

# How to Use the Esteem synergy<sup>®</sup> Ostomy System



ConvaTec

## With Pre-Cut or Cut-to-Fit Skin Barriers

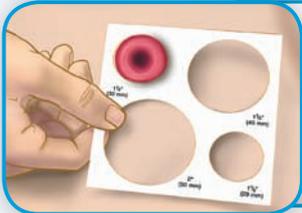
\*Can be used with AllKare<sup>®</sup> Protective Barrier and AllKare<sup>®</sup> Adhesive Remover Wipes

### Step 1: Removing the Skin Barrier/Wafer & Cleaning the Skin

Gently pull the skin barrier down, away from the skin, while supporting the surrounding skin with your other hand.

\*AllKare<sup>®</sup> Adhesive Remover Wipes can be used to aid in skin barrier removal and remove any adhesive residue left behind.

Clean the skin around your stoma with mild soap and water (soaps should be free of oils and creams). Rinse and pat dry thoroughly.



### Step 2: Getting the Right Fit

If your stoma has changed in size or you are unsure of the size, measure the stoma and select the proper size skin barrier. For assistance selecting a product size, call one of our ostomy nurses at 1-800-422-8811 (8:30 am – 7:00 pm ET).



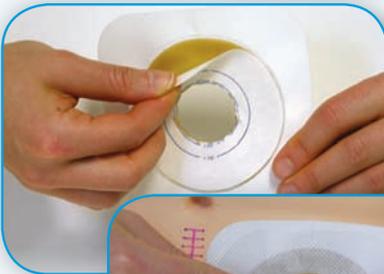
#### ■ For Cut-to-fit Skin Barriers:

Trace the stoma size on the center of the white release paper on the back of the barrier, and cut an opening about 1/8" larger than your tracing.

#### ■ For Pre-Cut Skin Barriers:

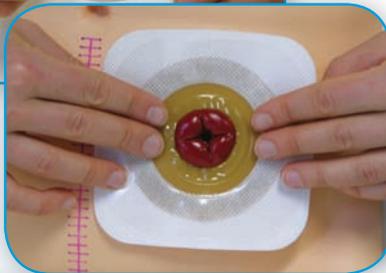
Select skin barrier with pre-cut stoma opening slightly larger than your stoma.

Leave the backing on the adhesive and check the skin barrier's fit to your stoma. If there are any noticeable gaps, you may need to use paste or an Eakin Cohesive<sup>®</sup> Seal.



### Step 3: Applying the Skin Barrier to Your Skin

\*Your may use an AllKare<sup>®</sup> Protective Barrier Wipe on your skin before applying the barrier.



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

Press the skin barrier in place. Smooth the inner edge closest to your stoma with your fingers, holding for 30 seconds to ensure a snug fit around the stoma.



### Step 4: Applying the White Tape Border

If present, peel off the white release liner from the Tape Border and press gently against skin, smoothing out any wrinkles.

## Step 5: Attaching the Pouch

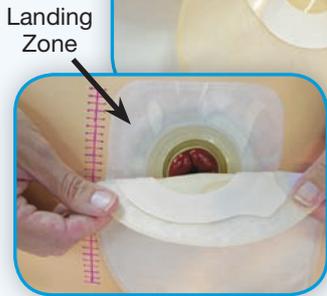
Before applying, let a small amount of air into the pouch by gently separating it. Make sure that the transparent landing zone on the skin barrier is completely clean and dry.

Remove the release paper from the adhesive ring on the pouch. Attach the pouch in one of two ways:

**A:** Rest your finger at the bottom edge of the landing zone. Using that finger, align the bottom of the pouch adhesive ring with the bottom of the landing zone.

**OR**

**B:** Fold the adhesive ring, apply the lower half to the bottom of the landing zone, then “roll or slide” your fingers over the upper portion to secure the pouch



## Step 6: Removing the Pouch

Peel the pouch from the landing zone by holding the tab on the pouch adhesive ring with one hand and the edge of the transparent landing zone with the other. Peel the pouch downward with a top-to-bottom rolling motion. Your drainable pouch may be removed and reapplied up to 25 times.<sup>1</sup>

## Pouch

### Pouch Options:

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

#### ■ InvisiClose® pouch:

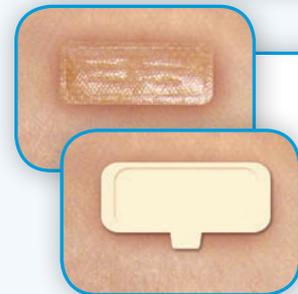
Roll the tail up three times and lock the tail by pressing the closure strips together. Optional step: For added discretion, fold the “lock-it pocket” inside out to hold the tail. Drain when 1/3 full.

#### ■ Closed-End pouch:

Discard when 1/3 full.

## Filter Tips & Techniques

■ **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 Interaction Center at 1-800-422-8811. Remember to empty your pouch when it is one-third full. The use of soap or cleansers in the pouch is not recommended.

To speak to an ostomy expert (WOC Nurse) call 1-800-422-8811  
(Monday - Friday; 8:30 am - 7:00 pm, ET)  
Visit our website at [www.ConvaTec.com](http://www.ConvaTec.com).

<sup>1</sup>To determine the 180° peel strength and 0° peel strength (lap shear) of the Roderm Adhesive Foam Collar vs. current marketed 3M Collar after multiple (37) applications to the landing zone. Report # A7-0129. Data on file, ConvaTec inc October, 2007.

See package insert for complete Instructions for Use.

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