

ADAPT

Paste and Barrier Strips

General Information

- Use to fill or caulk uneven skin contours near the stoma to create a flatter surface.
- Use to prevent ostomy drainage from getting beneath the skin barrier.

Using Adapt *Paste*

1. Wash and dry your skin thoroughly.
2. Apply a small bead of Adapt Paste at the inner edge of the skin barrier - next to the opening where the stoma will be. (Figure 1) You may let it sit while you remove your used pouch and clean and dry your skin.
3. Apply additional Adapt Paste to uneven areas near the stoma if needed.
4. Apply your ostomy pouch as usual.



Figure 1



Figure 2

Using Adapt *Barrier Strips*

1. Wash and dry your skin thoroughly.
2. Cut strips to the length needed. (Figure 2)
3. Place strip on the skin barrier (Figure 3) or directly on the skin.
4. Apply your ostomy pouch as usual.



Figure 3

Frequently Asked Questions

Q: Do these accessories make my pouch adhere better?

A: Adapt *Paste* and Adapt *Barrier Strips* prevent liquid drainage from getting between your skin and your skin barrier. This protects your skin and often extends the life of your skin barrier.

Q: What if the paste touches my stoma?

A: Adapt *Paste* will not harm your stoma or cause it to stop draining. As you press your skin barrier wafer into place you may see the paste filling in the area around the stoma.

Q: How should I remove the paste?

A: The paste will come off when you remove your pouch. If you are changing your pouch after a very short time (less than a day) you may see paste residue that should be gently lifted from the skin. If paste is still adhered to your skin but it appears clean, you can apply your new pouch over it.

Q: Sometimes my skin stings when I use Adapt Paste, why is that?

A: Adapt *Paste* and other ostomy pastes contain alcohol which may cause a stinging sensation if you have skin irritation*. Adapt *Barrier Strips* are alcohol-free and are an excellent alternative for sensitive or irritated skin.

**Irritated skin near the stoma should be evaluated by a healthcare professional who will help determine the cause for the skin problem and how to prevent further injury.*

