

Step-by-step guide: Two-piece pouch solution for your urostomy

As part of your new life of living with a urostomy, 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 two-piece pouching solution, which consists of two separate pieces: a skin barrier and pouch. The pouch can be removed and replaced when you want to change it without removing the skin barrier from your belly.



**SUR-FIT® NATURA®
ACCUSEAL® POUCH**



**SUR-FIT® NATURA®
SOFT TAP POUCH**



**NATURA® MOULDABLE
SKIN BARRIER**



**NATURA® CONVEX
ACCORDION FLANGE®**

Since you have a urostomy, it's possible to empty and clean the drainable pouch. These pouches can be drained, allowing for quick and easy maintenance.¹ They're also designed with an anti-reflux valve to prevent backflow of urine.

Urostomy pouches provide different tap designs – 1. Accuseal® tap, 2. Soft tap, or 3. Fold-over tap – at the bottom to allow for draining urine as frequently as needed. We'll guide you on how to drain your pouch depending on the tap you've chosen.



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 liquid output.



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.

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.



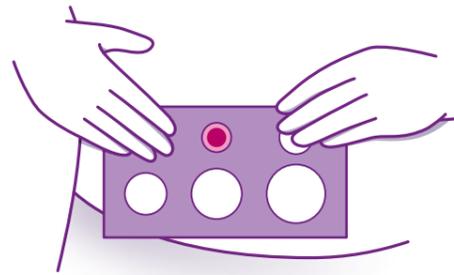
A cut-to-fit option using ostomy scissors, where you cut the opening to fit your stoma specification.



A pre-cut option that comes in a variety of sizes you can get without the need for cutting.



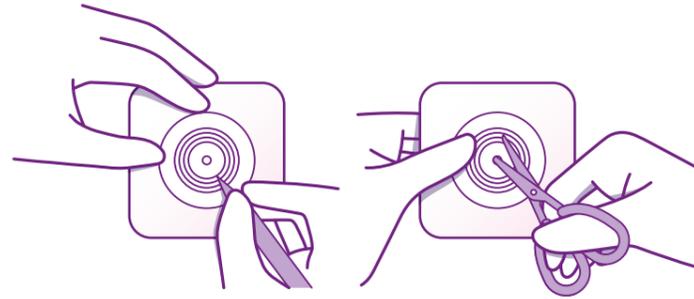
An Accordion Flange®, which is an option on the Natura® skin barriers range, lifts to provide generous finger room so coupling is easy and comfortable.



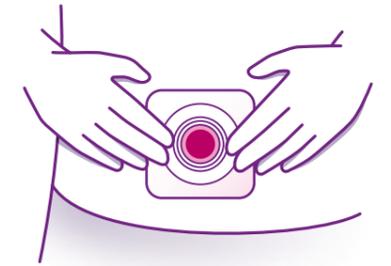
- A** Start by using the stoma measuring guide, which is included in this Sample Kit.

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.

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 ostomy scissors to avoid damaging the product.



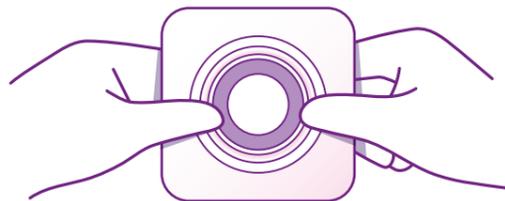
- B** Place the cut skin barrier over your stoma to test the fit. If you need to make any adjustments, do so before removing the plastic backing. Make sure the opening you cut is not too large. An ill-fitting pouch can cause skin irritation and inflammation.

Step 2: Preparing your stoma

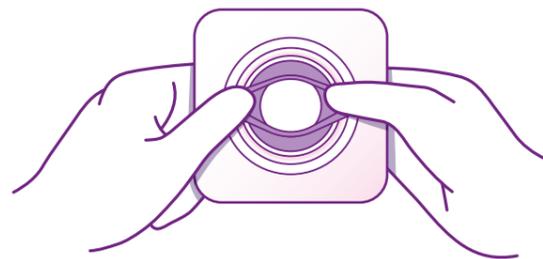
Before applying the skin barrier, you'll need to prepare the skin around your stoma. Clean it with warm water, but avoid using oils, creams, baby wipes, and moisturisers. Pat the skin around the stoma dry after cleaning, but do not rub.⁵

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

NATURA® MOULDABLE SKIN BARRIER



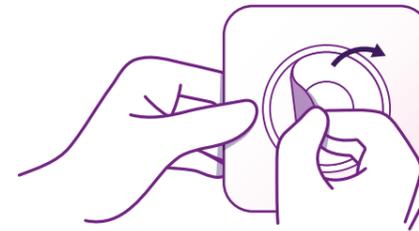
- A** Do not remove the clear cover backing or release liner from the skin barrier. Skin barrier should be moulded to stoma opening shape and size without the use of ostomy scissors.



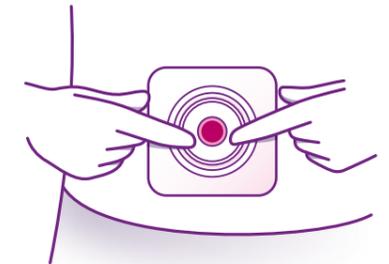
- B** To personalise the stoma opening, place your thumbs (and fingers) at the edge of the starter hole and roll the adhesive back onto itself until you create an opening of the desired size and shape that matches your stoma. **Do not stretch, pull, or cut.**

Step 3: Applying the skin barrier

APPLYING A NATURA® MOULDABLE / MOULDABLE ACCORDION FLANGE® SKIN BARRIER

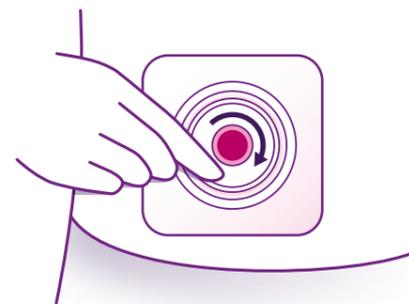


- A** Remove release liner from skin barrier. Centre the opening of the skin barrier over the stoma.



30
SECONDS

- B** Apply skin barrier against the skin around the stoma for 30 seconds. If a fabric border is present, remove remaining release liner. Smooth in place and remove wrinkles.

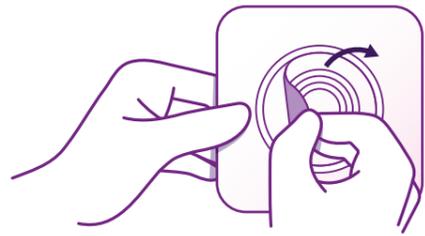


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SECONDS

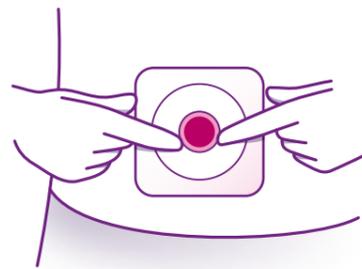
- C** Press the rolled adhesive closest to the stoma down in a circular motion, and hold in place for 30 seconds. Wear as long as comfortable and secure. Wear time may vary.

Step 3: Applying the skin barrier (Cont'd)

APPLYING A NATURA® PRE-CUT / CUT-TO-FIT SKIN BARRIER



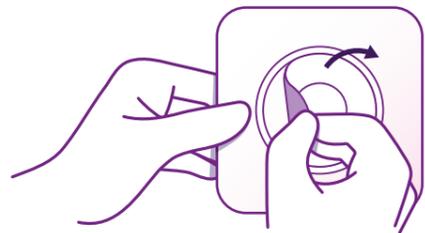
- A** Remove release liner from skin barrier. Centre the opening of the skin barrier over the stoma.



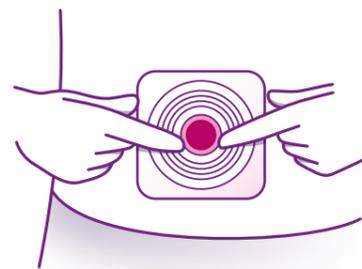
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SECONDS

- B** Apply skin barrier against the skin around the stoma for 30 seconds. If a fabric border is present, remove remaining release liner. Smooth in place and remove wrinkles. Wear as long as comfortable and secure. Wear time may vary.

APPLYING A NATURA® ACCORDION FLANGE® SKIN BARRIER

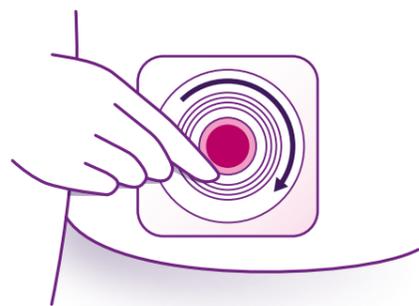


- A** Remove the release liner from the skin barrier. Centre the opening of the skin barrier over the stoma.



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SECONDS

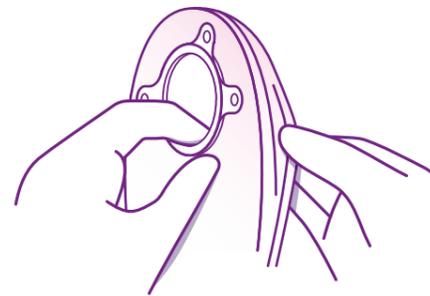
- B** Apply the skin barrier against the skin around the stoma for 30 seconds. Remove the remaining release liner from the fabric border.



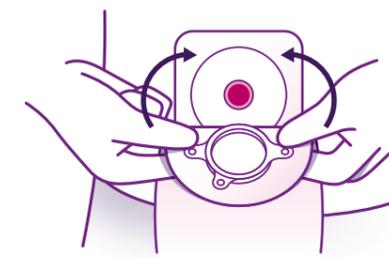
- C** Smooth in place and remove wrinkles. Wear as long as comfortable and secure. Wear time may vary.

Step 4: Applying and wearing the pouch

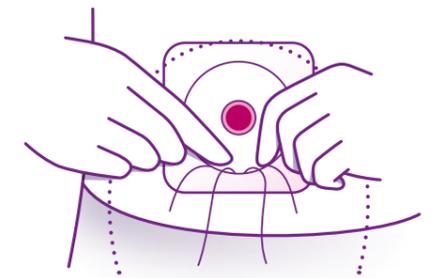
APPLYING THE POUCH – NATURA® MOULDABLE



- A** Separate pouch films to allow air to enter.

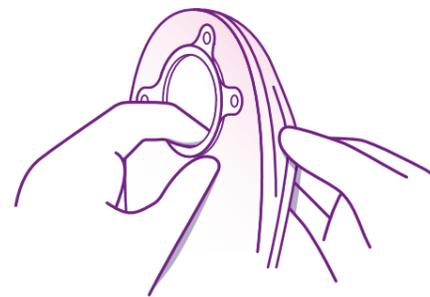


- B** Line up the skin barrier and pouch flange, and press on the bottom of the flange.

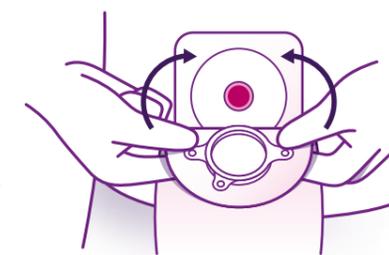


- C** Then move to the top of the flange, pressing as you go around. Tug on pouch to ensure secure connection.

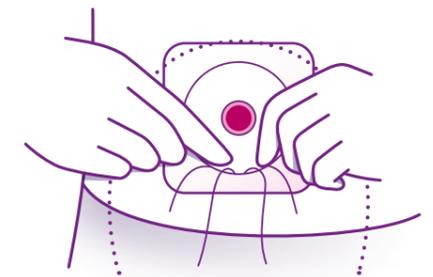
APPLYING THE POUCH – NATURA®+ PRE-CUT / CUT-TO-FIT



- A** Separate pouch films to allow air to enter.

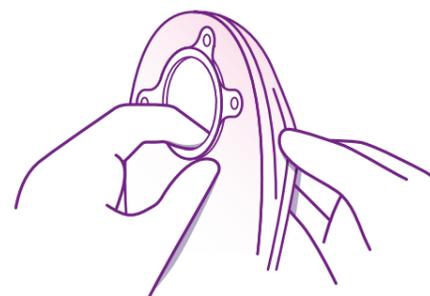


- B** Line up the skin barrier and pouch flange, and press on the bottom of the flange.

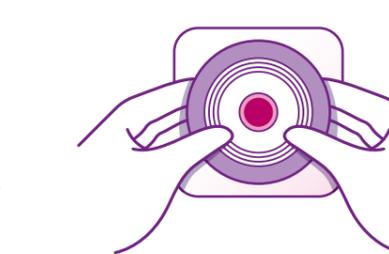


- C** Move to the top of the flange, pressing as you go around. Tug on pouch to ensure secure connection.

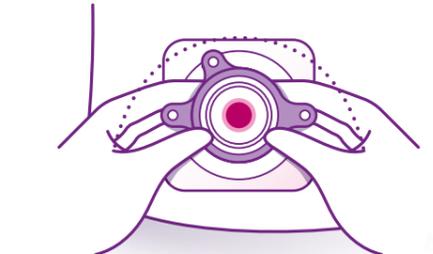
APPLYING THE POUCH – NATURA®+ ACCORDION FLANGE®



- A** Separate the pouch films to allow air to enter.

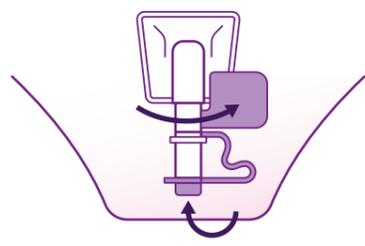


- B** Hold the accordion flange with three fingers of both hands. Line up the accordion flange and the pouch flange.

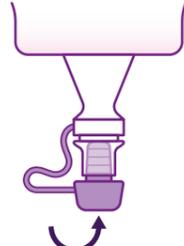


- C** Starting at the bottom, apply gentle pressure around the circumference of the flanges until they “snap” in place and feel secure. Tug on pouch to ensure secure connection.

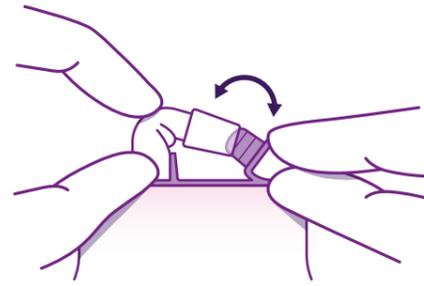
Step 5: Closing a urostomy pouch



A If your urostomy pouch features an Accuseal® tap with valve, rotate it into the closed position and the plug is in the tap stem.

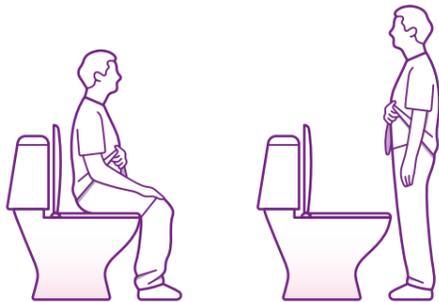


B If it's a Soft tap, gently insert the plug into the tap and make sure it's securely closed.



C If it's a Fold-over tap, bend the outlet spout up to meet the plug. Fold the end upwards until the interlocking closures line up, and then press the closures together across the width of the tail.

Step 6: Emptying and cleaning a urostomy pouch



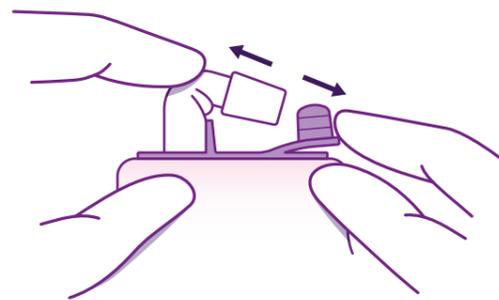
A Once inside the washroom, sit on the toilet seat or stand and face the toilet.



B To drain a pouch with an Accuseal® tap with valve, point the tap to the toilet. Remove the plug and rotate the valve into the open position (the red marking indicates that it's open). Empty the pouch and move the tap back to the closed position once finished.

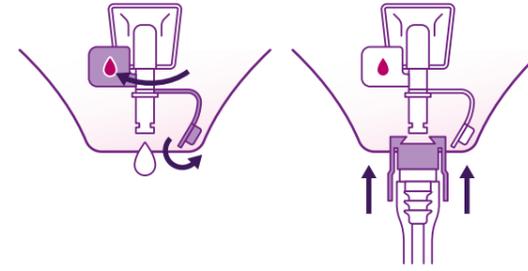


C With a Soft tap, start by tilting the tap up and towards you. Hold the base of the tap and open tap with the other hand. Direct tap into toilet to drain the urine.

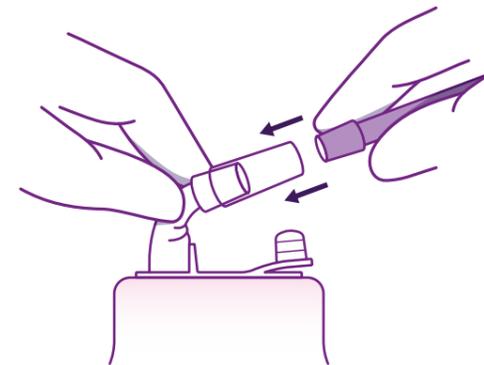


D With a Fold-over tap, release the interlocking closures, unfold to reveal the tap, peel open the closure and empty into the toilet.

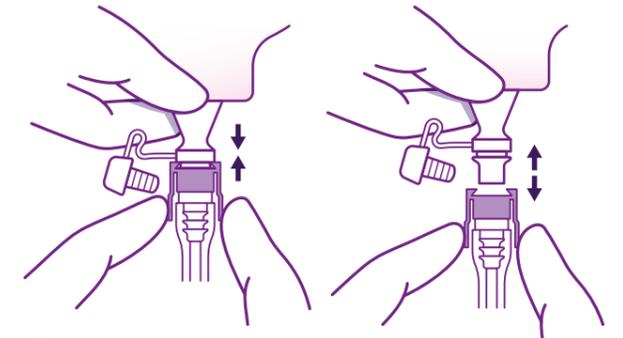
CONNECT TO A NIGHT DRAINAGE SYSTEM



A To attach a night drainage connector to an Accuseal® tap, ensure that the tap stays in the open position (the red marking indicates that it's open), and insert the adapter provided.

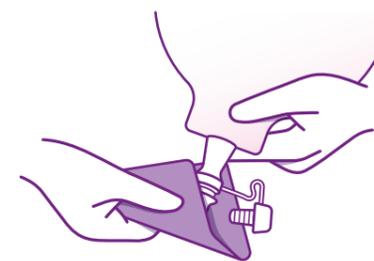


C If you're using a pouch with a Fold-over tap, use the adapter provided to connect the foldover tap to a night drainage connector.

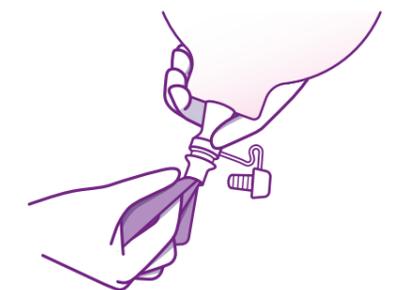


B To attach a night drainage connector to a Soft tap, gently insert the ridged part of the end of the tap into the wider section of the adaptor with one hand while holding the base. To remove, pull out the adaptor with one hand while holding base of tap with the other hand.

CLEANING YOUR UROSTOMY POUCH



A Support the pouch with one hand, and wipe the outside of the valve or tap with clean tissue in the other hand.



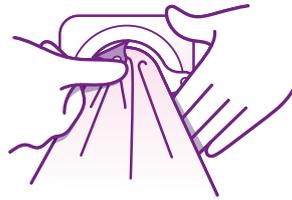
B Clean the inside surface of the tap with clean tissue or wipes. Check both sides of the pouch for tears or holes. If you find any, apply a new pouch instead.

Step 7: Removing and replacing your pouch solution

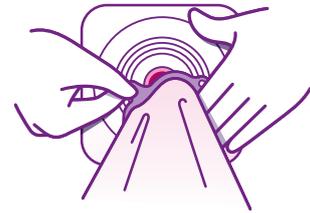
POUCH REMOVAL



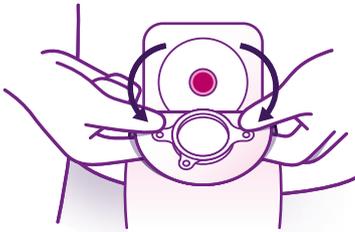
- A** Remove the pouch by grasping the top tab of the flange with one hand, while holding the skin barrier against your body with your other hand.



- B** Gently peel the pouch from the skin barrier, then discard the pouch.



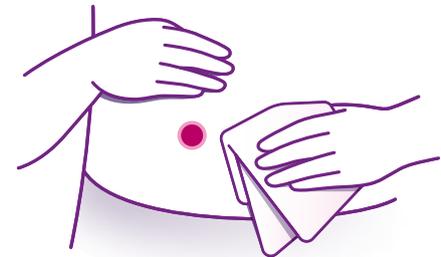
SKIN BARRIER REMOVAL



- 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.



If you only want to change the pouch of your two-piece solution, simply remove it and attach a new pouch to the barrier. Go back to STEP 4 for guidance

References

1. Berti-Hearn, Linda, and Brenda Elliott. "Urostomy Care: A Guide for Home Care Clinicians." *Home Healthcare Now*, vol. 37, no. 5, 2019, pp. 248–255, <https://doi:10.1097/NHH.0000000000000792>.
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: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: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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