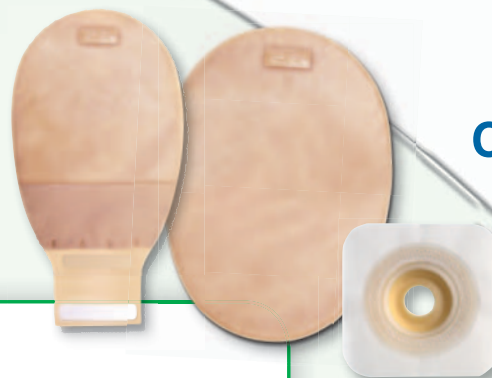


How to Use the Natura⁺ System



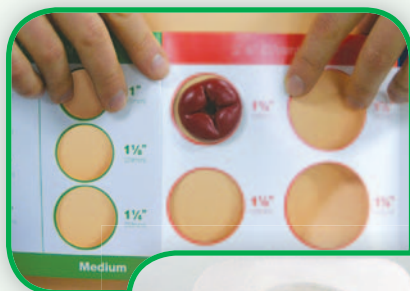
ConvaTec

With ConvaTec Mouldable Technology™ Skin Barriers



Step 1: Getting off to a Fresh Start

Begin by cleansing the skin around your stoma with warm water. Rinse and pat dry thoroughly.



Step 2: Getting The Right Fit

Measure the stoma and select the proper size Skin Barrier.

When using a ConvaTec Mouldable Technology™ skin barrier, you simply mould the stoma opening to custom fit the size and shape of your stoma.

Before removing the clear release liner on the back, place your thumbs (or fingers) at the centre of the starter hole on the front of the skin barrier and begin to **roll** the adhesive back. Do not stretch or pull the adhesive to make it bigger, **roll it**.

Once you have created an opening the shape and size of your stoma, gently press the rolled adhesive down on itself to hold that shape.



Step 3: Applying the Skin Barrier to Your Skin

Remove the clear release liner from the back of the barrier and centre the opening over your stoma.

Press the skin barrier into place and if necessary re-adjust the rolled adhesive to create a snug fit around your stoma.

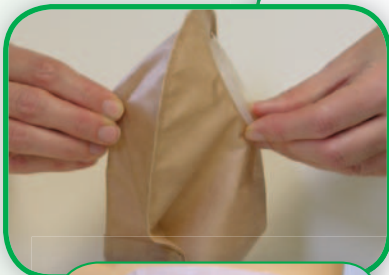
Hold the adhesive in place for 30 seconds to secure an optimal seal.



Step 4: Applying the White Tape Border

Peel off the white release paper from the Tape Border and press gently against skin, smoothing out any wrinkles.





Step 5: Attaching the Pouch

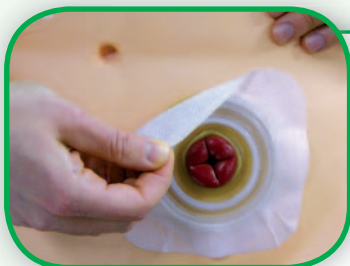
Make sure the inner surfaces of the pouch are separated and that the pouch contains a small amount of air. Position the pouch ring over the skin barrier ring. Gently press your fingers around the entire ring area starting at the bottom or 6 o'clock position. You will hear and feel a series of audible "clicks" as the system locks securely into place.

Important: Always recheck the coupling to ensure that the system is completely closed by repeating the above steps.



Step 6: Removing the Pouch

To easily disconnect the skin barrier from the pouch, firmly pull downward on the pouch tab and lift the pouch off.



Step 7: Removing the Skin Barrier/Wafer

Gently pull the skin barrier down, away from the skin, while supporting the adjacent skin with your other hand. ConvaCare® Adhesive Remover Wipes can be used to aid in skin barrier removal and remove any adhesive residue left behind.

Pouch Options

- Pouches are available in Drainable with InvisiClose® tail closure and Closed-end.

Filter Tips & Techniques

- The charcoal filter, located at the top of the pouch, lets gasses through while preventing liquid from leaking out. The filter substantially reduces odour while helping keep your pouch flat.
- **Important:** cover the filter opening with the provided stick-on filter covers during all water activities (bathing, showering, or swimming). After water activities are completed and the pouch is dry, **remove** the filter cover.

Note: For flush or retracted stomas, convex products are recommended to increase wearing time. Please refer to your healthcare professional or ConvaTec's Customer Care Center on the number below. Remember to empty your pouch when it is one-third full. The use of soap or cleansers in the pouch is not recommended.

For more information or if you have questions, call 0800 282 254
ROI 1800 721 721 or email us on stoma.webcare@convatec.com
Visit our website at www.convatecstomacare.co.uk

See package insert for complete Instructions for Use.

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