

Instructions for use

Colostomy



1 If using a cut-to-fit pouch, cut the hole in the baseplate so it fits the size of your stoma, leaving a 2-3mm 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 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.



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

POUCH REMOVAL

6 Starting at the top of the pouch, gently peel the top edge away from the skin, supporting the skin with the other hand. Peel the pouch downwards, away from the skin.

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

