



SASS

SOUTH AFRICAN SOCIETY OF OSTOMATES

Pregnancy

Ostomate

Check list



THIS BOOK
BELONGS TO:

MY DAILY

S M T W T F S

DATE:

Things To Do

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Notes

Priority

For Tomorrow

How are you
feeling today?

Things you are
grateful for :

1. _____

2. _____

3. _____

Today's
affirmations :

My mood today is...

☐ Calm

☐ Rested

☐ Creative

☐ Happy

☐ Angry

☐ Sad

☐ Anxious

☐ Playful

☐ _____

Pregnancy Care Checklist for Ostomates

Created by Stoma Care Professionals for Expecting Moms with a Stoma

A helpful guide to keep you and your baby safe, supported, and informed.

Before You Conceive

- Consult your stoma nurse and surgeon about your medical history
- Review any prior abdominal surgeries or adhesions that may affect fertility
- Speak to your OB-GYN about specialized care for stoma patients
- Start prenatal vitamins (with folic acid) as recommended
- Monitor your current hydration, diet, and output if you have a high-output stoma
- Get screened for nutritional deficiencies (B12, iron, etc.)

During Pregnancy

1st Trimester

- Schedule your first prenatal appointment and inform your doctor about your stoma
- Track changes in bowel patterns or pouch output
- Maintain regular hydration and salt intake
- Begin gentle exercise (as recommended)

2nd Trimester

- Monitor for any changes in stoma size, shape, or output
- Try support garments if your stoma pouch starts to lift due to belly growth
- Adjust appliance size and barrier rings if needed
- Continue routine prenatal bloodwork (check B12, iron, vitamin D)

3rd Trimester

- Watch for signs of blockage as uterus enlarges
- Avoid lifting heavy items — ask for help
- Finalize a birth plan with both your OB and stoma nurse
- Ask if your hospital has a wound/ostomy care team on-site
- Pack a hospital bag that includes extra stoma supplies

Birth & Postpartum

- Follow your surgeon's guidance for vaginal or C-section birth
- Have appliance changes prepared for hospital stay
- Monitor your stoma site after delivery — swelling or hernias can develop
- Resume gentle movement, hydration, and pelvic floor support
- Avoid lifting baby gear too early; use safe lifting techniques
- Stay connected to your stoma nurse for follow-up care
- Reach out for mental health support if you feel overwhelmed

Support & Self-Care

- Join a support group for ostomate moms
- Share your questions with trusted professionals — there's no shame in asking
- Keep a journal of physical and emotional changes
- Celebrate your strength — you're doing something incredible

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