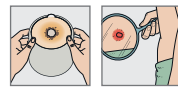
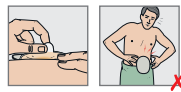
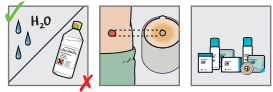


Establish your **Apply-Remove-Check** routine

# Please make an entry in the diary every time you change your ostomy appliance



If during the use of Coloplast products, or as a result of their use, an incident has occurred, please report it to the manufacturer.

Consumer Support: 1-866-293-6349

Email: [casupport@coloplast.com](mailto:casupport@coloplast.com)

Apply

Remove

Check

Conclusions

Change	Apply-Remove-Check			Check			Conclusions	
	Barrier applied	Barrier removed	Worn for	Observations			Routine	Actions
1	_____ date	_____ date	_____ day(s)	My skin is: <input type="checkbox"/> Healthy <input type="checkbox"/> Irritated	The adhesive is: <input type="checkbox"/> Intact <input type="checkbox"/> Eroded / broken	<input type="checkbox"/> There is visible output under the skin barrier	My routine is <input type="checkbox"/> Adequate <input type="checkbox"/> Inadequate	
2	_____ date	_____ date	_____ day(s)	My skin is: <input type="checkbox"/> Healthy <input type="checkbox"/> Irritated	The adhesive is: <input type="checkbox"/> Intact <input type="checkbox"/> Eroded / broken	<input type="checkbox"/> There is visible output under the skin barrier	My routine is <input type="checkbox"/> Adequate <input type="checkbox"/> Inadequate	
3	_____ date	_____ date	_____ day(s)	My skin is: <input type="checkbox"/> Healthy <input type="checkbox"/> Irritated	The adhesive is: <input type="checkbox"/> Intact <input type="checkbox"/> Eroded / broken	<input type="checkbox"/> There is visible output under the skin barrier	My routine is <input type="checkbox"/> Adequate <input type="checkbox"/> Inadequate	
4	_____ date	_____ date	_____ day(s)	My skin is: <input type="checkbox"/> Healthy <input type="checkbox"/> Irritated	The adhesive is: <input type="checkbox"/> Intact <input type="checkbox"/> Eroded / broken	<input type="checkbox"/> There is visible output under the skin barrier	My routine is <input type="checkbox"/> Adequate <input type="checkbox"/> Inadequate	
5	_____ date	_____ date	_____ day(s)	My skin is: <input type="checkbox"/> Healthy <input type="checkbox"/> Irritated	The adhesive is: <input type="checkbox"/> Intact <input type="checkbox"/> Eroded / broken	<input type="checkbox"/> There is visible output under the skin barrier	My routine is <input type="checkbox"/> Adequate <input type="checkbox"/> Inadequate	
6	_____ date	_____ date	_____ day(s)	My skin is: <input type="checkbox"/> Healthy <input type="checkbox"/> Irritated	The adhesive is: <input type="checkbox"/> Intact <input type="checkbox"/> Eroded / broken	<input type="checkbox"/> There is visible output under the skin barrier	My routine is <input type="checkbox"/> Adequate <input type="checkbox"/> Inadequate	
7	_____ date	_____ date	_____ day(s)	My skin is: <input type="checkbox"/> Healthy <input type="checkbox"/> Irritated	The adhesive is: <input type="checkbox"/> Intact <input type="checkbox"/> Eroded / broken	<input type="checkbox"/> There is visible output under the skin barrier	My routine is <input type="checkbox"/> Adequate <input type="checkbox"/> Inadequate	

Establish your **Apply-Remove-Check** routine

# Life is more comfortable with the right appliance-change routine

This diary has been designed to help you keep a record of your appliance changes and establish the right routine. For a full introduction to Apply, Remove, Check (ARC) read the 'Optimising your fit with Apply, Remove, Check' booklet.

## The ARC routine has three steps

### Apply

Correct application will ensure that your appliance stays securely in place and that the skin around your stoma is properly protected from stoma output and the irritation it may cause.

### Remove

The right technique will enable you to remove your appliance gently – protecting the skin around your stoma.

### Check

Check your adhesive and the skin area it's been covering – use a mirror if needed. An eroded adhesive, visible stoma output or irritated skin may indicate you need to change your appliance more often or use another appliance type.

## SenSura® Mio

The right solution with the right appliance-change routine is your best defence against leakage.

The SenSura Mio range is designed to fit individual body shapes. It is easy to apply and remove, and stays securely in place during movement, helping you feel more confident.

Ask your healthcare professional to find out which SenSura Mio best suits the shape around your stoma.



### Try the BodyCheck tool

BodyCheck is an online tool that you can use to quickly get an assessment of your body profile and the appliance that provides the best fit.

[Coloplast.ca/BodyCheck](https://www.coloplast.ca/BodyCheck)

### Enroll in Coloplast Care

Coloplast Care gives you support for your ostomy care needs from dedicated advisors ready to answer questions and provide access to product samples.

[Coloplast.ca/CareForm](https://www.coloplast.ca/CareForm)

### Contact information for questions on our products:

Consumer Support: 1-866-293-6349

Email: [casupport@coloplast.com](mailto:casupport@coloplast.com)

Phone hours are

Monday to Friday, 9 am to 5 pm EST