

# Application Card

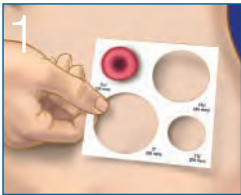
How to Use

## Esteem synergy® Ostomy System

### Pre-Cut or Cut-to-Fit Skin Barriers

Begin by cleansing the peristomal skin with mild soap and water (soaps should be free of oils, cream and aloe). Do not use baby wipes. Pat dry thoroughly. The skin should be free of any solvent or greasy substances.

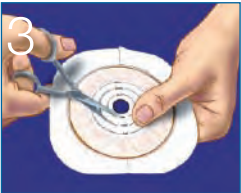
#### Preparation of the Skin Barrier



Place the stoma measuring guide over the stoma, measuring the stoma at the base. Trace the stoma outline you selected onto the release paper.



**For skin barriers with cut-to-fit openings,** cut the skin barrier to fit the proper size and shape of your stoma. Make sure you do not cut beyond the last line indicated on the release paper.

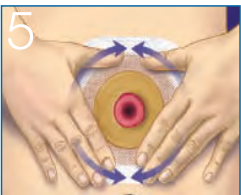


**For skin barriers with pre-cut stoma openings,** select a skin barrier with a pre-cut stoma opening the same size as the largest diameter of the stoma. Do not enlarge the pre-cut stoma opening.

#### Application of the Skin Barrier



Remove the circular release paper.



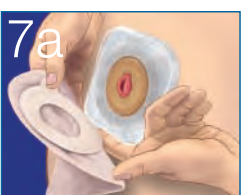
Center the stoma opening over your stoma and press the skin barrier in place. Smooth the inner edge closest to your stoma with your fingers, holding for 30 seconds to ensure a snug fit around the stoma. Remove the white release paper from the flexible collar and press into place, removing any wrinkles.

Before applying, let a small amount of air into the pouch by gently separating it. Make sure that the transparent landing zone is completely clean and dry.

#### Attachment of the Pouch



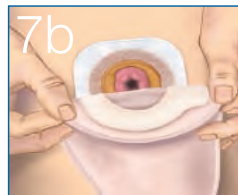
Remove the release paper from the adhesive ring on the pouch.



**A)** Rest your finger at the bottom edge of the landing zone. Using that finger, align the bottom of the pouch adhesive ring with the bottom of the landing zone.

OR

#### Attachment of the Pouch (cont'd)



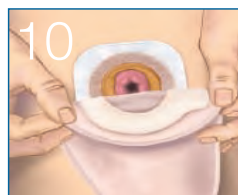
**B)** Fold the adhesive ring, apply the lower half to the bottom of the landing zone, then “roll or slide” your fingers over the upper portion to secure the pouch in place.



Roll up the lower portion of the adhesive ring from bottom to top, making sure the entire adhesive ring is in the landing zone.



**A)** Run your fingers around the pouch to make sure it's smooth and wrinkle-free.



**B)** Lift up the pouch so that your fingers are under the plastic landing zone and your thumbs are on top of the adhesive ring. “Walk” your fingers and thumbs around the entire landing zone to help ensure that there are no wrinkles in the adhesive ring. If you are using a drainable pouch with InvisiClose® Tail Closure, fold the tail end up four times and lock into place. Next, wrap the double security flap around to the back of the pouch and click to secure.

If you are using a drainable pouch with a tail clip, fold the bottom of the pouch over the tail clip only once. Press firmly on the center of the clip until it snaps securely closed.

If you are using a urostomy pouch, make sure the tap on the pouch is closed before attaching the pouch to the wafer.

#### Repositioning or Pouch Removal



Peel the pouch from the landing zone by holding the tab on the pouch adhesive ring with one hand and the edge of the transparent landing zone with the other. Peel the pouch downward with a top-to-bottom rolling motion.

#### Skin Barrier Removal

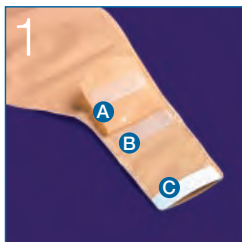
To remove the skin barrier, gently lift the corner and peel away while pressing down on the skin as you do so. AllKare® Adhesive Remover Wipes can be used to help in skin barrier removal. The Esteem synergy® Ostomy System can be used with ConvaTec accessories such as Stomahesive® Paste, AllKare® Protective Barrier and Remover Wipes, and Eakin Cohesive® Seals.

Please see “Tips” section on back for additional product information.

## How to Use InvisiClose® Tail Closure System

These instructions apply to the Esteem synergy® ostomy system with InvisiClose® Tail Closure System.

### Directions to Close the Pouch



The InvisiClose® Tail Closure System is comprised of a **security flap (A)**, **inter-locking closures (B)**, and **outlet end-strips (C)**.



**Hold the security flap** against the front of the pouch revealing the inter-locking closures.



**Fold the tail end up** towards you four times and ensure the inter-locking closures overlap.

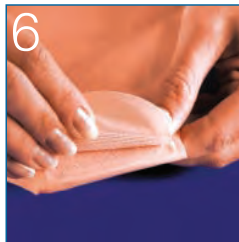


**Press the inter-locking closures** together until you feel them lock (**click**) into place along their entire length.



**Wrap the security flap** around to the back of the pouch (**body side**) and press the inter-locking closures together until you feel them lock (**click**) into place.

### Directions for Draining the Pouch



**Turn the back of the pouch (body side)** towards you. Carefully lift the security flap up towards you to unlock.



**While holding the security flap up** against the front of the pouch, unlock the inter-locking closure by lifting at the corner and unraveling the folds four times.



**To facilitate draining** and/or cleaning, you may open the tail end by pushing in both ends of the outlet end-strips with your thumb and forefinger. If desired, pouch tail may be cleaned with gentle soap and water. Pat dry.

#### Tips:

- Some people may experience discoloration between the adhesive ring and the landing zone, and this is normal. If you experience discoloration and it reaches 2/3 of the width of the adhesive ring, the pouch should be changed.

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or

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