Gather pouch, disposal bag, tissue and/or cloth for cleaning, and water. Optional: scissors, pen, measuring guide, accessories.

**Remove Used Pouching System**

Carefully lift an edge of the adhesive 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.

**Check Condition of Skin**

Check to make sure the skin around your stoma (peristomal) is intact without irritation, rash or redness.*

*Contact your WOC/NSWOCC nurse if you notice irritation, rash or redness

**Prepare the Skin Barrier and Pouch**

Measure the stoma using a stoma measuring guide before every barrier application (if using a pre-sized barrier opening, go to step 7).

**Add Paste or Rings If Needed**

If appropriate, apply a barrier ring or thin bead of paste around the opening following the instructions for use.

**Apply the New Pouching System**

Center the skin barrier opening over the stoma.

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

**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.

**Check Condition of Skin**

Check to make sure the skin around your stoma (peristomal) is intact without irritation, rash or redness.*

*Contact your WOC/NSWOCC nurse if you notice irritation, rash or redness

**Remove Used Pouching System**

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

**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.**

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.
### OSTOMY CARE TIPS

**One-Piece Pouching System**

<table>
<thead>
<tr>
<th>TIPS</th>
<th>LIST OF PRODUCTS</th>
<th>STOCK NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>• The skin around your stoma should not show any signs of rash or sores</td>
<td>One-Piece Pouching System</td>
<td>________</td>
</tr>
<tr>
<td>• Irritated skin should be evaluated by a healthcare professional</td>
<td>Accessories</td>
<td>________</td>
</tr>
<tr>
<td>• If using a barrier ring or paste, apply it to the sticky side of the skin barrier next to the stoma opening as directed</td>
<td>Barrier rings</td>
<td>________</td>
</tr>
<tr>
<td>• Your stoma will probably be swollen after surgery. It may take several weeks or months for the stoma to shrink to its permanent size</td>
<td>Ostomy belt</td>
<td>________</td>
</tr>
<tr>
<td>• The stoma may bleed slightly when you clean it</td>
<td>Paste</td>
<td>________</td>
</tr>
<tr>
<td>• The use of skin protective wipes are not recommended under extended wear skin barriers as they may decrease wear time</td>
<td>Lubricating deodorant</td>
<td>________</td>
</tr>
<tr>
<td></td>
<td>Stoma powder</td>
<td>________</td>
</tr>
<tr>
<td></td>
<td>Other</td>
<td>________</td>
</tr>
</tbody>
</table>

### Additional Instructions

For product questions, sampling needs, or detailed clinical questions concerning our products in the US, call 1.888.808.7456. In Canada call 1.800.263.7400.

Skin should be clean and dry before applying the skin barrier.

Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.

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