

Establish your *Apply – Remove – Check* routine

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

| Change | Apply | Remove | Worn for | Check | | | Conclusions | |
|--------|--|--|--|--|---|---|---|--|
| | Pouch applied | Pouch removed | | Observations | Routine | Comments | | |
| 1 | <div><div></div><div></div><div></div></div> <div>date</div> | <div><div></div><div></div><div></div></div> <div>date</div> | <div><div></div><div></div><div></div></div> <div>day(s)</div> | <div>My skin is:</div> <div><div></div> Healthy</div> <div><div></div> Irritated</div> | <div>The baseplate is:</div> <div><div></div> Intact</div> <div><div></div> Broken down</div> | <div><div></div> Has visible output</div> | <div>My routine is:</div> <div><div></div> Manageable</div> <div><div></div> Not manageable</div> | |
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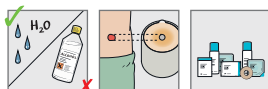
Establish your **Apply – Remove – Check** routine

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 'Optimise your fit with Apply, Remove, Check' booklet. [Please call Coloplast for your copy on \(AU\) 1800 653 317 or Ebos \(NZ\) 0800 265 675](#)

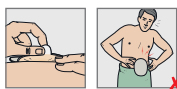
The ARC routine has three steps

Apply



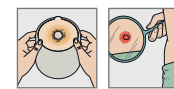
Correct application will ensure that your appliance stays securely in place and that the skin around your stoma is properly protected from stoma output and the irritation it may cause.

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 Stomal Therapy Nurse to find out which SenSura Mio best suits the shape around your stoma.



[Ostomy Care](#) / [Continence Care](#) / [Wound & Skin Care](#) / [Interventional Urology](#)

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