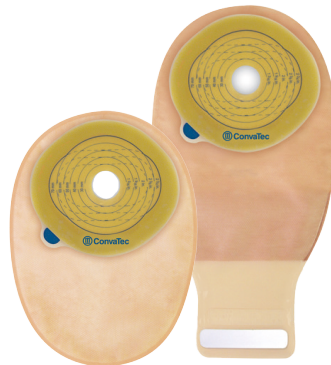


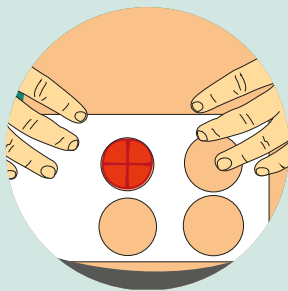


# ESTEEM™

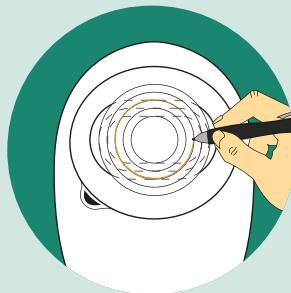
With Pre-Cut and Cut-To-Fit Skin Barriers



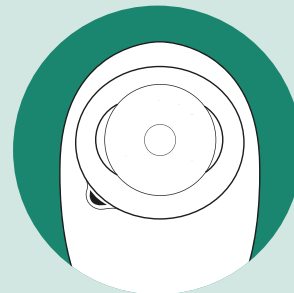
## 1 Getting the right fit



Measure the stoma and select the appropriate size skin barrier.



**Cut-to-fit skin barriers:**  
Trace the stoma size on the centre of the clear release line on the reverse of the barrier, then cut an opening about 1/8" (3mm) larger than your tracing.

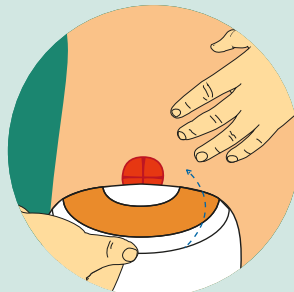


**Pre-cut skin barriers:**  
Select skin barrier with pre-cut opening slightly larger than your stoma.

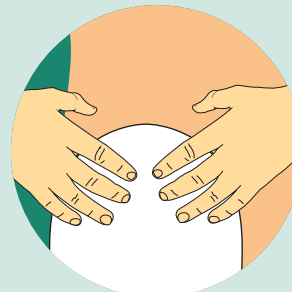
## 2 Applying and wearing the pouch



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



Place the pouch gently in position over the stoma.



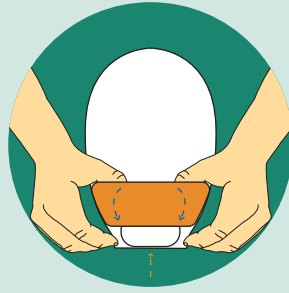
Press the skin barrier against the skin. Smooth the inner edge closest to your stoma then hold for 30 seconds to ensure a snug fit.

3

### Closing the pouch



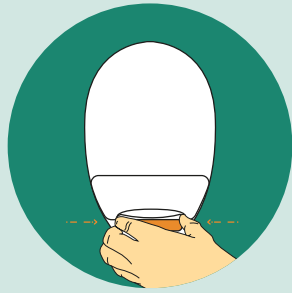
Fold the end up towards you until the interlocking closures line up. Press and pinch around the closure to secure.



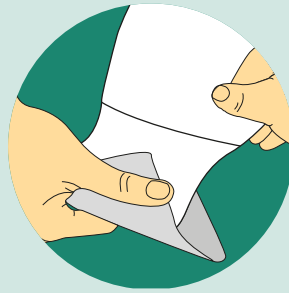
Turn the Lock-it-Pocket™ inside-out to tuck tail inside.

4

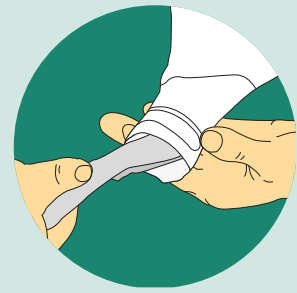
### Emptying and cleaning the pouch



To empty pouch, tilt the tail up towards your body. Peel open the closure and unravel tail. Unlock pouch closure and open the tail by pushing in both ends of the outlet end-strips with fingers; drain pouch.



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



Clean in the inside surface of tail with toilet tissue or baby wipe.

5

### Emptying and removing the pouch



Gently pull the skin barrier down, away from the skin while supporting the adjacent skin with your other hand.

**For more information, call us on - 0800 282 254**  
Please refer to the package insert for complete instructions for use.

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