



# **YOUR** *personal* **JOURNAL**

It's Your Life  
Live it with Dansac

# YOUR *personal* JOURNAL

---

This booklet contains confidential personal information.  
If found, please mail to the address below

## Personal Information

Name

---

Address

---

Phone Number

---

Date of birth

---

Stoma type

---

Stomal Therapy Nurse(s)

---

---

Date of surgery

---

Hospital

---

Surgeon

---

## Relevant Medications

Medicine	Reason for taking	Dosage

# How this booklet can help you

This booklet is designed to help you discuss your stoma with your Stomal Therapy Nurse, General Practitioner (GP) and other Healthcare Professionals.

By using this booklet you will:

**Be prepared for your appointments**

**Be able to track your stoma and keep a record of it**

By capturing your insights on how your stoma progresses over time and the performance of the chosen barrier and pouch, your Stomal Therapy Nurse will be able to use this information to assess various options to minimise their impact on your life-style. They will then be able to tailor a solution according to your needs.

Your wellbeing is central to the overall management of your stoma and finding the optimal barrier and pouch for you and your lifestyle needs can help improve how you feel about living with your stoma.

When filling out this journal it is important for you to consider how the stoma and the pouch enabled or prevented your planned activities. Please capture as much information as possible, not only about the stoma and product themselves, but also about how you feel and what you have to modify because of your stoma.

Please note: If you become upset or distressed as a result of you filling out this journal, you should consult your Stomal Therapy Nurse or Healthcare professional that provided you with this journal.

**Ask your nurse about “Living with a Stoma” or hear what others have experienced with a stoma at [www.youtube.com/user/Dansacvideos](https://www.youtube.com/user/Dansacvideos)**

Dansac is a company wholly dedicated to stoma care, and although we do not have all the answers for people facing perhaps one of the biggest emotional and physical challenges of their lives, we are committed to developing stoma products that enhance your quality of life. The design and functionality of the Dansac NovaLife pouches are based on studies, real life testimonials and clinical evidence. It is the needs and requirements of our customers that have influenced the development of these pouches – an appliance that is discreet, feels as natural as possible - comfortable yet secure.

Visit [www.e-stoma.com](http://www.e-stoma.com) for more information

## My questions

Note anything you would like to discuss with your Doctor or Nurse e.g:

“Are there any foods I shouldn’t eat?”

“How and where do I get more ostomy appliances?”:

---

---

---

---

---

---

---

---

---

---

# Visits & Appointments

Date: \_\_\_ / \_\_\_ / \_\_\_ Time: \_\_\_\_\_ Consultant / Clinic: \_\_\_\_\_

Comments / Questions: \_\_\_\_\_

Date: \_\_\_ / \_\_\_ / \_\_\_ Time: \_\_\_\_\_ Consultant / Clinic: \_\_\_\_\_

Comments / Questions: \_\_\_\_\_

Date: \_\_\_ / \_\_\_ / \_\_\_ Time: \_\_\_\_\_ Consultant / Clinic: \_\_\_\_\_

Comments / Questions: \_\_\_\_\_

Date: \_\_\_ / \_\_\_ / \_\_\_ Time: \_\_\_\_\_ Consultant / Clinic: \_\_\_\_\_

Comments / Questions: \_\_\_\_\_

Date: \_\_\_ / \_\_\_ / \_\_\_ Time: \_\_\_\_\_ Consultant / Clinic: \_\_\_\_\_

Comments / Questions: \_\_\_\_\_

If you have a permanent stoma, it is recommended you have a check up by a Stomal Therapy Nurse every 1 – 2 years. Refer to [www.stomaltherapy.com](http://www.stomaltherapy.com) (Australian Association of Stomal Therapy Nurses).

## A question of discretion

Discretion is one of the top priorities for people who wear stoma pouches. With NovaLife Open and Closed pouches, we have pushed the limits of design to make them as discreet and secure as possible.

The pleasing yet functional shape of the pouch features a starter hole that has been placed as high as possible – off centre and towards the top of the oval-shaped barrier. This means that the pouch sits much lower, and therefore more discreetly, on your abdomen. Not only that, but the size of the pouch has been reduced without compromising the capacity – you can truly downsize from your normal pouch.

The positioning of the barrier creates a uniquely low headspace that minimises the troublesome slouching that has caused problems for many wearers of pouches in the past.

## A comfortable pouch

Today, people demand functional, aesthetically designed products that suit their lifestyle. Stoma pouches should be no different. Comfort is fundamental to feeling at ease with wearing a pouch and enhancing your quality of life.

NovaLife pouches have an ergonomic shape and an innovative and unique oval-shaped barrier which follows the natural curves of your body. The result is a comfortable, more flexible fit that suits the way most of us are shaped. The fabric of the pouch is soft and pleasant to the skin, while being water-repellent and the proven skin-friendly hydrocolloid barrier is comfortable and gentle to the skin.

## Feeling secure

Studies show, that next to discretion, security has the highest priority for people who wear stoma pouches. With an innovative skin-friendly barrier design that is thinner at the edge to provide better and more balanced adhesion to the skin, NovaLife pouches are designed to make you feel confident and secure. A flexible and secure coupling system ensures that the pouch and barrier are securely connected while allowing the barrier to follow your body contours. A highly efficient filter not only reduces the pressure that can lead to problematic ballooning within the pouch, but also efficiently traps odours in the activated carbon layer. The membrane prevents solids and liquids leaking from within, but also stops water getting in from the outside – there is no need to worry about using a filter patch.

*“I need a secure pouch and an effective filter on my pouch to make me feel free and independent.”*

Don, colostomy since 2007

# Choose the face that best describes how you feel

Date	Day 1	Day 2	Day 3	Day 4	Day 5
Odour					
Leakage					
Movement					
Body images					
Itchiness on skin around stoma					
Body image					
Self-esteem					
Personal hygiene					
Stoma protection					
Sleep					
Pain					
Are you taking pain medication?					



Did your stoma and stoma product stop you from doing anything today?

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	
Day 8	
Day 9	
Day 10	
Day 11	
Day 12	
Day 13	
Day 14	



NEW

# SEALING IN SKIN HEALTH



**Dansac TRE Seal is more than just a seal** – with three levels of protection, the Dansac TRE Seal has been designed to help keep healthy skin naturally healthy.



#### **Adhesion**

Designed to provide a secure, flexible seal to protect the skin from stoma fluid and to be easy to remove.



#### **Absorption**

Helps absorb excess moisture to maintain skin's natural balance without the seal losing internal or external strength.



#### **pH balance**

Designed to help manage the skin-damaging effects of digestive enzyme activity.

To learn more or to obtain a sample, please contact your Dansac Territory Manager or our Friendly Customer Engagement Team on 1800 880 840.

## The benefits of NovaLife pouches

The off centre starter hole means that the pouch sits even lower, and more discreetly, on the abdomen.

The oval-shaped barrier follows natural body curves and folds and has an easy to use cutting guide.

The low headspace reduces slouching and enhances discretion.

The tapered barrier, thinner at the edge than in the middle, gives a flexible, snug fit and reliable adhesion.

The orange release tab on the barrier ensures easy and secure removal.

**The filter** gives the freedom of all day protection against odour and can be used in wet environments without a protective cover.

The skin-friendly barrier features the proven, natural ingredients of the Dansac GX hydrocolloid that has been refined over 15 years.

The secure coupling has two colour rings and an audible click for easy use.

**The floating coupling** ring makes for easy application with minimum pressure on the abdomen.

The functional, ergonomic shape of the pouch is enhanced by a soft, comfortable and water repellent fabric cover.

The staggered closing plates enable simple and hygienic opening, emptying and cleaning of the pouch.

The outlet is simply and easily folded and securely fastened by the unique hook-lock.

When folded, the outlet is discreetly concealed into the shape of the pouch.



# Stoma Journal

Maintaining information about your stoma and how it affects your daily activities and lifestyle will help you and your healthcare team understand any patterns that might be affecting the stoma. When using the journal, please consider the way that each aspect listed below is impacted by your stoma. Consider the examples of these impacts and questions when filling in your journal.

**Odour:** What are the social and psychological impacts on your mood?  
Does it impact on your desire to eat or socially interact?

**Leakage:** Do you have confidence to leave home, socialise and wear the clothes you want? Is the pouch/barrier likely to leak?

**Movement:** Does the stoma impact on your mobility?

**Body Image:** Does the stoma impact on your body image perceptions (what you wear ect)?

**Personal Hygiene:** Does your stoma enable full hygiene routines to be carried out such as showering?

**Stoma protection:** Is the concern of hurting (eg: bumping or knocking) your stoma altering your behaviour?

**Sleep:** How does the stoma impact on your ability to sleep? Are bedding choices affected? Is where you sleep being impacted?

**Pain:** Does your skin around the stoma hurt? Are there certain times during the day when the pain is worse?



For more information, call  
Customer Engagement on  
1800 880 840

Dansac Australia  
PO Box 375  
Box Hill, 3128  
Victoria, Australia  
1800 880 840

Dansac New Zealand  
PO Box 62-027  
Mt Wellington  
Auckland  
0800 678 669

DL430



Emissions associated with the printing of this product  
have been carbon-offset using credits under the  
Australian National Carbon Offset Standard

dansac   
*Dedicated to Stoma Care*