

ESTEEM™



Flex Convex Soft Convex



Closed

Drainable

Urostomy

1

Getting the right fit



Cut-to-fit skin barriers:



The hole in the skin barrier should fit the stoma as close as possible. You may want to trace your stoma around the cutting area with a pen to ensure proper sizing. Cut the stoma hole to fit the size of your stoma. Be careful not to make the opening bigger than the outer ring marked on the wafer, or to expose the inner plastic disc.

Pre-cut skin barriers:



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

2

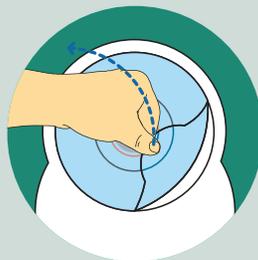
Applying the pouch



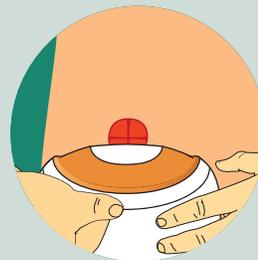
Warm the skin barrier with the palm of your hand for a few seconds to help it adhere.



Slightly inflate the pouch by gently pulling apart the inside and the outside to separate and let some air flow into the pouch.



Remove the clear release liner from the skin barrier by pulling up on the tab.



Hold the skin barrier below your stoma. Starting from the bottom, carefully apply the barrier to the skin around your stoma.



Smooth over the back of the adhesive area with your fingers and press carefully but firmly around your stoma.



If you are using a **drainable** pouch, continue to **Step 3**

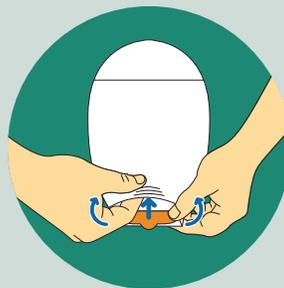


If you are using a **closed** or **urostomy** pouch, continue to **Step 5**.

3



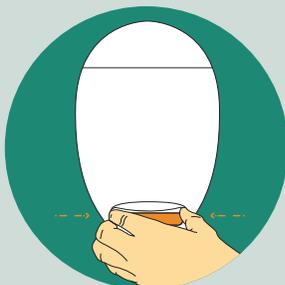
Fold the end up towards you until the interlocking closures line up. Press and pinch around the closure to secure.



If desired, tuck the tail under the fabric cover.

4

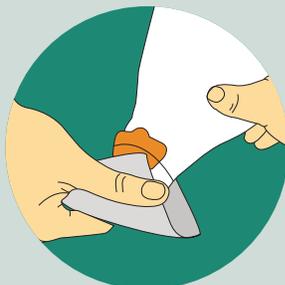
Emptying and cleaning the drainable pouch



To empty pouch, tilt the tail up towards your body. Peel open the closure and unfold tail.



Point the tail toward the toilet or receptacle, and open the tail by pushing in both ends of the outlet strips with fingers and allow the pouch to drain. You can also pull up on tab to help open tail.



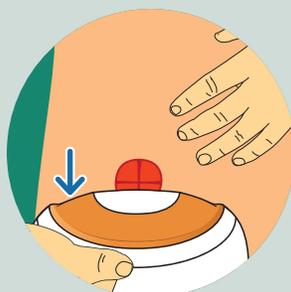
Tips for cleaning the tail end of the pouch:
Support the pouch with one hand and wipe tail of pouch in downward motion with toilet tissue in other hand.



Clean the inside surface of the tail by sliding toilet tissue back and forth inside. Repeat until the tail end of the pouch is clean.

5

Removing the pouch



Use one hand to gently peel the skin barrier and pouch downwards while gently pushing down on the skin above the barrier with your other hand.



More than just great products—me+™ brings you the tools and advice to help you make life with an ostomy completely your own.

me+ support is available by phone or email in whatever language you need.
Call us at 1-800-422-8811 (M-F, 8:30^{AM}-7:00^{PM} EST)
Visit our website www.mepluscare.com