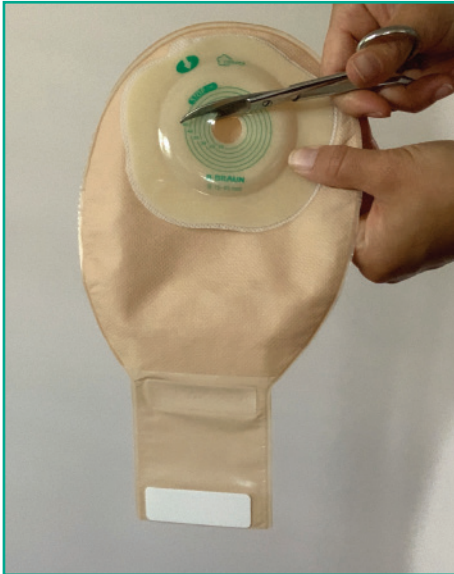


Instructions for use

Ileostomy



1 If using a cut-to-fit pouch, cut the baseplate so that it fits the size/shape of your stoma, leaving a 1-2mm clearance at stoma edge.



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

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



3 Close the outlet on your pouch before applying.



4 After you have cleaned and dried the skin well, remove the backing plastic from the baseplate 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 the outlet over the toilet.



- 8** Gently squeeze the sides to help empty and clean the outlet with toilet tissue.



- 9** Fold outlet towards you 4 times and secure the Velcro.

POUCH REMOVAL

- 10** Empty the pouch first. 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.

