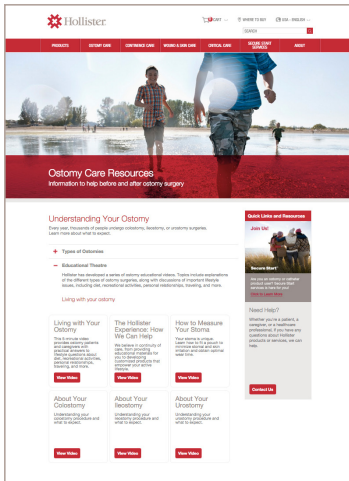


# Ostomy Educational Theatre



Hollister Ostomy Care has developed a series of ostomy educational videos designed to provide you with the information you need to manage your ostomy. Topics include explanations of the different types of ostomy surgeries, how to use the pouching system and discussions on important lifestyle issues such as diet, personal relationships, traveling and more. Please watch the videos checked below that have been personally selected by your healthcare professional to help you learn more about managing your ostomy.

The Hollister Ostomy Educational Theatre videos can be found at:

[www.hollister.com/ostomytheatre](http://www.hollister.com/ostomytheatre)

## Living with Your Ostomy

- Living with your Ostomy (5:39)
- The Hollister Experience: How We Can Help (4:21)
- How to Measure Your Stoma (4:05)
- About Your Colostomy (2:31)
- About Your Ileostomy (2:31)
- About Your Urostomy (3:09)

## Living with a Stoma: The Patient Perspective

- Life Before Stoma Surgery (3:34)
- Concerns Before the Operation (5:12)
- Getting Back to Normal (4:18)
- Sports and Fitness (2:42)
- What Can I Eat? (4:14)
- What Can I Wear? (3:30)
- Can I Still Travel? (5:09)
- Can I Go Back to Work? (4:43)
- Love and Sex (3:28)
- Attitude (5:44)
- Effects on Daily Life (3:12)
- New Freedom (4:52)
- Stoma Care Nurses (2:27)

## Using Pouching Systems

- How to Apply a One-Piece Drainable Pouch (5:53)
- How to Apply a Two-Piece Drainable Pouching System (6:40)
- How to Apply a Two-Piece Drainable Pouching System with a **FormaFlex** skin barrier (5:09)
- How to Apply a One-Piece Urostomy Pouch (5:28)
- How to Apply a Two-Piece Urostomy Pouching System (6:07)
- How to Apply a Two-Piece Urostomy Pouching System with a **FormaFlex** skin barrier (5:09)
- How to Empty a Urostomy Pouch (3:22)
- How to Empty a Drainable Pouch (3:13)

## Using Ostomy Accessories

- How to Use **Adapt** Barrier Rings (2:16)
- How to Use **Adapt** Convex Barrier Rings (2:56)
- How to Use **Adapt** Lubricating Deodorant (1:41)
- How to Use **Adapt** Paste (2:27)
- How to Use **Adapt** Stoma Powder (1:16)
- How to Use **Adapt** Ostomy Belts (2:23)

# Ostomy Educational Theatre

Additional Instructions:

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For product questions, sampling needs, or detailed clinical questions concerning our products in the US, call **1.888.808.7456**. In Canada call **1.800.263.7400**.

Routine follow-up with your healthcare professional is recommended.

Prior to using any ostomy products/accessories be sure to read all product inserts and labels.

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**Ostomy Care**  
*Healthy skin. Positive outcomes.*