OSTOMY CARE TIPS

Two-Piece Pouching System with FormaFlex Skin Barrier

Collect Supplies

Gather pouch, skin barrier, disposal bag, tissue and/or cloth for cleaning, and water. Optional: accessories.

Remove Used Pouching System

1. Remove the release liner from the skin barrier.

2. Pinch and pull the skin barrier to the shape and size of the stoma. Do not roll.

Clean and Dry Skin

3. Carefully lift an edge of the adhesive and peel downward, gently pushing the skin away from the skin barrier. Properly dispose of used pouch and skin barrier. Do not flush down toilet.

4. Clean the skin with water or with gentle soap as recommended by your healthcare professional. Rinse and dry thoroughly. Do not use oils, powder, lotion, or lotion-type soaps on the skin.

Apply the Skin Barrier

5. Center the skin barrier opening over the stoma in a diamond shape.

6. Smooth and rub the skin barrier material towards the stoma to ensure no peristomal skin is showing and maximize the adhesive effect.

7. For tape bordered barriers, remove the backing paper on both sides and press adhesive against the skin.

8. Apply the pouch to the skin barrier by engaging the lower edges of the pouch flange and the skin barrier flange. Press the two flanges together. A series of “clicks” will confirm you are doing it correctly. No more “clicks” means the pouch is secured.

9. Apply gentle pressure to the skin barrier for about a minute for best adhesion.

10. Close bottom of pouch. If using a drainable pouch, close the Lock ‘n Roll microseal closure at the bottom of the pouch or apply a pouch clamp. Refer to the Lock ‘n Roll microseal closure Care Tip for more information on how to use this closure system.

Drain Valve

If using a urostomy pouch, make sure the drain valve is closed. The teardrop on the drain valve should face the body side of the pouch. If desired, apply the cap provided in the box.
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Tips

- Your stoma will probably be swollen after surgery. It may take several weeks or months for the stoma to shrink to its permanent size.
- The stoma may bleed slightly when you clean it.
- The skin around your stoma should not show any signs of rash or sores. Irritated skin should be evaluated by a healthcare professional.
- Pinch and pull the skin barrier to the shape and size of the stoma. Do not roll.
- Smooth and rub the skin barrier material towards the stoma to ensure no peristomal skin is showing and maximize the adhesive effect.

List of Products

<table>
<thead>
<tr>
<th>Two-Piece Pouching System</th>
<th>Stock No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skin barrier</td>
<td>________</td>
</tr>
<tr>
<td>FormaFlex skin barrier 1-3/4&quot; (44mm)</td>
<td>14102</td>
</tr>
<tr>
<td>2-1/4&quot; (57 mm)</td>
<td>14103</td>
</tr>
<tr>
<td>2-3/4&quot; (70 mm)</td>
<td>14104</td>
</tr>
<tr>
<td>Optional Pouch Accessories</td>
<td>________</td>
</tr>
<tr>
<td>Barrier rings (flat, convex)</td>
<td>________</td>
</tr>
<tr>
<td>Ostomy belt</td>
<td>________</td>
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<tr>
<td>Paste</td>
<td>________</td>
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<tr>
<td>Lubricating deodorant</td>
<td>________</td>
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<tr>
<td>Stoma powder</td>
<td>________</td>
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<tr>
<td>Other</td>
<td>________</td>
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</table>

Frequently Asked Questions

Q: Will the skin barrier become less sticky after touching it?
A: The FormaFlex skin barrier is designed to be stretched by hand. However, it is important you do not overhandle the product, and your hands are clean and free from lotions or powders.

Q: Can the FormaFlex skin barrier be cut?
A: The FormaFlex skin barrier will still work as expected even if it is cut to the correct size.

Q: What if I overstretch the skin barrier?
A: One of the key benefits to the FormaFlex skin barrier is that it is very flexible. If the skin barrier material is overstretched, simply smooth and rub it towards the stoma to ensure no peristomal skin is showing.

For product questions, sampling needs, or detailed clinical questions concerning our products in the US, call 1.888.740.8999. In Canada call 1.800.263.7400.

Routine follow-up with your healthcare professional is recommended.

Prior to using any ostomy products/accessories be sure to read all product inserts and labels for any indications, contraindications, hazards, warnings, cautions and directions for use.

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