

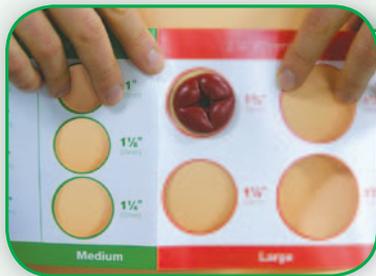
How to Use the Natura⁺ System



With Pre-Cut or Cut-to-Fit 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

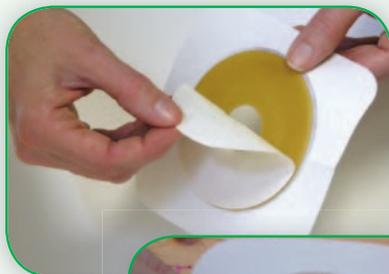
Measure the stoma and select the proper size Skin Barrier.

■ For Cut-to-fit Skin Barriers:

Trace the stoma size on the centre of the white release paper on the back of the barrier, and cut an opening about 2mm larger than your tracing.

■ For Pre-Cut Skin Barriers:

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



Step 3: Applying the Skin Barrier to Your Skin

Remove the white release liner from the back of the barrier and centre 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 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

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. Support the skin barrier with one hand.

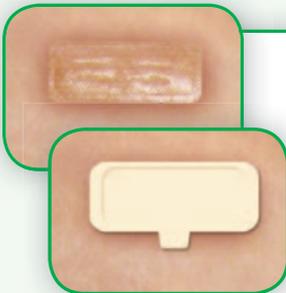


Step 7: Removing the Skin Barrier/Wafer

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 to 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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