

YOUR STOMA. YOUR CHOICE.

3 Questions to ask at your Stoma review

Your stoma, your choice, your voice.

Whether it's your first review or you've been living with a stoma for many years, asking questions can help you make informed decisions about your care and get the support that's right for you.



1 What are my options?

You could ask:

- a) Are there different stoma products that may better suit my needs.
- b) What Support is available from my stoma care team.
- c) Are there other ways to manage any challenges that I'm experiencing.

2 If I'm experiencing problems, what can be done to help?

You could ask:

- a) What might be causing leaks, sore skin, or other problems with my stoma?
- b) What changes could help improve these issues?
- c) What are the benefits and drawbacks of the different options available?

3 What support is available to help me decide what's right for me?

You could ask:

- a) Can I arrange another review if things don't improve?
- b) Where can I find trusted information and support?
- c) Are there any local support groups ?

 **Stoma Helpline:** 0800 328 4257
Admin Line: 0118 939 1537

 ColostomyUK.org

 hello@ColostomyUK.org



Charity no. 1113471

Questions I'd like to ask today

1.

2.

3.

4.

After my appointment

Today I've agreed to:

- | | |
|--|--|
| ☐ Arrange another review | ☐ Read more about my rights |
| ☐ Try a different product | ☐ Contact Colostomy UK or other charities |
| ☐ Contact my stoma care nurse | |
| ☐ Learn more about my options | |

Other

Remember

- ✓ Your needs can change over time.
- ✓ It's okay to ask questions.
- ✓ If something isn't working, support is available.
- ✓ The best decisions are made when you work together.
- ✓ You may find it helpful to bring someone you trust with you. They can offer support and take notes during your appointment

You are the expert in living with your stoma.

Your healthcare team brings clinical expertise.

The best decisions are made when you work together.



Independent and community-funded

Donations, legacies and volunteers make our support possible.



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