

# Moderma Flex

One Piece Solutions

**Closed, Drainable  
and Urostomy Pouches**



# Moderma Flex Closed, Drainable and Urostomy Pouches

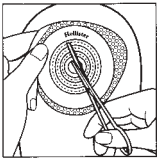
Correct pouch size is essential. Re-measure the stoma with a Hollister Stoma Measuring Card before ordering pouches.

When using a pre-sized pouch, choose the opening that fits more closely around the stoma without actually touching it. Any exposed skin should be protected by using a layer of Hollister Adapt Paste (Stock No.79300).

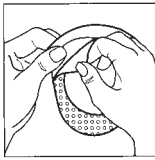
The skin should be clean and dry (free from any oily or soapy residues) before the pouch is applied.

**For drainable pouches:** Be sure you have attached a clamp or closure to the bottom of the pouch or closed the Lock 'n Roll closure before putting the pouch on.

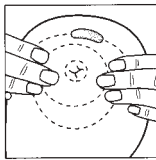
**For urostomy pouches:** Before putting on the pouch, make sure the drain valve is closed and the cap attached. The tear drop "👉" should **not** be visible when the drain valve is closed.



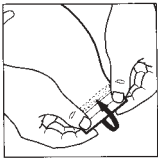
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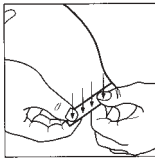
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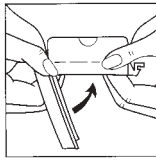
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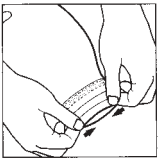
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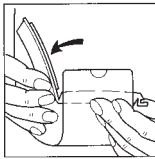
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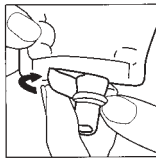
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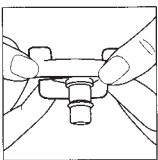
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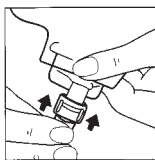
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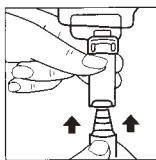
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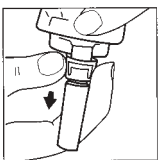
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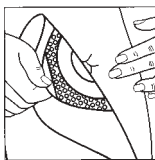
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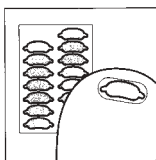
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## Sizing a Cut-to-Fit Pouch

1. Trace the stoma shape on the printed skin barrier cutting guide. Use scissors to cut an opening in the barrier to match the correct size and shape of the stoma.

Separate the front and back pouch panels to avoid cutting the pouch when cutting the stoma opening in the skin barrier.

## Applying a Cut-to-Fit or Pre-Sized Pouch

2. Remove the protective covering from the pre-sized skin barrier.

3. Centre the skin barrier around the stoma. Make sure the pouch is hanging in the right direction – normally straight down. Press the skin barrier down around the stoma and against the skin. Be careful to avoid wrinkles between the adhesive skin barrier and the skin.

## Using a Drainable Pouch with Lock 'n Roll Closure

4. Roll the pouch tail three times upward until the closure strips meet.

5. Press firmly along the entire closure strip until the pouch is sealed completely.

## Using a Drainable Pouch Clamp

**6.** Lay the single bar of the clamp on the pouch. Fold the pouch up once, over the single bar. Be sure there are no wrinkles in the pouch film near the fold. Holding the pouch firmly around the bar, close the clamp by pressing the two bars together until they lock securely at the finger latch.

## Using a Comfort Closure

Remove the release paper from the closure. Place the closure on the body side of the pouch about 7mm from the bottom. Tightly fold the pouch three or four times. Tightly fold the tail closure ends away from the body side of the pouch.

## Emptying a Drainable Pouch with Lock 'n Roll Closure

**7.** Unroll the pouch closure. The pouch can now be easily drained, and the pouch tail can be wiped clean with a tissue or toilet paper. Reclose the pouch per steps 4 and 5.

## Emptying a Drainable Pouch with a Pouch Clamp

**8.** Lift the bottom of the pouch with one hand, release the finger latch with the other hand and remove the clamp. If using a comfort closure, unroll the pouch but leave the closure attached. Direct the open end of the pouch over the toilet or other receptacle. Wipe the end of the pouch with a tissue after it has been emptied, and re-apply the clamp or closure.

## Emptying the Urostomy Pouch

**9.** With the pouch pointing downward, direct the drain valve into the toilet or other receptacle and remove the cap. Gently rotate the valve a half-turn, or until you achieve the desired flow rate.

**10.** To close the valve when the pouch is empty, return the valve to the original position and replace the cap.

Note: The tear drop “” should **not** be visible when the drain valve is closed.

## Applying the Urostomy Drain Tube Adaptor

Before applying the adaptor, empty the pouch and close the drain valve.

**11.** Grasp the drain valve and push the adaptor onto the lower portion of the valve until it snaps into place.

**12.** Insert the connector of the night drainage collector into the end tubing of the adaptor.

Rotate the drain valve to the full open position.

## Removing the Urostomy Drain Tube Adaptor

Close the drain valve **before** disconnecting the adaptor.

**13.** Grasp the base of the drain valve with one hand. With the other hand, grasp and squeeze the connector portion of the adaptor and pull it off the valve and replace the cap.

## Discarding the Closed, Drainable or Urostomy Pouch

**14.** To remove the pouch, gently peel the barrier away from the skin, using the peel tab at the top of the barrier and working downward, while pressing lightly against the surrounding skin.

If wearing a closed pouch, remove it and empty the contents down the toilet. If wearing a drainable or urostomy pouch, drain the pouch before removing it. Wrap the used pouch in paper and discard in an appropriate receptacle. **Do not flush it down the toilet.**

## Filter Covers (for closed and drainable pouches only)

**15.** Cover the filter on the outside of the pouch when swimming or bathing. Remove afterwards.

## Using an Ostomy Belt

Moderma Flex Pouches with convex skin barriers have attached belt tabs to accommodate the use of a Hollister ostomy belt, if desired.

See Over.



**16.**

**16.** If the belt option is chosen, turn the plastic fasteners on the end of the belt so that the buttons slip through the slots in the belt tabs on each side of the pouch gasket. Then turn the belt so the fasteners lock securely in place.

### **Storage**

Store pouches in a cool, dry place during hot weather. Fresh pouches should also be kept from very cold temperatures.



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Airport Oaks, Auckland

[www.ostomyworld.com.au](http://www.ostomyworld.com.au)



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