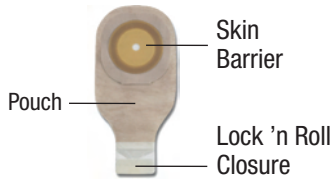


## Collect Supplies



Gather pouch, disposal bag, tissue and/or cloth for cleaning, and water. Optional: scissors, pen, measuring card, accessories.

## Prepare the Pouching System



1 Measure the stoma using a sizing guide or use a pattern provided by your nurse (if using a pre-sized barrier opening, go to step 4).



2 Trace the pattern onto the skin barrier. The skin barrier should fit closely around the stoma.



3 Pull the pouch film away from the skin barrier. Using small curved scissors, carefully cut an opening in the skin barrier to match the pattern. Do not cut beyond the line on the release liner. Do not puncture the pouch.

## Remove Used Pouching System



4 Remove the release liner from skin barrier. Set aside with adhesive facing up.



5 Carefully lift an edge of the adhesive and peel downward, gently pushing the skin away from the skin barrier. Properly dispose of used pouch. Do not flush down toilet.

## Clean and Dry Skin



6 Clean the skin with water or with gentle soap as recommended by your healthcare provider. Rinse and dry thoroughly. Do not use oils, powder, lotion, or lotion-type soaps on the skin.

## Apply the New Pouching System



7 Center the skin barrier opening over the stoma.



8 Gently press the barrier against the skin until the entire barrier adheres. Hold for about one minute (heat and pressure help activate the adhesive).



9 For tape-bordered barriers, remove the backing paper on both sides and gently press adhesive against skin.



10 Close bottom of pouch. If using a drainable pouch, close the **Lock 'n Roll** closure at the bottom of the pouch or apply a pouch clamp. Refer to the Lock 'n Roll Closure Care Tip for more information on how to use this closure system.



If using a urostomy pouch, make sure the drain valve is closed. The teardrop on the drain valve should face the body side of the pouch. If desired, apply the cap provided in the box.

### Tips

- If using a barrier ring or paste, apply it to the sticky side of the skin barrier next to the stoma opening as directed.
- The skin around your stoma should not show any signs of rash or sores. Irritated skin should be evaluated by a healthcare professional.
- The stoma may be swollen after surgery. It may take up to six weeks for the stoma to stop shrinking.
- The stoma may bleed slightly when you clean it.
- The use of Skin Gel Wipes (Stock No 7917) or other brands of skin preps with extended wear skin barriers such as the **Flexend** barrier is not recommended as they may decrease wear time.

### List of products

|                                          | Stock No |
|------------------------------------------|----------|
| <b>Premier</b> One-Piece Pouching System | _____    |
| <i>Accessories</i>                       |          |
| <b>Adapt</b> Barrier Rings               | _____    |
| <b>Adapt</b> Ostomy Belt                 | _____    |
| <b>Adapt</b> Paste                       | _____    |
| <b>Adapt</b> Lubricating Deodorant       | _____    |
| <b>Adapt</b> Stoma Powder                | _____    |
| Other _____                              | _____    |

For more information, see product instructions included with the product.

### Additional Instructions

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For product questions, sampling needs, or detailed clinical questions concerning our products call **1.888.740.8999**



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