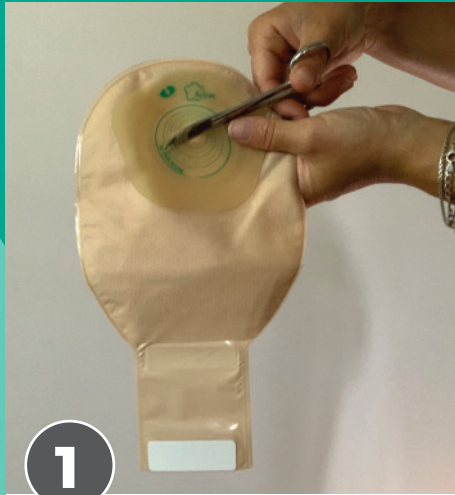
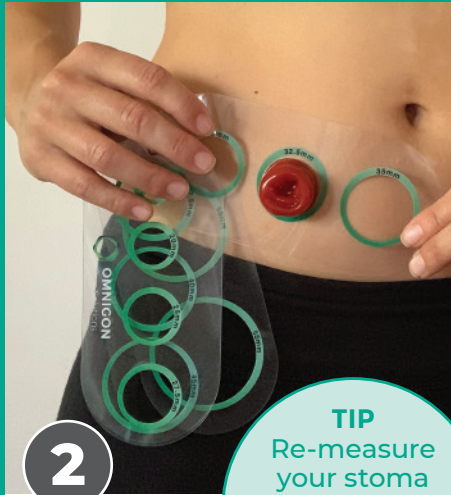


# Instructions for use

## Ileostomy

**1**

If using a cut-to-fit pouch, cut the hole in the baseplate so it fits the size of your stoma, leaving a 1-2mm clearance.

**2**

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

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

**3**

Close the outlet on your pouch before applying.

**4**

After you have cleaned and dried the skin well, remove the backing plastic using the tab in the direction of the green arrow, exposing the adhesive part.

**5**

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.

**6**

Fold the top over the stoma and press adhesive to the skin, holding for a few seconds.

# POUCH EMPTYING



7

Peel back Velcro and unfold outlet.



8

Gently squeeze the sides of the outlet to help empty in the toilet and clean the outlet.



9

Fold up outlet towards you 4 times and secure Velcro.

# POUCH REMOVAL



10

Empty the pouch first. Starting at the top of the pouch, gently peel the top edge away from the skin.

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



11

With hands on either side of the pouch use a downward rolling action to gently peel the adhesive from the skin, continuing until the pouch is completely removed.

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