

It's simple to get the right fit

Before cutting your stoma template for the first time, watch our video guide to creating a new template and follow the instructions below.



Scan to watch the video guide



Determine the size and shape of your stoma

Use the backing paper from your current stoma bag and place this over your stoma. You should be able to see 1mm of skin around the stoma. If this is the case, the template is accurate. You can use a mirror to check.

If the backing paper is touching your stoma (too small) or if there is more than 1mm of skin showing around the stoma (too big), you need to change your template.



Cut and check

Cut the template opposite out as carefully as you can, preferably using stoma bag scissors if you have them, or a sharp pair of scissors. Check this against your stoma. If it is snug, this is your new template.



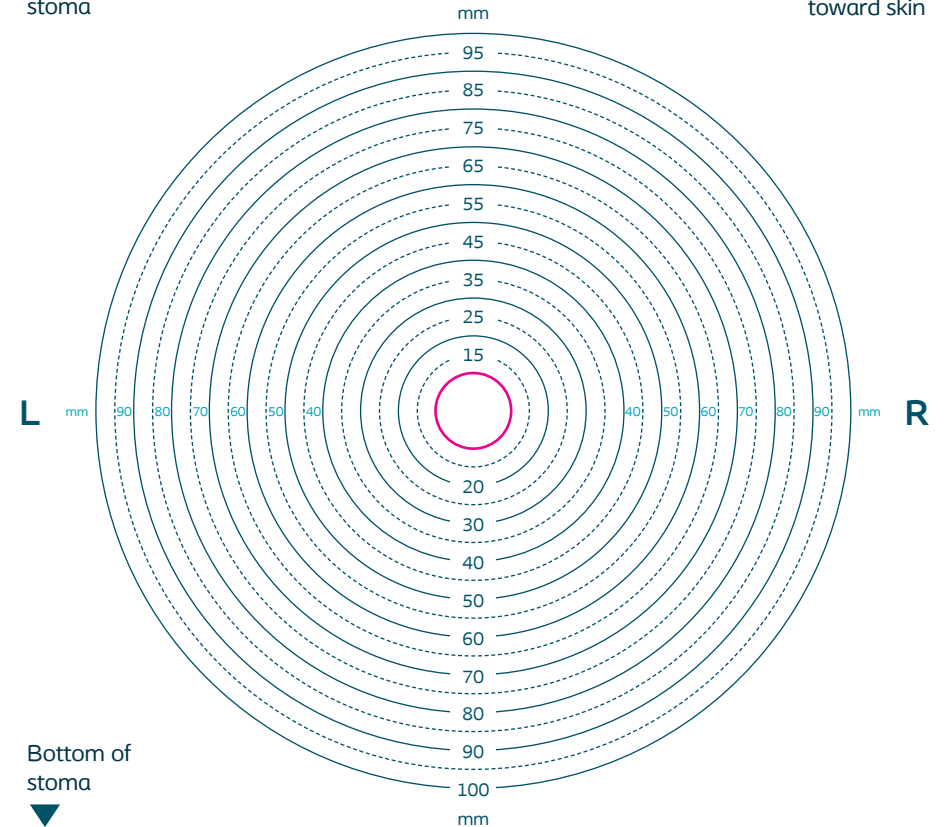
Complete your details and submit

Add your details to the Personalised Template section, take a photo using your phone and submit.

Stoma template cutting guide

▲
Top of stoma

This side toward skin



Please complete your details below:

Surname: _____ Post code: _____

Product code: _____

It's important to ensure the cutting template above is accurate in size. Please take a moment to check the accuracy before you measure your stoma.

Is the image to the right the size of a 10p piece?

If it isn't, your template is either too large or too small. Please check your printer settings and print again.

