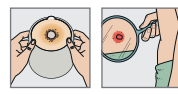
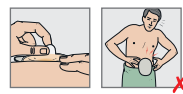
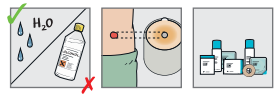


Establish your **Apply – Remove – Check** routine

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



Apply

Remove

Check

Conclusions

Change	Pouch applied	Pouch removed	Worn for	Observations			Routine	Actions
1	_____	_____	_____	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"/> Visible output	My routine is <input type="checkbox"/> Adequate <input type="checkbox"/> Inadequate	_____ _____ _____
2	_____	_____	_____	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"/> Visible output	My routine is <input type="checkbox"/> Adequate <input type="checkbox"/> Inadequate	_____ _____ _____
3	_____	_____	_____	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"/> Visible output	My routine is <input type="checkbox"/> Adequate <input type="checkbox"/> Inadequate	_____ _____ _____
4	_____	_____	_____	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"/> Visible output	My routine is <input type="checkbox"/> Adequate <input type="checkbox"/> Inadequate	_____ _____ _____
5	_____	_____	_____	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"/> Visible output	My routine is <input type="checkbox"/> Adequate <input type="checkbox"/> Inadequate	_____ _____ _____
6	_____	_____	_____	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"/> Visible output	My routine is <input type="checkbox"/> Adequate <input type="checkbox"/> Inadequate	_____ _____ _____
7	_____	_____	_____	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"/> Visible output	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.

