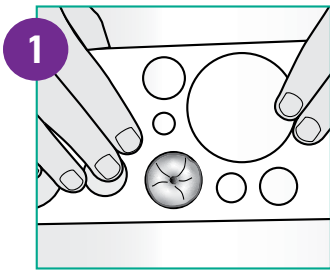


Flexima® 3S Ostomy Appliance Instructions for Use

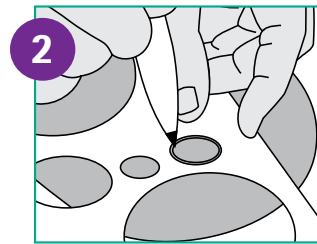
APPLYING THE BASE PLATE:



Using the measuring guide to measure your stoma

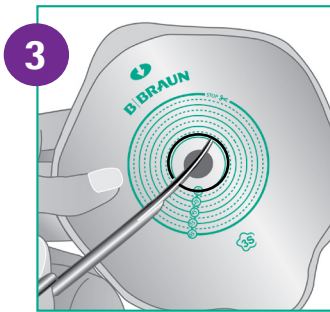
TIPS:

- 1) You should stand up when you measure your stoma for overall comfortable fitting
- 2) Place the measuring guide on the base of your stoma for more accurate measuring



Trace the opening on the plastic backing on the base plate using a marker.

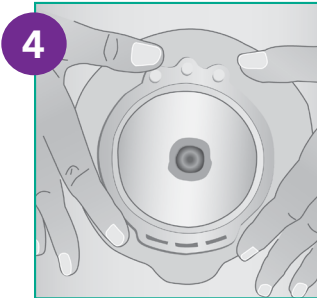
Cleanse the skin by gently cleaning the peristomal area with warm water. Pat the area dry. If you are cleared to shower it is fine to do so with or without base plate and pouch.



Cut the base plate to the size of your stoma plus an additional 1/8" clearance.

TIP:

The stoma size can enlarge a bit while it is functioning. You always want to leave 1/8" space to give it a little breathing room.



Remove the plastic backing. Place the base plate around your stoma, with the 3 locking pinpoint at the top. Carefully press the base plate onto the skin. Start around your stoma and work your way out.

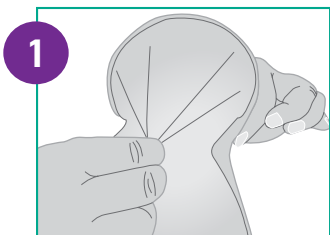
TIP:

It is best to stand and gently pull skin up to secure an even seal around the stoma

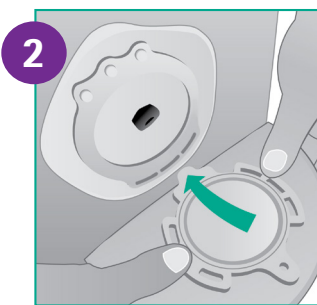
APPLYING THE POUCH:

TIP:

If you are using a Roll'Up (drainable), Urostomy or High Output Pouch, check that the outlet is closed.



If you are using a Closed, Roll'Up or High Output Pouch, gently separate the pouch film to ensure your output can flow freely into the pouch.



Insert the guiding tab into one of the open slots at the bottom of the base plate. You can choose the slot based on the angle you prefer to wear your pouch.

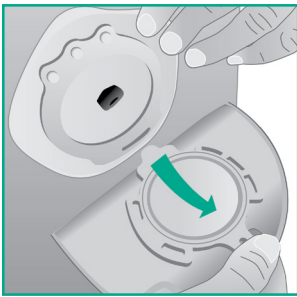


Using both hands snap the pouch to the base plate starting from the bottom to the top. Secure the upper tab. Do not push the pouch onto the base plate. Be careful not to accidentally pierce the film around the base plate as you are securing the pouch.



Finalize the coupling of the two rings. Clip the upper tab on the pouch on to the corresponding locking pinpoint on the base plate.

REMOVING THE POUCH:

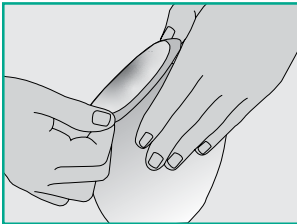


Unclip the upper tab on the pouch from the base plate. Gently separate the pouch from the base plate from the top to the bottom.

TIP:

Be careful not to pull up on the base plate to avoid dislodging the seal. Gently wipe the base plate and plastic ring with toilet paper. Attach a new pouch.

REMOVING THE POUCH AND BASE PLATE TOGETHER:



Have your new base plate and pouch ready.

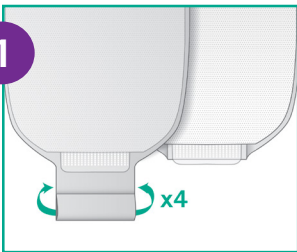
Empty your pouch.

Starting at the top, gently peel the base plate away from your skin. You can remove the base plate and pouch at the same time.

Cleanse the skin by gently cleaning the peristomal area with warm water. Pat the area dry. If you are cleared to shower it is fine to do so with or without base plate and pouch.

ROLL'UP / DRAINABLE POUCH

1



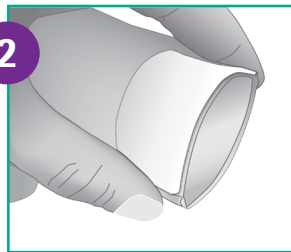
CLOSING THE OUTLET

Fold up the bottom of the pouch four times. Pinch the two self-grabbing strips together to securely close the pouch.

TIP:

Do not let the pouch get too full. Empty the pouch when it is 1/2 full.

2



EMPTYING THE POUCH

Position yourself over the toilet, stand or sit, release the self-grabbing strips and unroll the outlet by holding the pouch over the toilet. To fully open the outlet, place your fingers on each side of the white control bars.

TIP:

Before emptying the pouch, place a few sheets of toilet paper in the toilet bowl to help minimize splashing.

3



Wipe the inside and bottom of the pouch with toilet paper and then roll the pouch closed.

UROSTOMY POUCHES

1



Point the drainage outlet towards the toilet bowl. Slowly, turn the cap counterclockwise to empty the pouch.

2



To close the cap once the pouch has been emptied, turn clockwise until it has returned to its original position.

Refer to product labeling for complete instructions for use

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