

Moderma Flex One-Piece Pouching System

Ostomy Care Tips

Collect Supplies

- Pouch, gauze or tissue, water.
- Other supplies which may be needed include: scissors, pen, measuring guide, **Adapt** paste or skin barrier ring.

Prepare the skin barrier and pouch

For a **cut-to-fit skin barrier**:

- Draw the pattern of the stoma onto the backing of the skin barrier. If you know your stoma size, identify the correct circle on the cutting guide.
- **Cut the skin barrier** to the correct size. (Figure 1)
- If using a drainable pouch, apply pouch clamp or close Lock 'n Roll closure (see other side) as applicable.
- If using a urostomy pouch, make sure the urostomy valve is in the closed position. The teardrop indicator should face your body.
- **Remove and discard the backing** from the skin barrier.
- If required **Apply Adapt Paste or Adapt Barrier Ring** to sticky side of skin barrier next to stoma opening.

Remove used pouching system

- Gently **peel the adhesive** away from your skin, beginning at the top and working downward.
- Properly **dispose** of used pouch and barrier. Do not flush down the toilet.

Apply the new pouching system

- **Centre opening of the skin barrier** over the stoma.
- Apply pouching system and gently press until it is touching the skin at all points (Figure 2). Gently press the skin barrier against your skin for about 30 seconds (heat and pressure help to activate the adhesive).

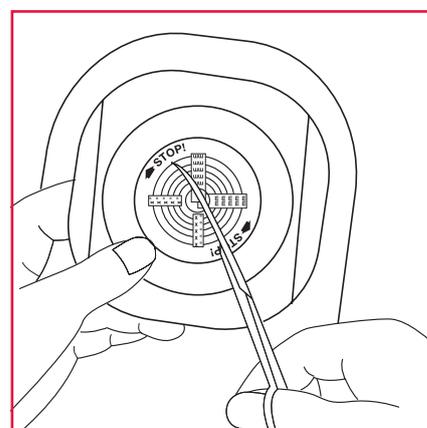


Figure 1

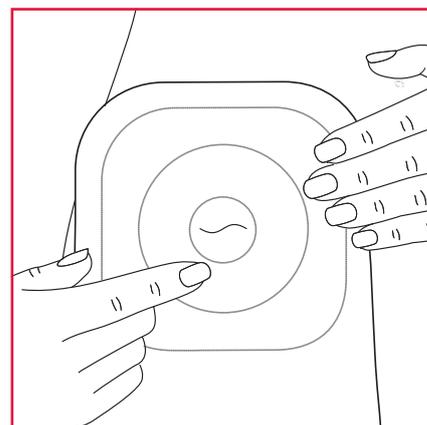


Figure 2



Hollister Ostomy. **Details Matter.**

Guidelines

- Empty pouch when 1/3 full of discharge or gas. Do not allow the pouch to overfill.
- If leakage occurs, do not reinforce with tape. Change the pouch.
- Change pouch every ___ days (as recommended by your Stomal Therapy Nurse).
- For more information, refer to the instructions in the ostomy pouch box.
- If you have any questions regarding your care, contact your Stomal Therapy Nurse or healthcare professional at:

List of Products

Products	Stock No.	Size
Moderma Flex One-Piece Pouch	_____	_____
Other Products	_____	_____
	_____	_____

Additional Instructions

Using the newly designed Lock 'n Roll Microseal Closure



Figure 1



Figure 2



Figure 3



Figure 4



Figure 5



Figure 6

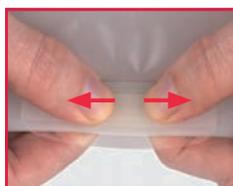


Figure 7

Opening: Lift from the center of the transparent flap (fig 1).

Draining: Position fingers on both sides of the pouch tail, between the ribbed strips, and squeeze from the sides (fig 2). Continue to hold the pouch open for cleaning (fig 3).

Cleaning: Clean and dry the inside of the pouch tail (fig 4). Wipe the outside edge of the pouch tail (fig 5).

Closing: Roll the pouch tail tightly. Extend the transparent flap as far as it will reach when closing (fig 6). To close, start at the center and press. Continue pressing to the outer edges. You will feel the fasteners seal together (fig 7).

Hollister Customer Engagement

Australia **1800 219 179**

New Zealand **0800 678 669**

www.hollister.com



Hollister Ostomy. **Details Matter.**