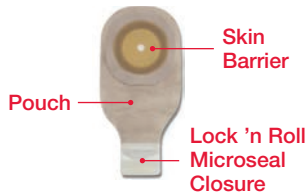


Collect Supplies



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

Prepare the Pouching System



1 Measure the stoma using a sizing guide or use a pattern provided by your nurse (if using a pre-sized barrier opening, go to step 4).



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.

Remove Used Pouching System



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



5 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



6 Clean the skin with water or with gentle soap as recommended by your healthcare provider. Rinse and dry thoroughly. Do not use oils, 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. Hold for about one minute (heat and pressure help activate the adhesive).



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



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.



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.

