1. Use the pattern to trace the appropriate opening on the back of the wafer and cut the opening.
2. Remove the backing from the wafer.
3. Make tabs on the paper backing of the tape.
4. Cut the moldable barrier ring into ____________ pieces. Remove the plastic wrappings from one piece of the moldable barrier. Roll into a rope and place around the opening on the adhesive (sticky) side of the pouching system. Lightly press in place.
5. Remove the old pouching system by lifting up on the edge of the wafer and pushing the skin away from the adhesive.
6. Wash the skin around the stoma with water.
7. Dry the skin completely. If the skin is irritated, proceed with skin care as directed by your health care team.
8. Apply the prepared pouching system while flattening the skin around your stoma.
9. Press firmly around the stoma and hold for 30 to 60 seconds.
10. Remove the paper backing from the tape, using the tabs. Smooth out the tape.
11. Optional: Trim the extra plastic on the bottom of the pouch and make a crease in the Velcro® closure.
12. Close the bottom of the pouch.

Special instructions

The size of your stoma will decrease during the first six to eight weeks after your surgery. If you think your stoma size has changed, remove the old pouching system and measure the stoma with the measuring guide. This should be done before buying additional supplies, so the correct size can be ordered. The opening should fit up to the edge of the stoma.

- Empty the pouch when it is one-third to one-half full.
- Change the pouching system two times a week for the first three to four weeks. As your ostomy output becomes more predictable, you may be able to increase the time between pouching system changes to every five to seven days as long as the pouching system seal remains secure.