

Ileostomy Survival Kit Checklist

(screamingmeemie.com)

- pouch deodorant
- change of clothes
- full change of appliance
- flange extender
- moist wipes
- wound wash
- gauze
- pastes, powders, and barrier wipes
- antibacterial hand wipes or gel
- disposal bags
- gelling sachets
- bottle of water
- extra clip, or a heavy elastic band
- clothespins
- tape
- scissors
- a mirror
- cotton swabs or Q-tips®
- filter stickers
- medications
- a list
- a patterned scarf
- marshmallows
- change