

8-point Discharge Checklist



Before discharging your patient from your care, it's important to review some essential ostomy skills, facts and precautions with them to help with a smooth transition.

Review this eight-point discharge checklist with your patient to make sure they know how to:

- ☐ Empty the pouch
- ☐ Remove the pouching system
- ☐ Assess and care for the stoma and the skin around the stoma
- ☐ Apply the pouching system
- ☐ Assess the signs of potential complications and know when to contact a healthcare professional
- ☐ Manage gas and odor
- ☐ Follow dietary and fluid guidelines
- ☐ Before discharge, encourage your patient to enter the Secure StartSM services number in their mobile phone as an ongoing resource. **Important step: Call Secure StartSM services with the patient to help them place their initial supply order. 888.808.7456**

The following items below will help with the patient order. Please have this information ready before you call Secure Start services for the initial order.

List of ostomy products patient is using:

Stoma Size (*inches or mm*) :

Stoma Shape (*round or oval*) :

Stoma Height (*budding, flush, or retracted*) :

Secure Start services can connect your patient with a supplier of their choice via an insurance matching tool. By providing the insurance carrier, the match can be made to the right supplier for the right products.

Name of insurer:

Name of secondary insurer:

Name of physician:

Contact info for physician:

8-point Discharge Checklist *(continued)*

Empty your pouch

Exactly how a pouch is emptied depends on the type of pouch chosen. For example, with a closed pouch, simply remove and dispose. Whereas a drainable or Urostomy pouch requires draining. Be sure to empty the pouch when it is 1/3 to 1/2 full.

[Click Here](#) for a video that can help.

Applying and changing your pouching system

It is best to change the pouching system when the stoma is least active. Often people find this is first thing in the morning. Once in a routine, the rhythm of the body should help estimate the best time to change the pouching system.

[Click Here](#) for instructions on how to cut and apply a one or two piece pouching system.

Routine care of your stoma

[Click Here](#) for helpful tips on caring for an ostomy.

Complications of the skin around the stoma

The skin around the stoma should be as healthy as the rest of the abdomen. Occasionally, skin issues may arise so it is suggested to check for leaks, skin irritation around the stoma, excessive stoma bleeding, and other potential complications that warrant contacting a stoma care nurse.

[Click Here](#) for information on caring for the skin care around the stoma.

[Click Here](#) for more helpful videos and ostomy care tips.

Scan here for Secure Start services Enroll on the Go!



Scan Me

Secure Start services is ready to support your patients today and provide them with a lifetime of support so they can get back to living life with confidence and security. Your patients can enroll directly from a phone or tablet in less than 3 minutes by scanning this QR code or calling **888.808.7456**.

Routine follow-up with your healthcare professional is recommended. Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.

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