

Step-by-step guide: One-piece pouch solution for your colostomy

As part of your new life of living with a colostomy, you'll have to start wearing a pouch every day. Our goal is to make sure you have a healthy bond with your pouch and feel comfortable wearing it daily. This how-to-use booklet is your helpful step-by-step guide to measuring your stoma and using a one-piece pouching solution.



ESTEEM+ SOFT CONVEX POUCH

ESTEEM+ MOULDABLE CLOSED-END POUCH

I've chosen a one-piece solution. Should I wear a drainable or closed-end pouch?

The position of your stoma and consistency of your output will affect your choice of pouch. When your stoma is located on the right side of the colon (ascending and transverse colostomies), the stool tends to be loose and output less predictable – so you can choose a drainable or closed-end pouch.¹



Drainable

Closed-end

If your stoma is located on the left side (descending and sigmoid colostomies), the stool tends to be firm, formed, more predictable, and less frequent.¹ This means you may choose a closed-end pouch.

What about the skin barrier – what's the difference?

The skin barrier, also called a wafer, is the piece of the pouching system that sticks to your body. It holds the pouch in place and should be designed to protect the skin around your stoma from stool.



Convex

Flat

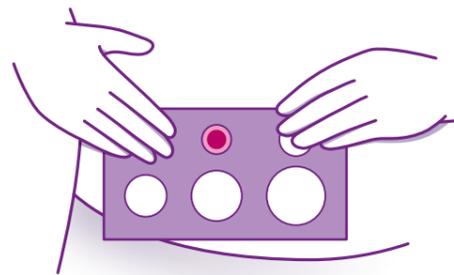
Convex skin barriers may be appropriate if you have a flush (flat or even with the skin) or retracted (below skin level) stoma.¹ A convex skin barrier may also be a good option for a well-protruded stoma that has a dip or valley around it.² Before using a convex option, please read the Instructions for Use carefully.

The Esteem+ portfolio offers a range of one-piece convex products with various depths to help provide comfort, freedom, security and reassurance, all designed for different stoma shapes and sizes.

Step 1: Measuring your stoma

Before applying the skin barrier, make sure the opening is adjusted to the size of your stoma.³ There are three ways of achieving this:

-  Convatec Mouldable Technology™ where the opening is moulded to the size and shape of your stoma.
-  A cut-to-fit option using scissors, where you cut the opening to fit your stoma specification.
-  A pre-cut option that comes in a variety of sizes you can get without the need for cutting.



- A** Start by using the stoma measuring guide, which is included in this Sample Kit.

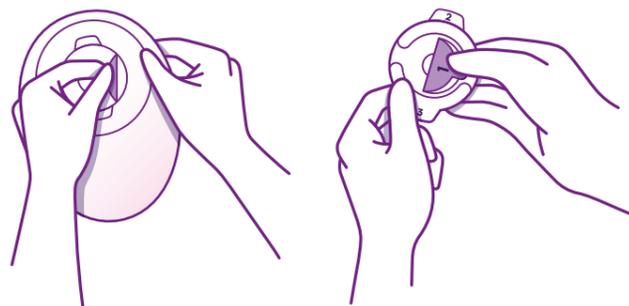
Place the measuring guide over your stoma to confirm the correct size. Make sure that your stoma protrudes through the hole completely without too much surrounding skin showing. The opening of the skin barrier should fit snugly around the stoma so the peristomal skin is not exposed.⁴ If the stoma is oval, you need to take the widest measurement and the narrowest measurement. If you're using a pre-cut skin barrier, select skin barrier with pre-cut stoma opening slightly larger than your stoma.

Step 2: Preparing your stoma

Before applying the skin barrier, you'll need to prepare the skin around your stoma. Clean it with warm water, but avoid using oils, creams, baby wipes, and moisturisers. Pat the skin around the stoma dry after cleaning, but do not rub.⁵

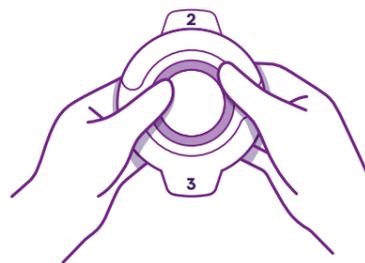
Applying your stoma pouch takes practice in the beginning, but you'll soon master it that it almost becomes second nature.

ESTEEM+ MOULDABLE SKIN BARRIER



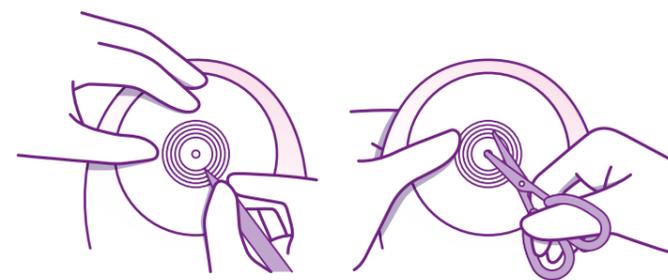
- A** Remove the mouldable disc from the pouch.

Grasp the tab labelled "1" and remove the first part of the mouldable-side release liner, exposing the moulding area of the mouldable disc.

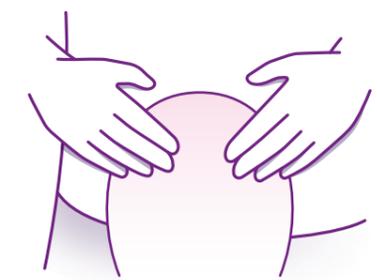


- B** To personalise the stoma opening, place your thumbs (and fingers) at the edge of the starter hole and roll the adhesive back onto itself until you create an opening of the desired size and shape that matches your stoma. **Do not stretch, pull, or cut.**

CUT-TO-FIT SKIN BARRIER



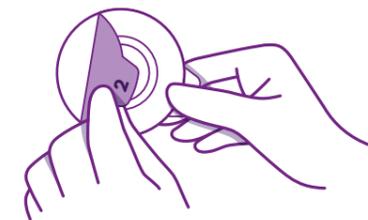
- A** If you're using a cut-to-fit skin barrier, you need to transfer the size to your skin barrier and cut it accordingly. Ensure that you use skin barrier scissors to avoid damaging the product.



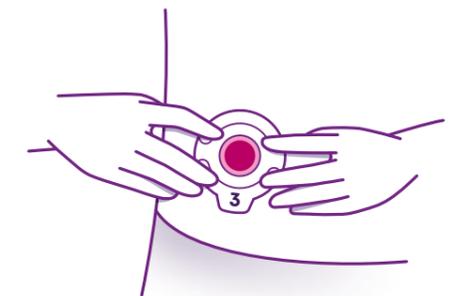
- B** Place the cut skin barrier over your stoma to test the fit. If you need to make any adjustments, do so before removing the plastic backing. Make sure the opening you cut is not too large. An ill-fitting pouch can cause skin irritation and inflammation.

Step 3: Applying the skin barrier

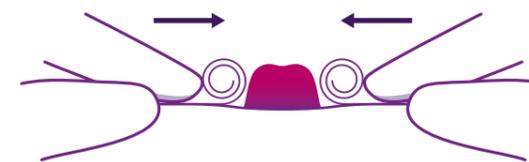
APPLYING AN ESTEEM+ MOULDABLE SKIN BARRIER



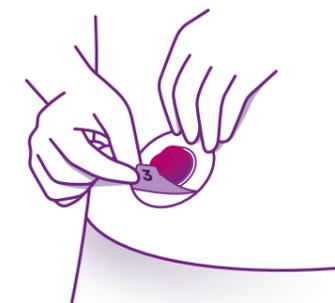
- A** Grasp the tab labelled "2" and remove the body side release liner. You will apply this side of the mouldable disc to your skin.



- B** Apply the moulded disc to the skin around the stoma. Press the disc to the skin all around the stoma.



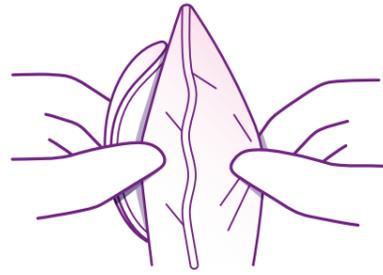
- C** If an area of skin is exposed, gently ease the moulded adhesive towards the stoma.



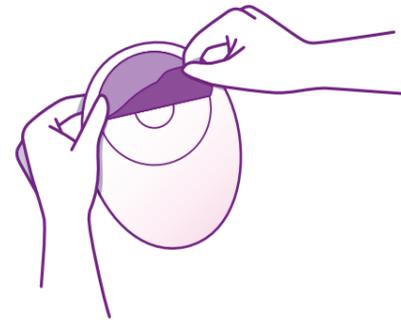
- D** Grasp the tab labelled "3" and remove the second part of the mouldable-side release liner.

Step 4: Applying and wearing the pouch

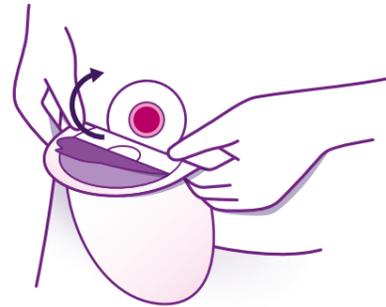
APPLYING THE POUCH



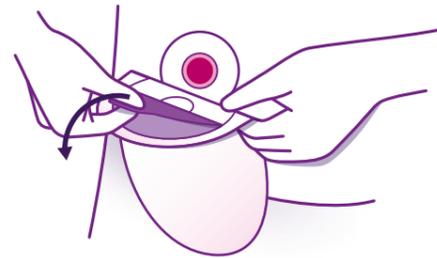
A Separate pouch films to allow air to enter.



B Remove the bottom part of the release liner from the pouch skin barrier.



C Apply the pouch to the mouldable disc and skin. Apply the bottom portion of the pouch skin barrier to the skin and moulded disc.



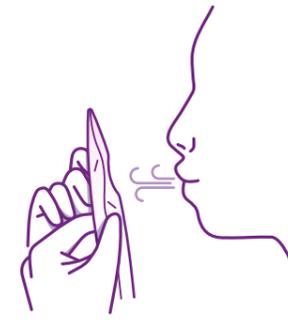
D Remove the upper part of the release liner from the pouch skin barrier then unfold the top half onto the skin around the remaining part of the stoma.



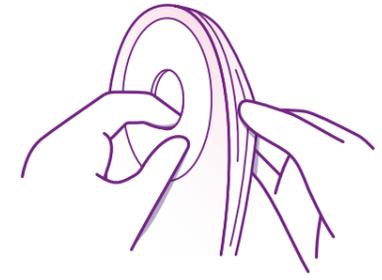
30
SECONDS

E Run your finger around the pouch adhesive to assure a good bond and hold for 30 seconds.

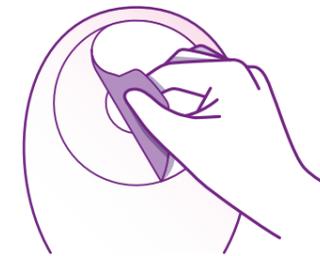
APPLYING AN ESTEEM+ PRE-CUT OR CUT-TO-FIT ONE-PIECE SYSTEM



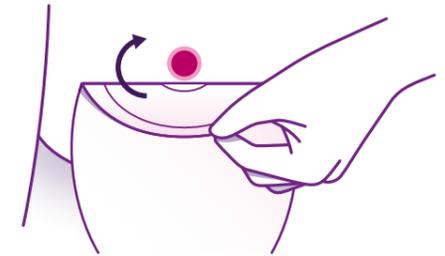
A Partially inflate the pouch by blowing to separate the inner layers of the pouch.



B Separate the pouch films to allow air to enter.



C Remove release liner.



D Hold the skin barrier below your stoma and apply upwards against the skin around your stoma. Press the skin barrier against the skin with attention to the area closest to the stoma.

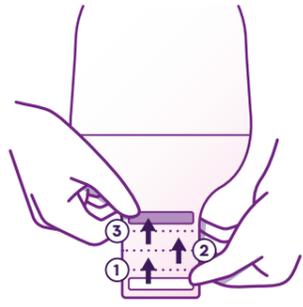


01
MINUTE

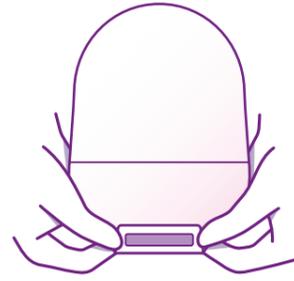
E Smooth onto your skin. Maintain slight pressure on the skin barrier for 30–60 seconds to ensure a good seal. Smooth into place and remove wrinkles. Remove the release liner from the pouch skin barrier.

Step 5: Closing a drainable pouch

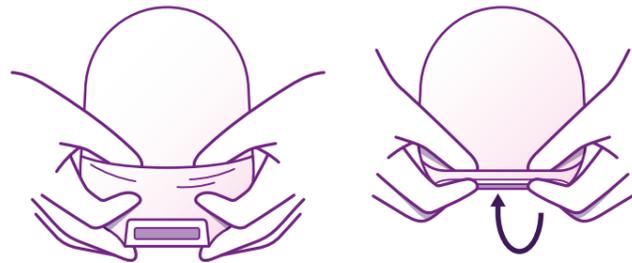
NOTE: If you're using a closed-end pouch, skip this and go straight to Step 7



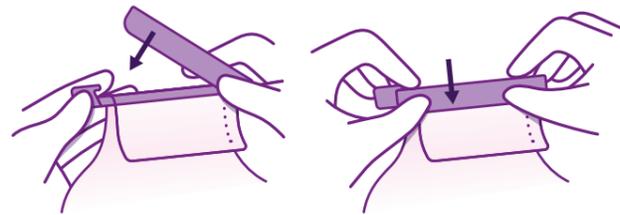
- A** A drainable pouch can be closed with either a clip or with an InvisiClose™ integrated pouch closure. The InvisiClose™ clipless tail with Lock-it Pocket™ hides away the flapping tail and is designed for ease of drainage, comfort, and cleanliness. Since the closure has fewer steps, it's easier to use.



- B** Fold tail closure beginning with the white outlet end strip until interlocking closures overlap.



- C** Press interlocking closures together across the width of the tail and squeeze until you feel them close. If desired, turn pocket inside-out to conceal the tail closure.



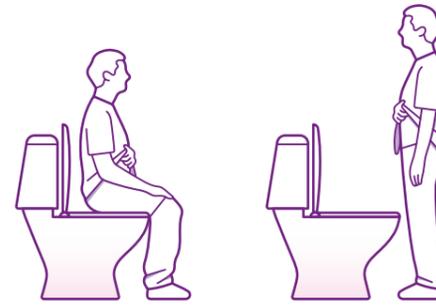
- D** If your drainable pouch has a Tail Clip Closure, simply snap the clip closed until it's securely fastened.

Step 6: Emptying and cleaning a drainable pouch

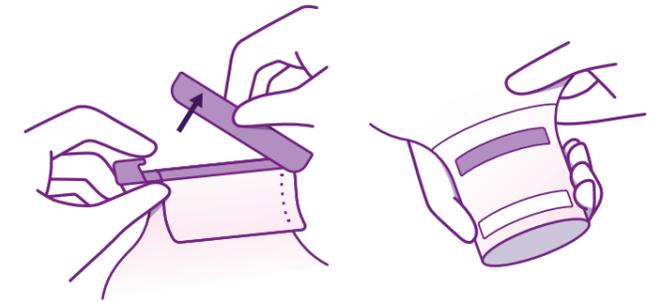
NOTE: If you're using a closed-end pouch, skip this and go straight to Step 7

For people who have loose, liquid, or semi-formed output with their colostomy, it's possible to empty and clean the drainable pouch. It allows you to drain the output periodically throughout the day, so that you don't have to change pouches as frequently.

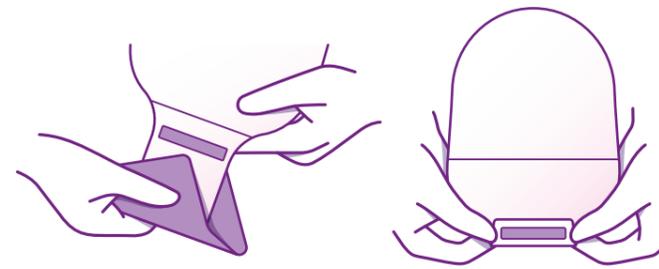
EMPTYING YOUR DRAINABLE POUCH



- A** Once inside the washroom, sit on the toilet seat or stand and face the toilet.



- B** To drain, simply release the clip at the bottom and empty into the toilet.



- C** Wipe off with clean tissue and close as directed.



- D** To drain pouches with an InvisiClose™ tail closure, unlock the pouch closure and open the tail by pushing in both ends of the outlet end-strips with fingers.

CLEANING YOUR DRAINABLE POUCH

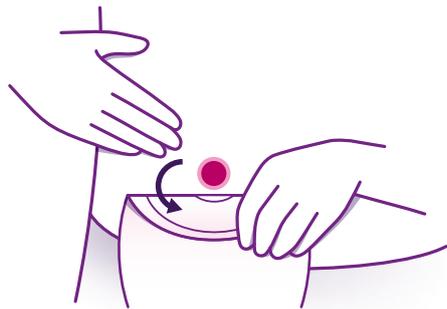


- A** Support the pouch with one hand, and wipe the tail in a firm downward motion with clean tissue in the other hand.

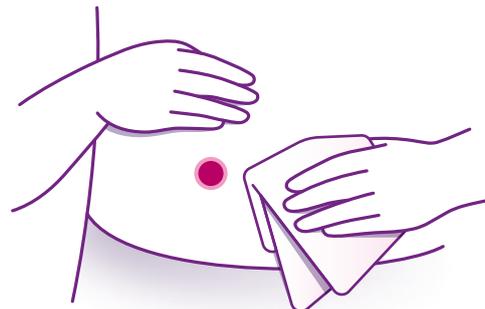


- B** Clean the inside surface of the tail with clean tissue or wipes. Check both sides of the pouch for tears or holes. If you find any, apply a new pouch instead.

Step 7: Removing and replacing your pouch solution



- A** Start by lifting the top edge of the barrier, then slowly and gently peel downward. Use your other fingers to support and push down on your skin as you remove the barrier. You may use the ESENTA™ Sting-Free Adhesive Remover Spray or Wipes for fast and easy adhesive release.



- B** Once you've removed the skin barrier, wipe the skin with clean tissue. After cleaning around your stoma, dry the skin using dry wipes or toilet tissue. You may use the ESENTA™ Sting-Free Skin Barrier Spray or Wipes to prepare the skin around your stoma. Prepare your new barrier and apply as instructed.

References

1. Berti-Hearn, Linda, and Brenda Elliott. "Colostomy Care: A Guide for Home Care Clinicians." *Home Healthcare Now*, vol. 37, no. 2, 2019, pp. 68–78, <https://doi.org/10.1097/NHH.0000000000000735>.
2. Hoeflok, Jo, et al. "Use of Convexity in Ostomy Care: Results of an International Consensus Meeting." *Journal of Wound, Ostomy, and Continence Nursing: Official Publication of The Wound, Ostomy and Continence Nurses Society*, vol. 44, no. 1, 2017, pp. 55–62, <https://doi.org/10.1097/WON.0000000000000291>.
3. Wound, Ostomy and Continence Nurses Society, and Guideline Development Task Force. "WOCN Society Clinical Guideline: Management of the Adult Patient With a Fecal or Urinary Ostomy—An Executive Summary." *Journal of Wound, Ostomy, and Continence Nursing: Official publication of The Wound, Ostomy and Continence Nurses Society*, vol. 45, no. 1, 2018, pp. 50–58, <https://doi.org/10.1097/WON.0000000000000396>.
4. Wound Ostomy and Continence Nurses Society. *Clinical Guideline: Management of the Adult Patient with a Fecal or Urinary Ostomy*. 2017.
5. Wound, Ostomy, and Continence Nurses Society. "Basic Ostomy Skin Care: A Guide for Patients and Health Care Providers." 2018, pp. 1–13.

YOU'RE NOT ALONE. YOU'VE GOT ME+®.

You may have more concerns and questions not covered in this guide. me+® is here to support you throughout your stoma journey. To find out more or to request samples, please contact our customer care team:

Australia Call **1800 335 276** or email connection.au@convatec.com

New Zealand Call **0800 225 4309** or email connection.nz@convatec.com



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