

J-Pouch Survival Kit Checklist

(screamingmeemie.com)

- wipes
- vaseline®
- mentholated lotion
- antidiarrheals
- painkillers
- change of underwear
- change
- scent spray
- pantyliners
- antibacterial hand wipes/gel
- moisturizer
- bulking agents
- a list including your condition, medications, and doctor's details