

SenSura® - Urostomy solutions designed for life

SenSura – all-round confidence

The composition of a single-layer adhesive reduces the adhesiveness and skin-friendliness. Thanks to the erosion resistant absorbent double-layer adhesive the SenSura base plate is kept safely and tightly fixed to the skin.

The unique adhesive on SenSura offers optimal:

- Tack & adhesion
- Flexibility
- Absorption
- Erosion resistance
- Ease of removal



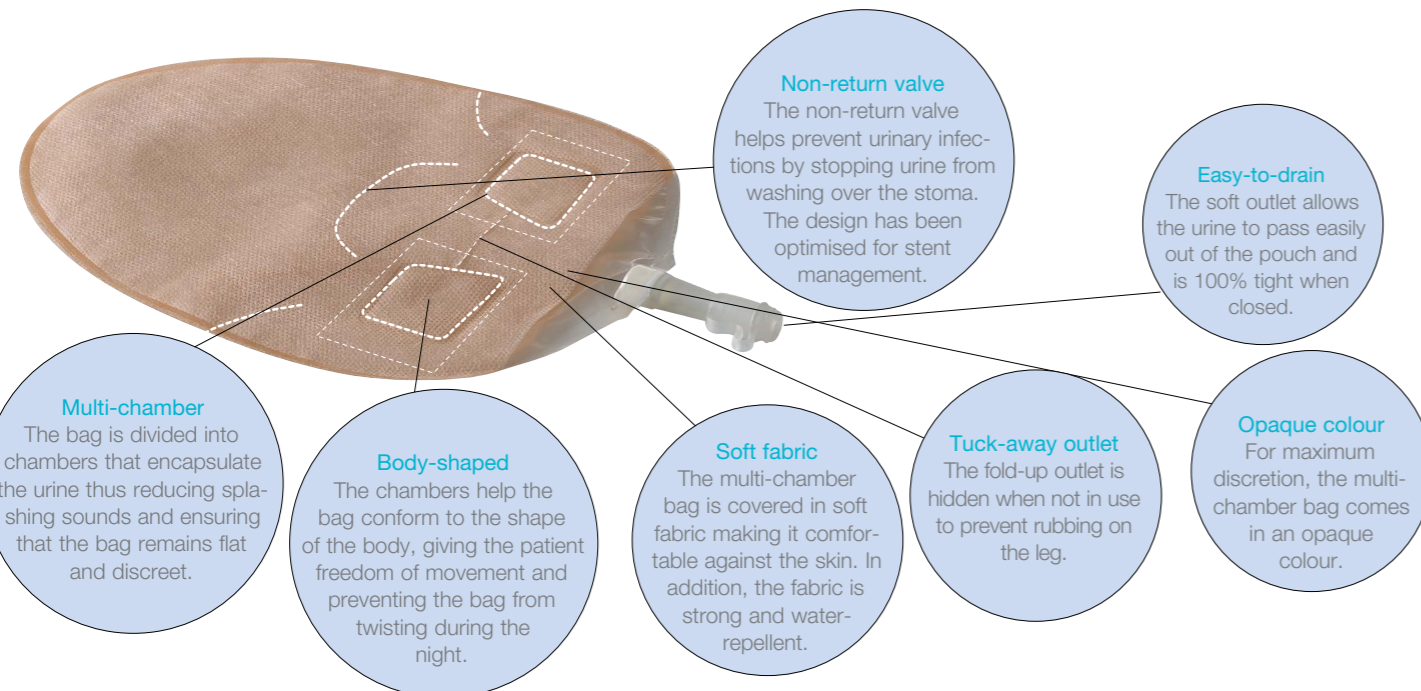
The upper erosion resistant adhesive layer protects the lower centre layer from being dissolved by urine and moisture from the stoma.

The unique SenSura Multi-chamber bag combines comfort with discretion

Designed specifically for people with a urostomy, the SenSura urostomy multichamber bag is a comfortable, discreet and easy-to-handle solution. The bag is divided into chambers, which encapsulate the urine and reduce splashing sounds. The chambers conform to the shape of the body and ensure that the bag remains flat and discreet, so that it in no way restricts the choice of clothing.

In this way the multi-chamber bag combined with the flexible double layer adhesive provide optimal security as well as enabling independence and freedom of movement.

Urostomy Product Range			
SENSURA 1-PC			
Code No	Bag Size	Colour	Hole Size
118010	Midi	Opaque	10-66 mm
118020	Maxi	Opaque	10-76 mm
118030	Midi	Transparent	10-66 mm
118040	Maxi	Transparent	10-76 mm
SENSURA 1-PC, CONVEX LIGHT			
Code No	Bag Size	Colour	Hole Size
118140	Maxi	Transparent	50 mm
118150	Maxi	Transparent	60 mm
SENSURA 2-PC URO			
Code No	Bag Size	Colour	Hole Size
118440	Maxi	Opaque	40 mm
118450	Maxi	Opaque	50 mm
118460	Maxi	Opaque	60 mm
118510	Midi	Transparent	40 mm
118520	Midi	Transparent	50 mm
118540	Maxi	Transparent	40 mm
118550	Maxi	Transparent	50 mm
118560	Maxi	Transparent	60 mm
SENSURA BASE PLATES			
Code No	Bag Size	Colour	Hole Size
100110	Flat with belt ears		40mm
100210	Flat with belt ears		50mm
100310	Flat with belt ears		60mm
110210	Convex light w/belt ears		50mm
110310	Convex light w/belt ears		60mm



Care

Summer Issue

Edition 3

We are already on our 3rd issue of Coloplast Care and at 2012's year end too! How quickly time goes by! In this issue we have some travelling information to share that will make your festive season much easier. So if you are off to some exciting place, or choosing to stay home and spend this fun season with your loved ones, be sure to read through our tips and frequently asked questions. And if you have any useful tricks to share, then please send them to us, and you just may win something useful too!

Wishing you and your loved ones a blessed festive season... Be safe!
Until next year...

Yours, for Coloplast Care,
Nilendree Boodhram
Market Manager - Ostomy & Continence Care



If you have any questions regarding stoma care, product usage and availability please contact your Coloplast Consumer Care Specialist at 0861 61 2273 / 0861 61 CARE

COMPETITION!

SMS the word
TIPS followed
by your name and
travel tip to 33903.
SMS's charged at R1.50 each.
No free minutes apply.

**20 Backpacks
up for grabs!**

Rules and terms and conditions:
1. Only Care members may enter
2. Employees of Coloplast and their advertising agency and immediate families may not enter
3. Winners will be notified by telephone
4. The prize may not be transferred or exchanged for cash
5. Competition closes on 31st January 2013

Coloplast does not practice medicine. The recommendations and information in this material are not medical advice. Contact your healthcare professional for personal medical advice or diagnosis. IF YOU THINK YOU HAVE A MEDICAL EMERGENCY, CALL 082 911.

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Travel Tips and Frequently asked Questions

Travelling is one of the great joys of life and after your recovery period, you should be able to travel wherever you would like to go.

If it is your first trip, check with your doctor or Wound, Ostomy Continence (WOC) Nurse before you start planning. If you will be gone from home for a long period of time, ask your doctor or nurse for a referral to a WOC Nurse in the area where you are staying. That can help ease your mind in case you have questions while you are away. You may feel apprehensive about any travel, in which case start with short trips, an overnight trip, and when your confidence has improved your trips can be longer.

What about changing my pouch when I travel?

- It is a good idea to keep an extra pouching system and supplies in the glove compartment or in a small travel kit.
- Your supplies should be stored in a cool place. Do not leave your ostomy products in the car for long periods during hot weather, since the heat may damage the adhesive.

If I am going on a longer trip, how many supplies should I take with me?

- People often feel more secure having all the supplies they will need for the duration of their trip. In some situations it is absolutely necessary—when traveling in rural areas, by cruise ship or to any location that could have few or no medical supply stores.
- Plan ahead for possible travel delays and have extra supplies on hand.
- If you are travelling to a warmer climate, or if you will be more physically active on your trip, you may perspire more than usual. You will find you need to change your pouching system more often, so make sure you have extra supplies. Be sure your skin is completely dry before applying a new barrier, to ensure good adhesion.
- You might want to travel with zip-top plastic bags for used pouches, to eliminate spillage or odor. In a public restroom or in a hotel room you can dispose of used pouches in the wastebasket.

What should I know about air travel?

- There is always a risk that checked luggage will reach your destination late, or not at all. Therefore it is important to pack all of your supplies, if possible, in your carry-on luggage.

- Consider carrying travel “packs” on the plane as well. Put all of the supplies you will need for a pouch change, or a pouching system change, in a zip-top plastic bag. This will allow you to go into the restroom with only the few items you need and it also allows you to dispose of the pouch in the plastic bag, without spilling or odor.
- If you have a colostomy, you may prefer using closed-end pouches when traveling by air. It may be easier for you to dispose of a used pouch rather than emptying it.
- Drink fluids to counteract the effects of dehydration and jet lag. Avoid gas-producing foods and liquids on the plane. You may also want to use a pouch with a filter to decrease gas build-up.

What about airport security screening?

- Empty your pouch prior to entering the security area and boarding the aircraft.
- It is a good idea to pre-cut all of your barriers at home, since some airports may not allow scissors in your hand luggage. Airport rules can vary from country to country (and in some cases airport to airport). So if you do take scissors, keep them in your checked in luggage.
- Liquid supplies—such as water, aerosols and gels—are permitted in your hand luggage if they contain 100 ml or less. All of these items must be placed in a single clear, zip-top plastic bag that you will remove from your hand luggage and place in a screening bin. (These restrictions apply to hand luggage bags only. You may have larger sized liquids in your checked bags.)
- All airport screening must be conducted in a way that treats passengers with courtesy, dignity and respect. If the security staff need to do a hands-on pat-down check, you can ask that it be done in a private area.
- You might find it helpful to carry one or two documents with you. One is a letter from your doctor stating that you have an ostomy.



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Tips for Dining Out

Initially after your ostomy, while your gastrointestinal tract adjusted, it was recommended that you ate simple basic foods and gradually added other foods into your diet. Once your doctor has given you permission to resume a normal diet, take advantage of this and dine out.

When you go out to diner for the first few times, it is helpful to think through some situations and prepare for them. This will help you deal with any concerns that arise and it will also allow you to feel comfortable and fully enjoy yourself.



What if I have gas?

If you have a colostomy or an ileostomy, you may have noticed that some foods give you gas.

- Simply follow your instincts when ordering your meal. When dining out you might also feel more comfortable using a pouch with a charcoal filter. The filter will allow the gas to exit the pouch without odor. The filter also prevents the pouch from over-expanding.
- In addition, it is possible to buy over-the-counter products to help reduce gas. Ask your pharmacist about options.

What should I keep in mind about beverages?

- Keep in mind that carbonated beverages—soda, beer or carbonated water—will produce gas so you might choose to avoid carbonated drinks while you are dining out.
- You might also avoid drinking through a straw, since that can produce gas too.
- It is also better to sip beverages, instead of drinking rapidly.

Are there foods I should avoid?

- If you have a colostomy or ileostomy, you generally know which foods might not agree with you—for instance any foods that might have caused diarrhoea. You can simply avoid those foods when dining out.
- A good rule of thumb is to eat slowly and chew the food thoroughly.

Is there a way to reduce odour when I empty my pouch in a public restroom?

- You can minimise pouch odor with special drops. You simply put the drops in when the pouch has been emptied, or when you put on a new pouch before you go out to dinner. The next time you empty your pouch, the drops should reduce the amount of odor.
- Some people choose to carry a pocket-size room deodoriser with them. This can be helpful when using a restroom in a public place.

What if I notice a leak?

- If you feel a leak or detect an odor, excuse yourself and go to the restroom. Since it is always a good idea to have an extra pouch with you, you can change your pouch and (if needed) dry off your clothes.
- Having a sense of humor will gracefully get you through a situation like this. In addition, the people you are dining with enjoy being with you, so even if they know what has happened, they will be understanding and supportive. As you dine out more often, you will gain confidence and will soon feel completely comfortable in any public situations.

