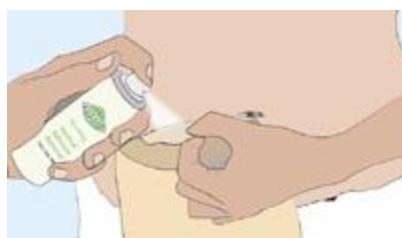


Changing a One Piece Bag

1. Wash hands.
2. If using a drainable or urostomy bag empty the contents of your stoma bag into the toilet.



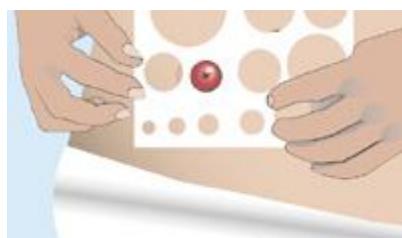
3. Apply adhesive remover on top and around the edge of the flange to be removed and wait a few seconds.



4. Gently peel back the flange, applying additional remover if required.
5. Remove excess soiling on the stoma and surrounding skin with dry non-woven swab.



6. Wash stoma and surrounding area with water and dry thoroughly.
7. If necessary, check the size of your stoma, using the measuring card supplied.



8. If your pouch needs adjusting, cut a hole to the required size using a pair of pouch cutting scissors*.



9. Apply barrier wipe to skin around stoma. Leave for a few seconds until dry. This will not affect pouch adhesion.



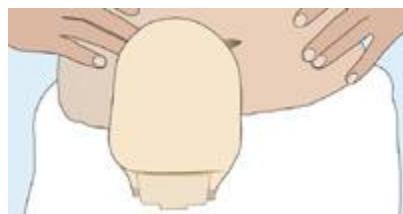
10. Remove the protective cover from the adhesive flange.



11. Fit pouch and smooth over the adhesive from the stoma to the edge ensuring there are no creases that might cause leakage.



12. Hold in place with your hand for 30 to 50 seconds as the warmth increases the adhesion to your skin.



13. If using a drainable or urostomy pouch make sure the opening or tap is securely closed before applying the new pouch

*Pouch cutting scissors are available free of charge or a pouch cutting service is available, also free of charge, to current users of the SecuriCare home delivery service.