How to Use the
Esteem *synergy*®⊕
Ostomy System

With ConvaTec Moldable Technology™ Skin Barriers
*Can be used with AllKare® Protective Barrier and AllKare® Adhesive Remover Wipes

ConvaTec

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® 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.
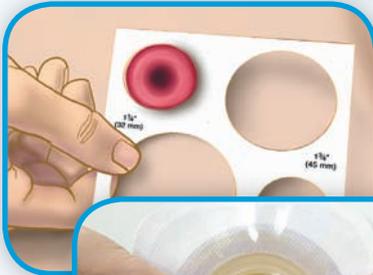
Step 2: Getting The Right Fit

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).

Before removing the clear release liner on the back, place your thumbs (or fingers) at the center of the starter hole and begin to roll the adhesive back. Do not stretch or pull the adhesive to make it bigger, roll it.

Once you have created an opening the shape and size of your stoma, gently press the rolled adhesive down on itself to hold that shape.

Step 3: Applying the Skin Barrier to Your Skin

*Your may use an AllKare® Protective Barrier Wipe on your skin before applying the barrier.

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

Press the skin barrier into place and if necessary roll forward to mold and provide gentle hug.

Hold the adhesive in place for 30 seconds to secure the seal.
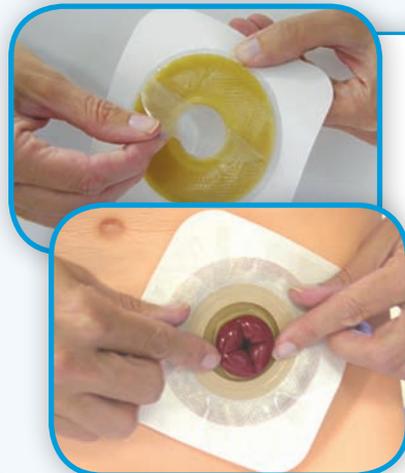
Step 4: Applying the White Tape Border

Peel off the white release paper 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.

Landing Zone

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.[1]

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.**