



How do I cut my 1P (one-piece) pouch to the correct size?

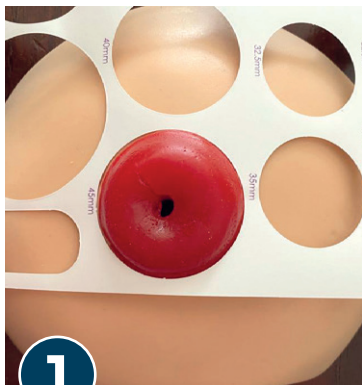
YOU WILL NEED



HANDY TIPS

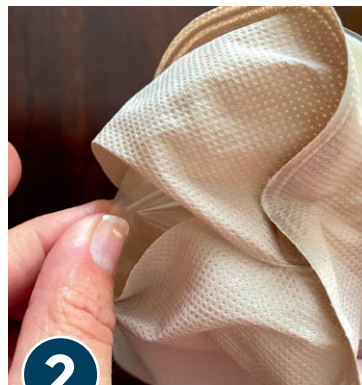
- You'll need to check your stoma size frequently after surgery, and less frequently after the first few weeks.
- You can pre-cut a few of your supplies when you receive them, so you always have some ready to go.
- If you are flying, pre-cut some pouches, as you can't take scissors onto a plane.
- Curved scissors are best. These are available through your stoma association or product company.

*Your stoma measuring guide is found in the box with your product.



1

Using the guide, check the size of your stoma in mm, making sure there is 1-2mm clearance at the edge.



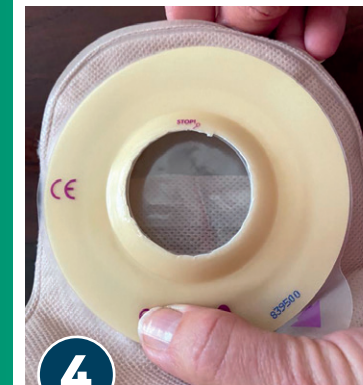
2

Pull the plastic lining of your pouch away from the base before cutting, so you do not pierce the plastic.



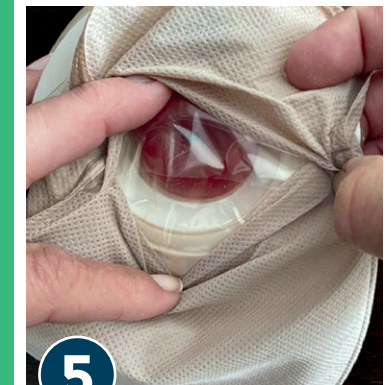
3

Identify the correct cutting line size on the back of your pouch. Sometimes it can be easier to mark the line in a different colour.



4

Try and ensure an even cut. Cut the whole way around.



5

When you are ready to apply your new base, remove the backing and press on to the clean, dry skin.