

Thank you for choosing the SenSura® Mio Convex Flip ostomy pouching system.

This leaflet contains instructions for using SenSura Mio Convex Flip – a 1-piece ostomy pouch that is intended to collect output from a stoma. The adhesive barrier is intended to fix the pouch and adhere to intact skin around the stoma.

At Coloplast, we know how challenging it can be to find a solution that fits your individual body shape. For people with bulges in the area around the stoma, it can be especially difficult. That's why we developed a curved adhesive barrier for those with a stoma placed on top of a bulge. A first of its kind, its unique curved, star-shaped elastic adhesive barrier helps to minimize the formation of creases and folds in the barrier and provides a comfortable fit.

We encourage you to read these instructions for use, and to save them for future reference.

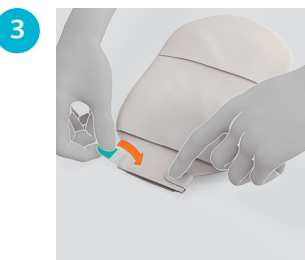
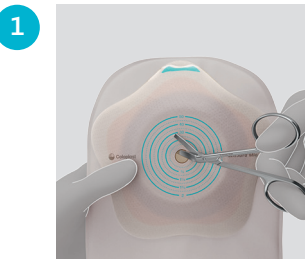


Instruction for use also available on video

To see the instruction video you can either scan the QR code or go to

[www.coloplast.us/convexflip/video/drainable](http://www.coloplast.us/convexflip/video/drainable)

## How to prepare the pouch



### Cut the adhesive barrier to fit your stoma

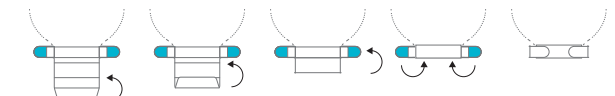
Cut a hole in the adhesive barrier to fit the exact size and shape of the stoma using a pair of small curved scissors and the cutting guide on the barrier. You can use the enclosed stoma measuring guide to measure the size and shape of the stoma.

Your stoma shape can change so it is recommended that you measure it when it is biggest. This is often when you sit down.

An exact fit between the hole and the stoma is important to reduce the risk of leakage and skin problems.

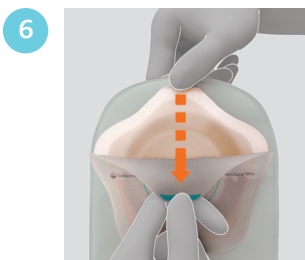
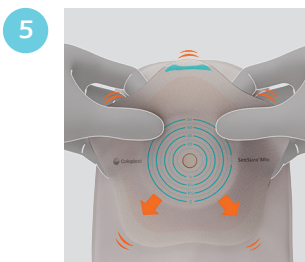
### Close the outlet

Place the pouch on a flat surface with the barrier side down.



Close the outlet by folding the bottom of the outlet upwards three times so that the Velcro® strip becomes visible. Fold the two turquoise tabs inwards to secure the Velcro®.

## How to apply the pouch



### Clean before application

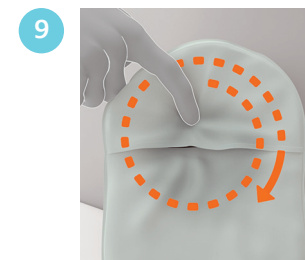
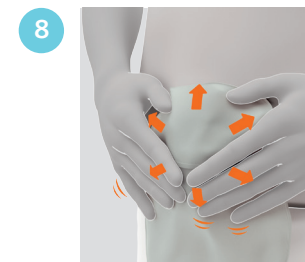
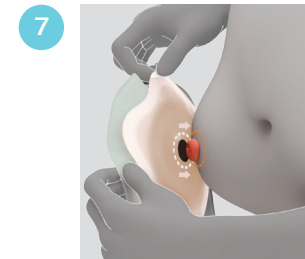
Thoroughly clean the stoma and the surrounding skin area. The skin must be completely dry before application of the barrier.

### Flip the adhesive barrier ...

Flip all 5 petals to prepare the adhesive barrier for application.

### ... and remove the protective film

Peel off the protective film from the adhesive barrier.



### Position the pouch accurately

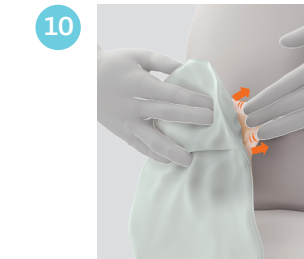
Hold the adhesive barrier with the petals folded back. Align the center part of the adhesive barrier around the stoma.

Press the center part carefully onto the skin. Then flip the petals down over the outward area.

Press the adhesive barrier firmly onto the skin from the center and out.

### Seal the pouch securely

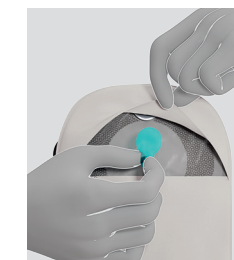
Use your index finger to find the soft stability ring that surrounds your stoma. Carefully apply pressure on the adhesive barrier between the ring and your stoma (or directly on the stability ring) to ensure the center part of the adhesive barrier forms a tight seal to the skin.



### Ensure the fit

Apply pressure from the center of the adhesive barrier and outwards in multiple directions to ensure secure adhesion between the adhesive barrier and the skin around the stoma.

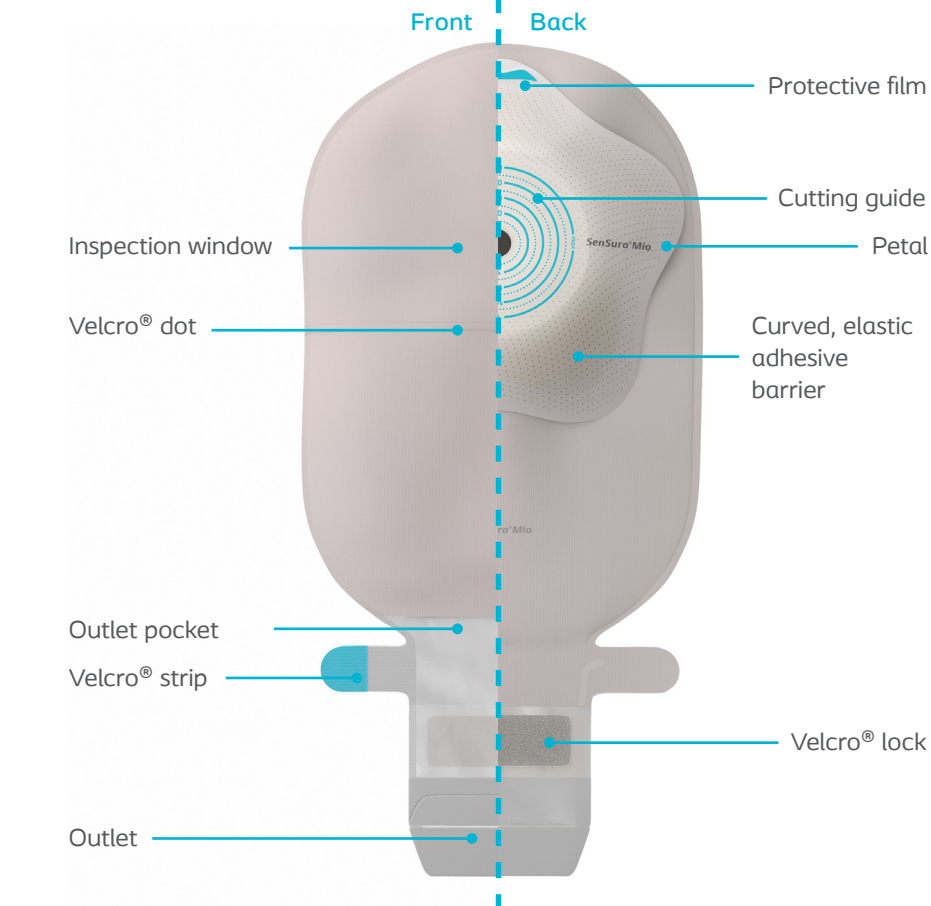
### Filter label



### Prevent gas escaping

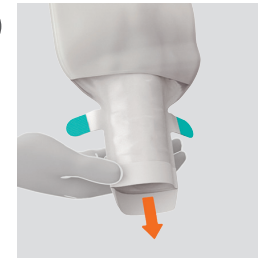
If you wish to temporarily prevent gas escaping from the pouch, place one of the enclosed filter stickers over the filter to close it. Closing the filter for prolonged periods will cause the pouch to inflate so it should only be done for a short period of time.

## Product features



## How to empty the pouch

1



### Empty the pouch

Open the outlet and empty the pouch into the toilet when needed.

2



Clean the outlet, for example with toilet paper.

Fold and resecure the outlet after you have emptied the pouch as shown in step 3 and 4.

## For more discretion and comfort

3



### Hide away outlet

The outlet can be hidden away by using either the Velcro® dot immediately above the outlet ...

4



... or by folding the pouch and fastening the outlet to the Velcro® dot.

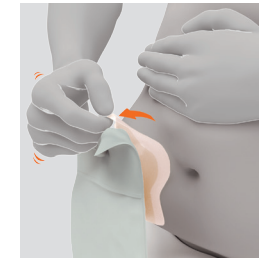


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## How to remove the pouch



### Remove the pouch

Gently remove the pouch by pulling the removal tab on the adhesive barrier away from the abdomen and roll the adhesive barrier slowly downwards.

Apply light pressure on the skin with your free hand to help removal.

## Disposal



### Disposing of the pouching system

The product is intended for single use only and should be disposed of with normal household waste.

Do not flush the product down the toilet.

## Dealing with recurring issues



The adhesive barrier is not sticking properly to the skin

Make sure to follow the application instructions in this leaflet and ensure the skin is completely clean and dry before applying. It's important that there is full contact between the adhesive barrier and every wrinkle of the skin. Put pressure on the adhesive barrier when applying to ensure sufficient adhesion.



The skin is red and/or irritated under the barrier

Irritated skin can have many causes. It can be caused by leakage from not using the right pouching system or the correctly-sized cutting template. But it can also be a result of insufficient cleaning or rapid removal of the adhesive which can stress the skin. If the skin is red, an adhesive remover might be helpful. Discuss the issue with your wound ostomy nurse as soon as possible.



Leakage under the adhesive barrier

Leakage can have many causes. It can be a result of the body or stoma changing shape or height, or an incorrect application of the adhesive barrier. Consider taking the online BodyCheck self-assessment at [www.bodycheck.coloplast.us](http://www.bodycheck.coloplast.us) to see if your body profile has changed. If so, you might need a different pouching system, or you could benefit from a supporting product. It is important to discuss the issue with your wound ostomy nurse as soon as possible.

## General product information



Store product horizontally



Keep away from sunlight

Coloplast accepts no liability for any injury or loss that may arise if this product is used in a manner contrary to Coloplast's current recommendations.

### Warnings

Re-use of the single use product may create a potential harm to the user. Reprocessing, washing, disinfection and/or sterilization may compromise product characteristics, causing additional risk of physical harm or infection to the user.

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Store product horizontally



Use-by date



Batch code



Date of manufacture



Consult instructions for use



Do not re-use



Manufacturer



Catalog number

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*SenSura® Mio Convex Flip*

**All you need to know**



**Convex Flip ostomy pouch**  
1-piece drainable pouch - instruction for use



**Coloplast**