

# Instructions for use Colostomy

The Aurum<sup>®</sup> Xtra with Manuka honey offers the greenest choice of colostomy pouches – the only closed pouch that contains **biodegradable** components.

**TIP**  
Re-measure your stoma intermittently, to ensure your pouch fits correctly.



1

If using a cut-to-fit pouch, cut the baseplate so that it fits the size/shape of your stoma, leaving a 2-3mm clearance.



2

If unsure of size, re-check the stoma using a measuring guide.



3

After you have cleaned and dried the skin well, remove the backing plastic using the clear tab at the bottom, exposing the adhesive part.



4

Fold your pouch in half, line up bottom edge of the hole to bottom edge of the stoma and press the lower half of the pouch into place.



5

Fold the top of the pouch over the stoma and press adhesive to the skin, holding for at least 30 seconds to promote adhesion.

# POUCH REMOVAL

## OUTER LAYER FIRST



6

At the top of the pouch, use one hand to hold the adhesive on your skin and your other hand to pull on the white tab.



7

While continuing to hold adhesive to the skin, peel the outer beige layer away and down, separating it completely from the white inner liner.



8

Dispose of tan coloured outer layer in rubbish bin as usual as it is **not biodegradable**.

## BASEPLATE AND INNER LINER



9

Starting at the top, gently peel the edge of the baseplate away from the skin, supporting the skin with the other hand. Continue to peel it gently downwards, removing it from the skin.

The use of a medical adhesive remover product is highly recommended.



10

Dispose of this part in accordance with your local waste disposal regulations.

In **Australia**, the inner liner and baseplate are flushable **ONLY** in septic tanks, airplane toilets, vacuum extraction systems and portable toilets. Dispose of in normal rubbish bins otherwise.

In **New Zealand**, they are flushable in domestic toilets.



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