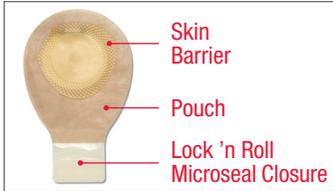


# Pouchkins One-Piece Pouching System

## Collect Supplies



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

## Remove Used Pouching System



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



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.

## Prepare the Skin Barrier and Pouch



Measure the stoma using a stoma measuring guide before every barrier application.



Trace the determined barrier size opening onto the skin barrier. The skin barrier should fit where the skin and stoma meet. Verify that no skin is showing between the skin barrier and the stoma to help prevent leakage and skin irritation.



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.



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



Center the skin barrier opening over the stoma.



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



Close bottom of pouch. If using a drainable pouch, close the **Lock 'n Roll** microseal 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.

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### Using Accessories (As recommended by your healthcare professional)



Paste may be applied to the skin barrier before application.



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



You may use stoma powder when the skin is eroded and moist.

### Tips



The skin around the stoma should not be irritated or broken. If the skin is irritated, contact a WOC/ET 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.

### Additional Instructions:

Routine follow-up with your healthcare professional is recommended. Skin should be clean and dry before applying the skin barrier.

**Instructions For Use:** A drainable ostomy pouch and skin barrier suitable for frequent pouch changes or use on fragile skin. The pouch is designed to be emptied. The pouching system is most suitable for colostomies or ileostomies. Product is made with hydrocolloid skin adhesive, polymer/copolymer plastics, and nonwoven fabric.

**Indications and Intended Use:** This product is intended to collect output from a stoma (e.g., colostomy, ileostomy) or skin opening (e.g., wound, fistula).

**Warnings:** Reuse of a single use product may create potential risk to the user such as poor adhesion. Reprocessing, cleaning, disinfection, and sterilisation (sterilization) may compromise the product. This may result in odour (odor) or leakage. Ensure proper fit as instructed. If the barrier opening is incorrect or leakage occurs, skin damage may occur (e.g., irritation, broken skin, rash, or redness). This may decrease wear time.

**Notes:** To help ensure proper adhesion, apply to clean, dry intact skin. Do not use oils or lotions. These products may interfere with adhesion of the skin barrier. Product fit is affected by many factors such as stoma construction, stoma output, skin condition, and abdominal contours. Contact a stoma care nurse or healthcare practitioner for help with the ostomy pouching system or skin irritation. In case of serious injury (incident) in relation to your use of the product, please contact your local distributor or manufacturer, and your local competent authority. For more information, see [www.hollister.com/authority](http://www.hollister.com/authority) or contact EC Rep or local distributor.

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