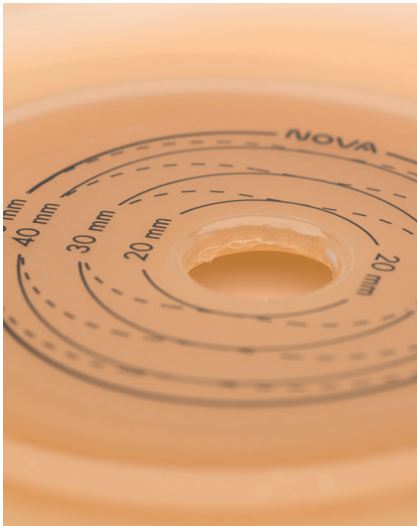


# Urostomy Care at Home



Dansac products are designed for ease of use and to promote a healthy skin environment. Keeping the skin around your stoma healthy can help you feel more comfortable and confident in everything you do.

## Skin health Advice

The area around your stoma, where your adhesive skin barrier is placed is called the peristomal area. It is important that this area of skin is kept clean and protected from stoma output. The stoma is red and moist; there are no nerve endings in the stoma and therefore no sensation.

It is normal to see some blood on your soft cloth when you are cleaning around the stoma.

### You will need:

- Disposal bag
- Dry wipe for cleaning and drying
- Warm water for cleaning
- New pouch and/or skin barrier
- Scissors for cutting the adhesive skin barrier (if required)
- Any accessories you may use



Dampen a few dry wipes in warm water. Clean around your stoma and surrounding skin thoroughly.



It is important that the skin surrounding your stoma is completely dry before putting on a new adhesive skin barrier and/or pouch.

# Changing a 1-piece pouch



After you have measured your stoma, use the stoma guide or template to transfer the size and shape of your stoma onto the cutting guide of the adhesive barrier.



Cut the barrier as measured by the stoma guide.



To apply the new skin barrier, remove the protective covering from the adhesive barrier immediately before application.



Place your pouch on by positioning the adhesive barrier on the skin immediately below your stoma.



Press the skin barrier with your fingers to ensure it is securely in place.



Pouch is securely in position.



Check that the tap on your pouch is in the closed position. The tap is closed when you cannot see the gold tab.



Wash your hands after changing.

For further information or samples about our pouches, visit us at **[www.dansac.com](http://www.dansac.com)**



## Changing a 2-piece pouch



After you have measured your stoma, use the stoma guide or template to transfer the size and shape of your stoma onto the cutting guide of the adhesive barrier.



Cut the barrier as measured by the stoma guide.



To apply the new skin barrier, remove the protective covering from the adhesive barrier immediately before application.



Position the adhesive barrier over your stoma. Press the barrier with your fingers from the center to the edge to ensure it fits snugly and securely.



Click the pouch onto the skin barrier. Use your fingers and press all the way around to make sure the pouch is attached to the barrier.



Double check that the pouch is securely connected to the barrier ring.



Check that the tap on your pouch is in the closed position. The tap is closed when you cannot see the gold tab.



Pouch is securely in position.



Wash your hands after changing.



## Tips for daily stoma care



Stoma  
Skin  
Soul

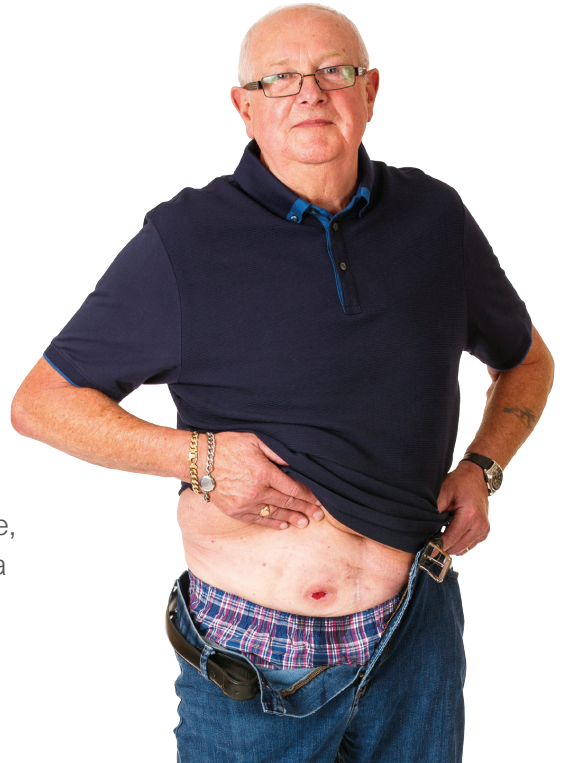
### Measure your stoma regularly

Your stoma may be oedematous (swollen) immediately after surgery and during the next few weeks. The swelling gradually reduces so it is important that you frequently measure the size of your stoma. A measuring guide is supplied in each box of pouches. It is good practice in the first 6 weeks to regularly measure your stoma.

If you need help with this, contact your stoma care nurse.

### Skin health

It is important the skin around the stoma area remains in good condition. If the skin around the stoma becomes uncomfortable, itchy, red or sore, this may indicate some seepage of the stoma output onto the skin. You may need to contact your stoma care nurse if the problem is ongoing.



## Feeling comfortable in your own skin

#### Dansac A/S

Lille Kongevej  
DK-3480 Fredensborg  
Danmark

Tel +45 4846 5000  
Fax +45 4846 5010

[www.dansac.com](http://www.dansac.com)

 [www.facebook.com/dansacostomy](https://www.facebook.com/dansacostomy)

#### WARNINGS

Reuse of a single use product may create potential risk to the user such as poor adhesion. Reprocessing, cleaning, disinfection, and sterilisation may compromise the product. This may result in odour or leakage. Ensure proper fit as instructed. If the barrier opening is incorrect or leakage occurs, skin damage may occur (e.g., irritation, broken skin, rash, or redness). This may decrease wear time.

#### Notes:

Please note that the individual represented on the back of this material is not the same individual representing the application of the product. To help ensure proper adhesion, apply to clean, dry intact skin. Do not use oils or lotions. These products may interfere with adhesion. Excess mucus from a urostomy stoma may cause the pouch to drain slower than expected. Product fit is affected by many factors such as stoma construction, stoma output, skin condition, and abdominal contours. Contact a stoma care nurse or healthcare practitioner for help with the ostomy pouching system or skin irritation. In case of serious injury (incident) in relation to your use of the product, please contact your local distributor or manufacturer, and your local competent authority. For more information, see [www.dansac.com/authority](http://www.dansac.com/authority) or local distributor.

The information contained in this brochure is provided as general information only and is not intended to be medical advice. Please see our website for the most up to date information, as guidance can and does sometimes change. Always follow product Instructions For Use and ask your health care professional for more information.

Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.



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