

Removing and Applying Ostomy Pouches



Vitamin E

pelican
platinum
with Vitamin E

For every skin, every stoma, every body



"My skin was red and some broken... but when I used the Vitamin E pouch the skin began to return to normal."

4 AREAS OF ENHANCED PERFORMANCE



Moisturising ⁽¹⁾



Replenish ⁽²⁾



Soothing ⁽³⁾



Kind to Skin ⁽⁴⁾



Available in Flat, Soft and Firm Convex;
Closed, Drainable, Urostomy and High Output

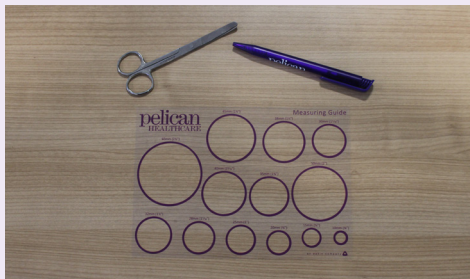
Order your complimentary samples by visiting pelicanhealthcare.co.uk
or call our friendly customer service team on **0800 318 282**

1.Sidgewick, McGeorge, and Bayat. Arch. Dermatol., Res 2015, 307: 461-477. 2.Schempp et al. Contact Dermatitis 2012, 26: 234-237 (2012). Kuriyama et al. Inflammation Research 2002, 51: 483-489. Shimizu et al. Jpn J Pharmacol 1995, 67: 291-298. 3.Thiele and Ekanayake-Mudiyanselage. Molecular Aspects of Medicine 2007, 28: 646-667 (2007). 4.Alexander J. Michels. "Vitamin E and Skin Health," Linus Pauling Institute, Oregon State University 2012.

Preparation of equipment



Pouch



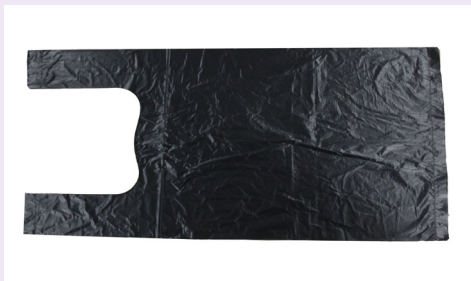
Scissors and template
(if your pouch is not pre cut)



Water



Dry wipes - or white kitchen towel



Disposable bags



Adhesive remover spray
(if used)

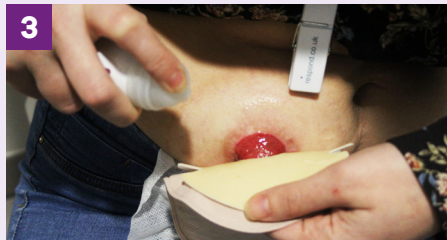
Removing an ostomy pouch



1 Wash your hands. If you are unable to wash for any reason then cleanse with an antibacterial hand sanitiser. If you use a drainable or urostomy pouch, you may find it easier to empty your pouch prior to removal of the pouch.



2 If you use an adhesive remover (such as Pelican Release) either wipe or spray the skin at the top of the base plate.



3 After a couple of seconds gently peel the base plate away from your skin, applying more adhesive remover if necessary.



4 Gently wipe any remaining output from the stoma and the surrounding area using a wet wipe. Be careful not to rub the stoma and the skin too hard.



Using warm water, wash the stoma and the surrounding area. Be careful not to rub the stoma and skin too hard. You can use an adhesive remover (spray or wipe) to help remove any remaining adhesive residue.

Once finished with the adhesive remover, use a dry wipe or kitchen towel to dry the skin.



Wash your hands. If you are unable to wash for any reason then cleanse with an antibacterial hand sanitiser.



Pelican Release Adhesive Remover



Dispose of your pouch, any wipes and any accessories used into a plastic disposal bag. Do not flush pouch down the toilet. You can get plastic disposal bags from your home delivery service.

Products used

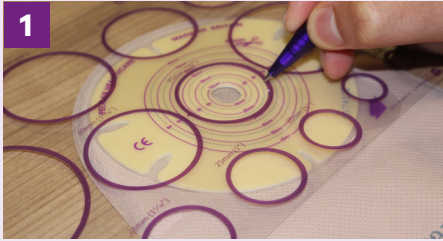


Pelican Platinum with Vitamin E Drainable Pouch



Pelican Protect Plus

Applying an ostomy pouch



1 If unsure about your stoma size, measure your stoma with the supplied measuring guide – if you have any concerns, please contact your Stoma Care Nurse for advice.



2 You may need to cut or adjust the hole in your pouch. If this is the case, do so with a pair of curved cutting scissors. (Once the stoma size is established the hole can be pre-cut).



3 Wash your hands. If you are unable to wash for any reason then cleanse with an antibacterial hand sanitiser.



4 Using warm water, wash the stoma and the surrounding area. Be careful not to rub the stoma and skin too hard.



5 Dry the stoma and the surrounding skin by dabbing with a dry wipe.



6 If you use a barrier wipe or spray (such as Pelican Protect Plus) then apply it to the skin around your stoma and leave for a few seconds until it dries.



7 Apply your seal (if you use one) by shaping it to fit around your stoma and pressing down firmly.



8 Hold the adhesive area of the pouch between your hands for 30 seconds to warm the adhesive. This will help it to adhere to your skin instantly.



9 Remove the release film by peeling it away from the base plate using the marked thumb tab.



10 Apply the pouch from the bottom of the stoma to the top. Smooth from the centre to the edges of the base plate to remove any creases that could cause leaks.



11 Wash your hands. If you are unable to wash for any reason then cleanse with an antibacterial hand sanitiser.

Thank you

Lorna Haymes founder of #GetYourBellyOut for her help and support in producing this document.

Useful Contacts

Colostomy UK

Email: info@colostomyuk.org

Tel: 0800 328 4257

www.colostomyuk.org

Ileostomy Association

(ileostomy and internal pouch support group)

Email: info@iasupport.org

Tel: 0800 0184 724

www.iasupport.org

Urostomy Association

Email: secretary.ua@classmail.co.uk

Tel: 01386 430140

www.urostomyassociation.org.uk

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