



**For Life**  
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für Heil- und Hilfsmittel mbH

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# S STOMOCUR®

**Changing a Two-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, you will need to learn how to take care of your new ostomy and how to change your own appliance. 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.



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



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



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



**5** Attach the baseplate exactly over the stoma. Make sure that it fits well and is fully attached.



**6** Fasten the pouch to the baseplate.



**7** Make sure that there is a secure connection between the baseplate and the pouch.

## 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.

