Unable to find your size?
Follow the instructions below to create your own template.

1. Measure the width and height of your stoma.
2. Mark the lines on the oval template (left) with your width and height measurements.
3. Connect the lines to draw your stoma shape.
4. Cut out your oval template. Make sure to cut on the outside of the line you have drawn.
5. Place the template over the center of your cut-to-fit skin barrier (e.g. flange) or wafer, and trace the pattern with a pen.
6. Using scissors, carefully cut out the pattern on your skin barrier or wafer.
7. Save this template as a pattern for cutting any additional cut-to-fit pouches.*

*Your template may need to be adjusted in size during the first 4-6 weeks after surgery, as your stoma may shrink.