

Hollister

One-Piece Ostomy System

Collect supplies

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

Prepare the skin barrier

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

- Trace the pattern of the stoma onto the release film of the skin barrier. If you know your stoma size, identify the correct circle on the cutting guide.
- Cut the skin barrier so that it fits comfortably around your stoma. (Figure 1)

Prepare the pouch

- If using a drainable pouch, apply pouch clamp. (Figure 2)
- If using a urostomy pouch, make sure the urostomy valve is in the closed position. The teardrop indicator should face your body. (Figure 3)
- **Remove and discard the release film** from the skin barrier. (Figure 4)
- **Apply barrier paste, skin barrier ring or skin barrier strips** to sticky side of skin barrier next to stoma opening (optional).

Clean and dry skin thoroughly

Apply the pouch

- **Center opening of the skin barrier** over the stoma.
- Remove paper coverings on adhesive border. (Figure 5)
- Gently press until it is touching the skin at all points. (Figure 6)
- Hold the pouch in place for 30 seconds.

To remove the pouch:

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



Figure 1



Figure 2



Figure 3



Figure 4

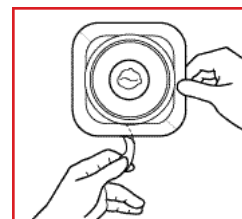


Figure 5

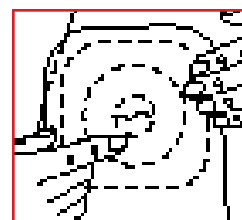


Figure 6

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.
- If using a Flexend Skin Barrier, the use of a Skin Gel wipe is not recommended.
- For more information, refer to the instructions in the ostomy pouch box.
- If you have any questions regarding your care, contact your Wound, Ostomy, Continence Nurse (WOC or ET Nurse) or health care professional at: _____.

List of products

Products	Stock Number	Size
Hollister Ostomy Pouch	_____	_____
Other Products	_____	_____
	_____	_____
	_____	_____

Where to purchase products

Special instructions from your WOC/ET Nurse or health care professional

