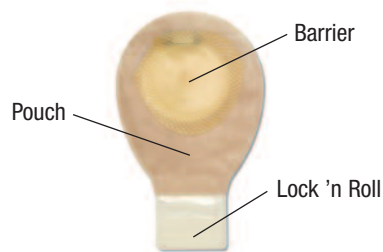


Pouchkins One-Piece Pouching Systems

Ostomy Care Tips

Pouchkins One-Piece Pouching Systems



Collect Supplies

Gather pouch, scissors, pen, water and gauze, cotton balls or tissue.



Prepare the Pouching System

1 Measure the stoma using a sizing guide or use a pattern provided by your nurse.



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.



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



Remove Used Pouching System

5 Carefully lift an edge of the skin barrier 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 a gentle soap as recommended by your healthcare provider. Rinse and dry thoroughly. Do not use oils, baby 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.

9 Close bottom of pouch.

If using a drainable pouch, close the **Lock 'n Roll** closure at the bottom of the pouch. Fold up three times until the plastic fasteners meet. Press firmly from the center to the outer edges along the closure strip.

If using a urostomy pouch, close spout at bottom of pouch.



Attention to Detail. Attention to Life.

Pouchkins One-Piece Pouching Systems



Tips

- If using a pouch with a filter (Stock No 3795), the filter must be covered with the small, beige stickers provided in each box. The sticker is applied over the filter when the filter could be exposed to moisture (e.g., during bath time). The sticker is removed after the bath.

- The skin around the stoma should not be irritated or broken. If the skin is irritated, contact a WOC nurse or ostomy specialist.

- The **Pouchkins** stickers (included in each box) can be placed on the pouch to identify the date and time the pouch was changed.



Using Accessories (As recommended by your healthcare professional.)

Adapt Paste may be applied to the skin barrier before application.

Adapt Paste
Stock No 79300—2 oz. tube
Stock No 79301—½ oz. tube which has a smaller outlet and may be easier for pediatric use.

Rings can be used to fill in skin areas near the stoma as a substitute for paste.

Adapt Barrier Rings
Stock No 7805—Outer Diameter-2"

Additional Information:

- **Caring for Your Child with an Ostomy** (an educational booklet for parents and caregivers of infants with ostomies)
- **Can They Still Wiggle and Giggle** (a coloring book for children who want to know more about ostomies)

You may use **Adapt** Stoma Powder when the skin is moist.

Adapt Stoma Powder
Stock No 7906—1 oz. bottle

Stock No 3795 One-Piece Drainable Pouch - Transparent

- **SoftFlex** Skin Barrier with No Tape—Cuts up to 2"
- Integrated Filter
- Lock 'n Roll Closure



Stock No 3796 One-Piece Drainable Pouch - Transparent

- **SoftFlex** Skin Barrier with No Tape—Cuts up to 1 ½"
- No Filter
- Lock 'n Roll Closure



Stock No 3797 One-Piece Urostomy Pouch - Transparent

- **SoftFlex** Skin Barrier with No Tape—Cuts up to 1 ½"



For more information, see product instructions.



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