

(un)cancer

Ostomy Site Checklist

Questions to ask about your ostomy procedure

- What can I expect when using an ostomy pouch?
- How will a colostomy change my daily activities?
- Can a colostomy affect me being intimate with my partner?
- Do I need to adjust my diet?
- Will my insurance cover the cost of ostomy supplies? Are ostomy supplies covered under Medicare?
- Do you have a list of recommended suppliers to order the ostomy supplies?
- What should I do if nothing is coming out of the stoma into the pouch? When should I seek medical assistance?
- What should I do if there is too much stuff/overflow coming into the pouch?
- Do I need special clothing to hide the ostomy bag?
- What do I do about odor while I use a public restroom or the bathroom at a friend's home? What if the pouch leaks and I am away from home?
- Is there an ostomy support group that I can be part of?
- Can I participate in sports with an ostomy bag?
- Can I go back to work and are there activities that I should avoid?