

## Step-by-step guide: One-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 one-piece pouching solution, which is an all-in-one solution that combines the skin barrier and pouch in a single unit.



**ESTEEM+ SOFT  
CONVEX POUCH**

**ESTEEM+ POUCH  
WITH ACCUSEAL™ TAP**

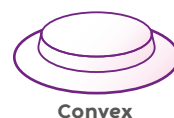
Since you have a urostomy, it's possible to empty and clean the drainable pouch. These pouches can be drained, allowing for quick and easy maintenance.<sup>1</sup> They're also designed with an anti-reflux valve to prevent backflow of urine.

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.

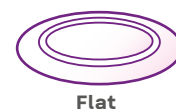


### What about the skin barrier – what's the difference?

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 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.<sup>1</sup> A convex skin barrier may also be a good option for a well-protruded stoma that has a dip or valley around it.<sup>2</sup> 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

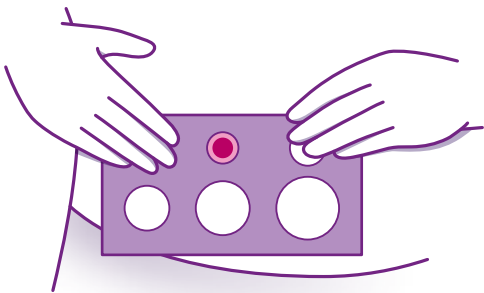
Before applying the skin barrier, make sure the opening is adjusted to the size of your stoma.<sup>3</sup> There are two ways of achieving this:



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.

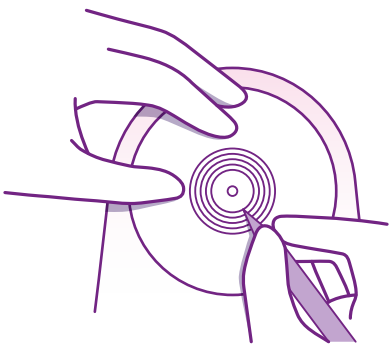
Place the measuring guide over your stoma to confirm the correct size. Make sure that your stoma protrudes through the hole completely without too much surrounding skin showing. The opening of the skin barrier should fit snugly around the stoma so the peristomal skin is not exposed.<sup>4</sup> If the 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

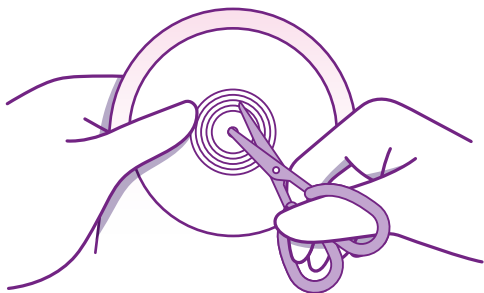
Before applying the skin barrier, you'll need to prepare the skin around your stoma. Clean it with warm water, but avoid using oils, creams, baby wipes, and moisturisers. Pat the skin around the stoma dry after cleaning, but do not rub.<sup>5</sup>

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

## CUT-TO-FIT SKIN BARRIER



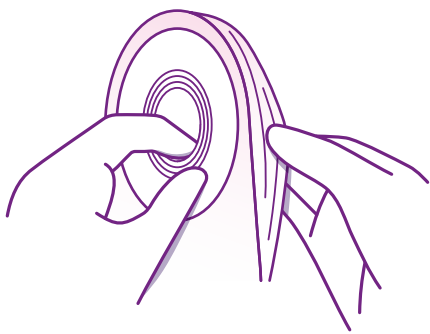
**A** Trace the shape of the stoma onto the skin barrier release liner.



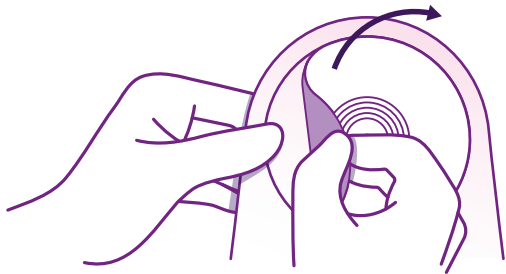
**B** Cut the skin barrier just outside the tracing taking care not to cut the pouch film. Do not cut beyond last line. Smooth cut opening with your finger. Make sure the opening you cut is not too large. An ill-fitting pouch can cause skin irritation and inflammation.

# Step 3: Applying and wearing a urostomy pouch

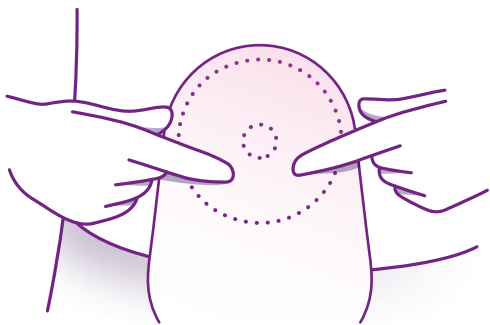
## APPLYING AN ESTEEM+ PRE-CUT OR CUT-TO-FIT ONE-PIECE SYSTEM



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



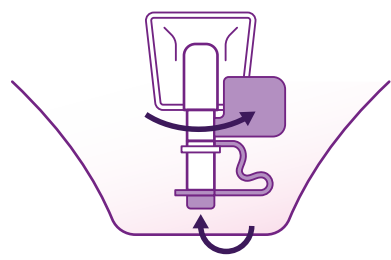
**B** Remove release liner. Centre the opening of the skin barrier over the stoma.



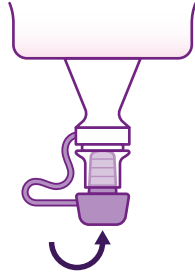
SECONDS

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

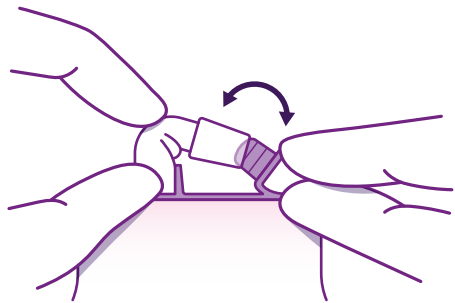
Step 4: **Closing a urostomy pouch**



**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.

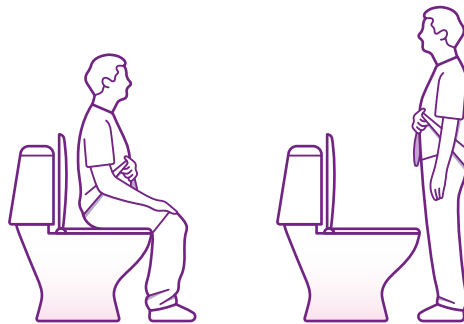


**B** If it's a Soft tap, gently insert the plug into the tap and make sure it's securely closed.

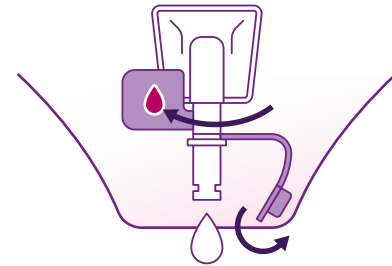


**C** If it's a Fold-over tap, bend the outlet spout up to meet the plug. Fold the end upwards until the interlocking closures line up, and then press the closures together across the width of the tail.

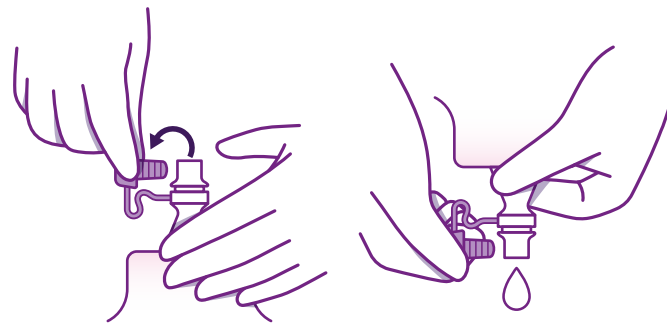
Step 5: **Emptying and cleaning a urostomy pouch**



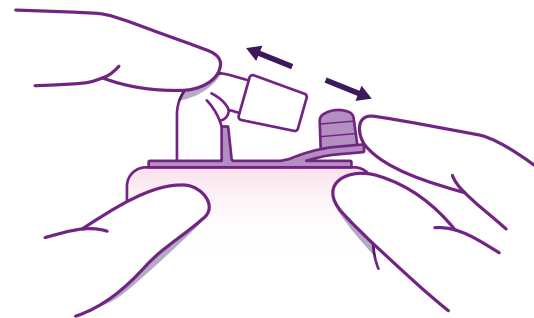
**A** Once inside the washroom, sit on the toilet seat or stand and face the toilet.



**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.



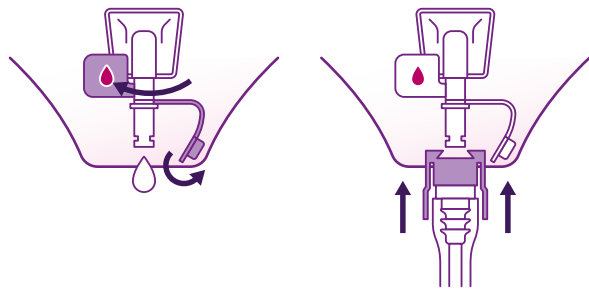
**C** With a Soft tap, start by tilting the tap up and towards you. Hold the base of the tap and open tap with the other hand. Direct tap into toilet to drain the urine.



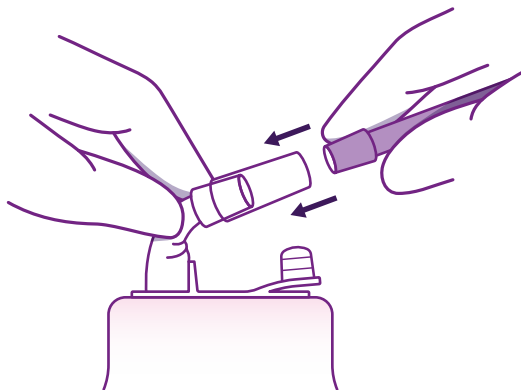
**D** With a Fold-over tap, release the interlocking closures, unfold to reveal the tap, peel open the closure and empty into the toilet.

Step 5: Emptying and cleaning  
a urostomy pouch (Cont'd)

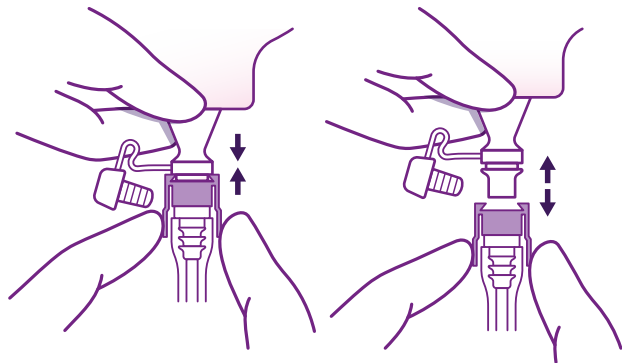
CONNECT TO A NIGHT DRAINAGE SYSTEM



- 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.



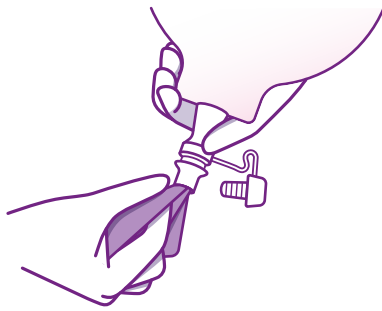
- B** To attach a night drainage connector to a Soft tap, gently insert the ridged part of the end of the tap into the wider section of the adaptor with one hand while holding the base. To remove, pull out the adaptor with one hand while holding base of tap with the other hand.

Step 5: Emptying and cleaning  
a urostomy pouch (Cont'd)

CLEANING YOUR UROSTOMY POUCH

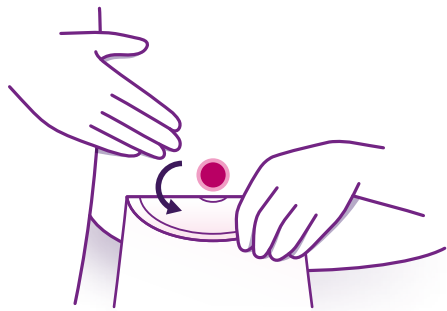


- A** Support the pouch with one hand, and wipe the outside of the valve or tap with clean tissue in the other hand.

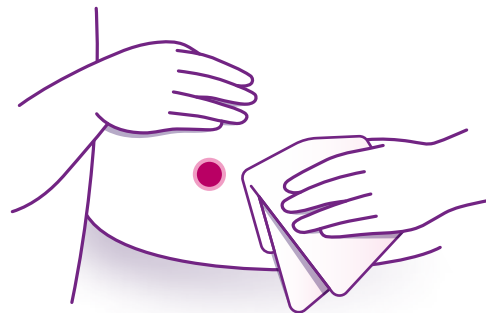


- B** Clean the inside surface of the tap with clean tissue or wipes. Check both sides of the pouch for tears or holes. If you find any, apply a new pouch instead.

## Step 6: 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. "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](mailto:connection.au@convatec.com)

New Zealand Call **0800 225 4309** or email [connection.nz@convatec.com](mailto:connection.nz@convatec.com)



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