

One-Piece Pouching System

Ostomy Care Tips

Collect supplies

- Pouch, gauze or tissue, water.
- Other supplies which *may* be needed include: scissors, pen, measuring guide, **Adapt** paste or skin barrier ring, and pouch clamp.

Prepare the skin barrier and pouch

For a **cut-to-fit skin barrier**:

- Draw the pattern of the stoma onto the backing of the skin barrier. If you know your stoma size, identify the correct circle on the cutting guide.
- **Cut the skin barrier** to the correct size. (Figure 1)
- If using a drainable pouch, apply pouch clamp or close **Lock 'n Roll** closure (see other side).
- If using a urostomy pouch, make sure the urostomy valve is in the closed position. The teardrop indicator should face your body.
- **Remove and discard the backing** from the skin barrier.
- **Apply Adapt Paste or Adapt Barrier Ring** to sticky side of skin barrier next to stoma opening (optional).

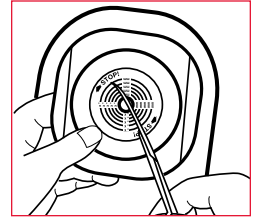


Figure 1

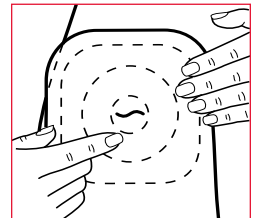


Figure 2

Remove used pouching system:

- Gently **peel the adhesive** away from your skin, beginning at the top and working downward.
- Properly **dispose** of used pouch and barrier. Do not flush down the toilet.

Clean and dry skin thoroughly

Apply the new pouching system

- **Center opening of the skin barrier** over the stoma.
- Apply pouching system and gently press until it is touching the skin at all points (Figure 2). Gently press the skin barrier against your skin for about 30 seconds (heat and pressure help to activate the adhesive).

Guidelines

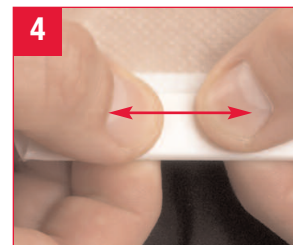
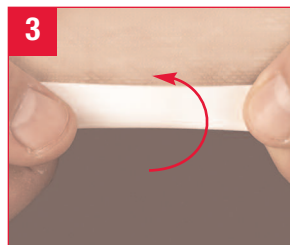
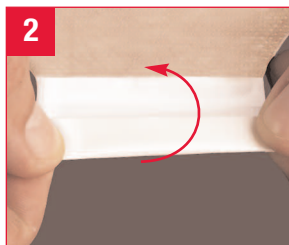
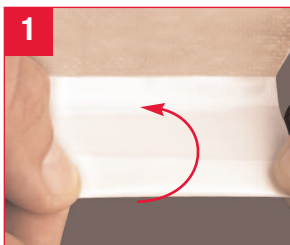
- Empty pouch when 1/3 full of discharge or gas. Do not allow the pouch to overfill.
- If leakage occurs, do not reinforce with tape. Change the pouch.
- Change pouch every _____ days (as recommended by your healthcare provider).
- If using a **Flexend** extended wear barrier, the use of Skin Gel Wipes or other brands of skin preps are not recommended as they may reduce the wear time of the Flexend extended wear skin barrier.
- For more information, refer to the instructions in the ostomy pouch box.
- If you have any questions regarding your care, contact your Wound, Ostomy and Continence Nurse (WOC or ET Nurse) or healthcare professional at: _____
- To obtain necessary supplies contact: _____

List of products

Products	Stock No	Size
Premier One-Piece Pouch	_____	_____
Other Products	_____	_____
	_____	_____

Additional Instructions

Using the Lock 'n Roll Closure



To Close. (steps 1-3) Fold up pouch tail three times up towards the outer side of the pouch until the plastic fasteners meet.

To Seal. (step 4) Press firmly from the center to the outer edges along the closure strip and **Feel the Seal!**



To Drain: Pinch (squeeze) the sides of the pouch tail.

To Clean: Clean the inside of the pouch tail with a tissue.