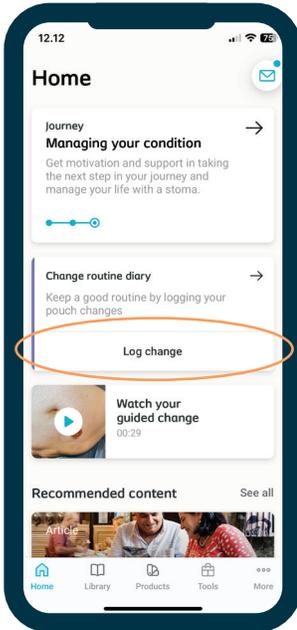
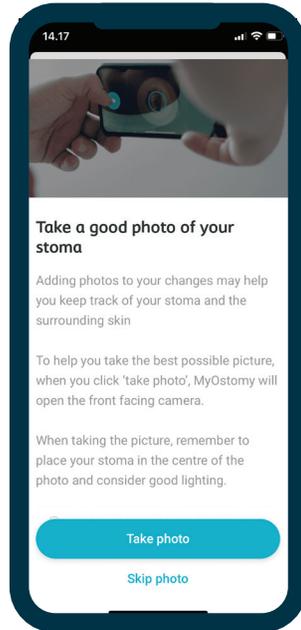


The MyOstomyLife app can help you document your skin and stoma or leakage happening to communicate with your nurse or provider

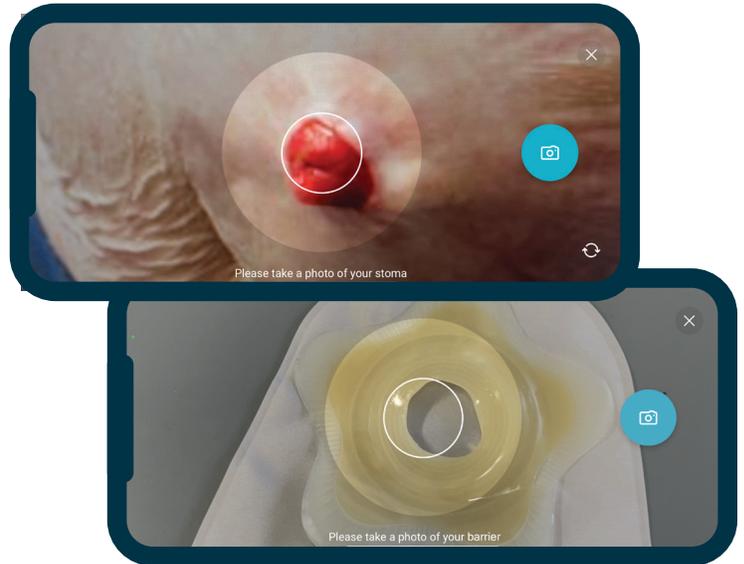
- 1 **Tap Log Change**
To log a change, tap on the Change routine card on your Home page.



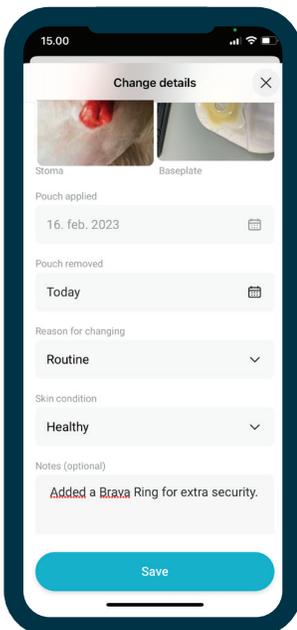
- 2 **Click Take photo**
To start your log, choose if you want to log with or without photos.



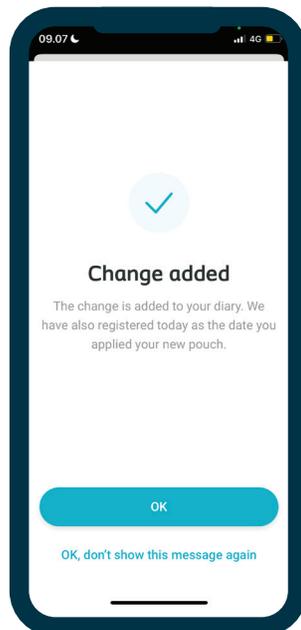
- 3 **Turn sideways: take photo of your stoma and then your barrier**



- 4 **Add in the reason for your change and the condition of your skin to the log.** You can also add in additional notes to the change.



- 5 **Finished! You have now logged your change and it has been added to your diary.**



You can always find all your old logs in the diary.

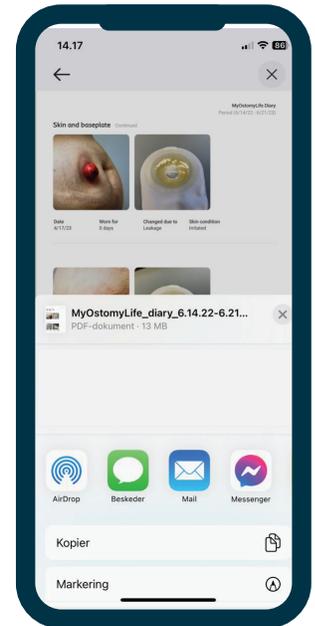
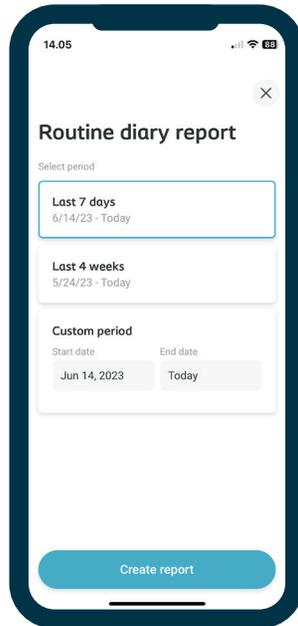
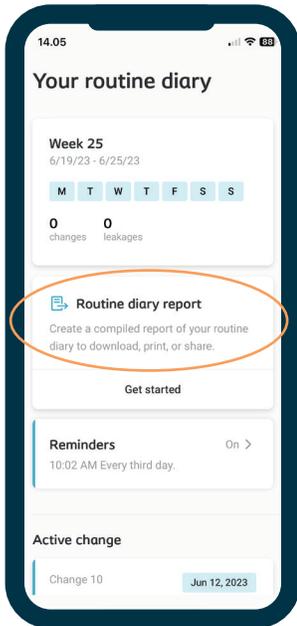
If you need to download the app, point your camera to the QR code here:

A screenshot of the diary screen showing a log for 'Apr 17, 2023'. It includes details like 'Worn for 1 day', 'Changed due to Leakage', and 'My skin Irritated'. There are also 'See details' buttons and a 'Notes' section with text: 'Had some issues today. Weather was warm. Potentially due to sweat? Ask the...'. Below the QR code is another screenshot of the diary screen showing a log for 'Apr 17, 2023' with details like 'Worn for 2 days'.

MyOstomyLife
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How to send your report to your nurse

- 1 Click 'Get started' or the Routine diary report button
To generate a PDF of your diary, click 'Get started' in your diary.
- 2 Select the time period that you would like to generate a report on.
- 3 Review the generated report.
- 4 Download, print, or share your generated report.



You can upload your report to your electronic medical record (EMR) for your healthcare provider's secure messaging app or website by sharing with the app or saving to your files to upload to their website.

MyOstomyLife

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Search for "MyOstomyLife" in the App Store or Google Play store and download the app for free!



Or scan the QR code to learn more and download the app.

