

- It should be snug all around your stoma
- There should be no skin showing
- It should not overlap you stoma (use the mirror to check)

Step 2

If the template is snug - good news.

If the template is not snug - you need to change your template.

Step 3

Changing your template

If your stoma is a regular circle, use the sizing guide with your product to decide the nearest size to your stoma.

If your stoma is oval or irregular in shape:

- Choose a size in the circular cutting guide which is nearest the size of your stoma
- Fold this chosen size in half (into a semi-circle) with the sizing guide and rest against your stoma to check the height and width
- Use these to draw your template on the backing or plain paper

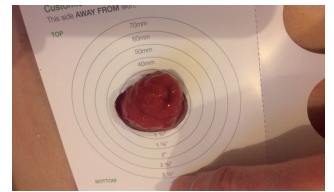
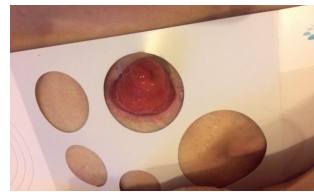
Step 4

Cut the template out and check this against your stoma.

If the template is snug - good news - this is your new template.

Remember to keep it in a safe place! If you get bags pre-cut from a delivery company, remember to inform them that your template has changed.

If the template is not snug - reshape the template until you find the right fit.



You will need:

- A pen
- Current template
- A curved pair of scissors
- An uncut pouch ready to cut
- The inbox template sizing guide
- A mirror

Struggling to get it right?

There is no need to struggle. Your Stoma Care Nurse is always on hand to help with any problems you may have.

Did you know?

Coloplast Charter provides a free cutting service on all ostomy products supplied through their delivery service.

More support

If you did not find all the information that you need in this factsheet, you can contact Coloplast Charter on **0800 783 1434** for advice and support. Or, you can visit www.coloplastcharter.co.uk or discuss your questions and concerns with your healthcare professional.