



For Life
Produktions- und Vertriebsgesellschaft
für Heil- und Hilfsmittel mbH

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S STOMOCUR®

**Changing a One-Piece
Ostomy Supply – As Shown
on a Urostomy**

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Helpful Tips for Your Daily Ostomy Care

Dear patient,

you have recently had an ostomy surgery and are now temporarily or permanently living with a stoma. In order for you to regain your independence as quickly as possible, it is helpful to learn how to take care of your new ostomy and how to change your supply by your own. This brochure will teach you how to change your pouch in 7 easy steps using a urostomy (an artificial opening for the urinary system) as an example.

Take your time and do not be discouraged by minor setbacks, especially if everything doesn't go right the first time. As with everything in life, practice makes perfect.

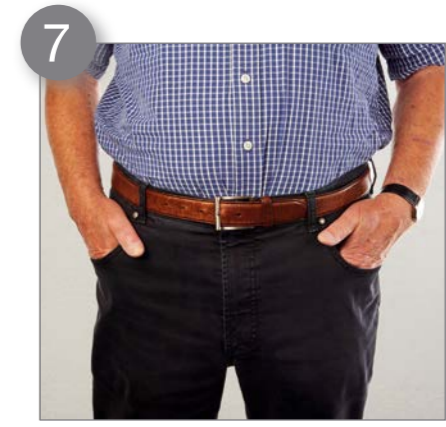
Your FORLIFE-Team from Berlin



1 Make sure that you have all the materials you will need ready.



4 Now **remove** the protective film from the skin protection of your baseplate.



7 Make sure that your clothing does not constrict your pouch.



2 **Clean** the skin surrounding the stoma from the outside to the inside. In the case of a urostomy, clean from the inside outwards.



5 **Place** the opening of the pouch at the lower edge of the stoma and attach it from the bottom upwards.



3 **Cut** the skin protection of your pouch to the size of your stoma.



6 Warm up the skin protection and **mold** it gently to your body.

Helpful STOMOCUR® Accessories for Your Ostomy Care

STOMOCUR® Skin Protection Paste (with/without alcohol)
 For external use on the skin around the stoma.

STOMOCUR® Skin Protection Powder
 This powder absorbs moisture from the skin around the stoma, ensuring better adhesion of your baseplate.

STOMOCUR® Safety
 The Lotion prevents skin irritation and enables a more gentle removal of the skin protection plate.

STOMOCUR® EmplaSectal
 This spray helps with the easy and skin-friendly removal of your baseplate.

STOMOCUR® Fixing Strips
 Skin-friendly and highly elastic. Extends the wearing time and prevents the baseplate from detaching and rolling up.

STOMOCUR® Scissors
 Practical and ergonomically shaped scissors that are used to cut out the baseplate openings.