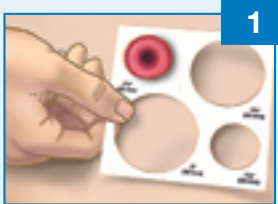


# HOW TO USE ACTIVE LIFE®

## ONE-PIECE OSTOMY SYSTEM

ActiveLife®

Begin by cleansing the peristomal skin (area around the stoma) with mild soap and rinse with water. Soaps should be free of oils and creams. Remember that an oily substance on the skin may cause poor adhesion of the skin barrier. Pat dry thoroughly.



1

### SKIN BARRIER PREPARATION

1. Place the stoma measuring guide over the stoma, measuring the stoma at the base.

**Note:** For several weeks following ostomy surgery it is important to measure the stoma each time a new skin barrier is applied as the stoma may reduce in size. Select a hole size on the stoma measuring guide that provides a gap of approximately 3 mm (1/8") around the circumference of the stoma.



2

2. Trace the stoma outline onto the paper backing of the skin barrier.

**Important:** Before cutting, separate the front and back panels to avoid cutting through the pouch. Ensure the pouch contains a small amount of air. Cut along the tracing with curved, short blade scissors. Do not cut beyond the last printed line on the release paper.

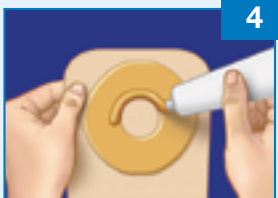


3

### INSTRUCTIONS FOR THE APPLICATION OF A SKIN BARRIER WITH A PRE-CUT STOMA OPENING

Select a skin barrier with a pre-cut stoma opening the same as the largest diameter of the stoma. Do not enlarge the pre-cut stoma opening.

3. Remove the white release paper from the skin barrier. Leave the outer release paper on the tape collar in place.
4. A thin ribbon of Stomahesive® Paste can be applied to the back of the skin barrier to further fill gaps between the skin and the skin barrier. Allow the paste to set for one minute prior to application to the skin. (Do not spread the paste).

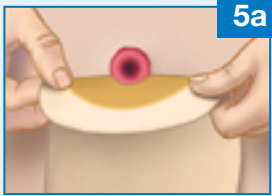


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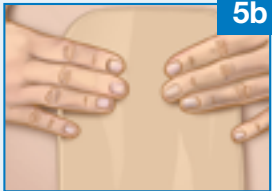
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ActiveLife®



5a



5b



6



7a



7b



8

### APPLICATION OF THE ACTIVE LIFE® OSTOMY SYSTEM

- 5a. Place the pouching system gently in position over the stoma. Press the skin barrier against the skin, paying particular attention to the area closest to the stoma.
- 5b. During application, maintain slight pressure on the skin barrier for 30 to 60 seconds.
6. After the skin barrier is in place, remove one side of the release paper on the tape collar and smooth onto the skin, working from the center out to the edges. Repeat with the other side, making sure the tape collar is smooth and wrinkle free.

### ACTIVE LIFE® DURAHESIVE® SKIN BARRIERS:

**Important:** Durahesive® skin barriers will swell around the stoma, resulting in a turtlenecking effect. This is normal and will not harm the stoma or prevent the flow of urine and stool.

### SECURE THE BOTTOM OF THE POUCH

- 7a. **Tail Closure:** Fold the bottom end of the pouch over the small edge of the closure, do not wrap around. Press firmly at the center and edge of the closure to snap into place. To remove the closure, simply apply pressure to the locking edge of the closure and separate.

- 7b. **Accuseal® Tap:** Simply turn the valve to the left to close or right to drain.

**Note:** A red dot on the valve indicates the open (drain) position.

### REMOVAL OF THE ACTIVE LIFE® OSTOMY SYSTEM

8. Gently pull the skin barrier down, away from the skin, while supporting the adjacent skin with the other hand. AllKare® Adhesive Remover can be used to remove barrier residue before applying a new skin barrier.

**Important:** Rinse the skin with warm water after using AllKare® Adhesive Remover.



For more information, please call our Customer Relations Center (Registered Nurses on staff) at **1-800-465-6302**, Monday through Friday, 8:00 AM to 6:00 PM (EST), or visit our Web Site at [www.convatec.ca](http://www.convatec.ca)

See package insert for complete instructions.

**Note:** For flush or retracted stomas, convex products are recommended

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