

Youcare 2

2-Piece Ostomy System

Instruction Manual

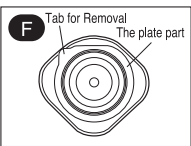
- Prior to use, carefully read the instruction manual so that you understand the product's features.
- Keep the instruction manual close at hand and read it again when needed.



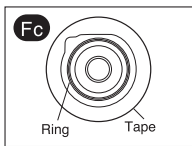
You can contact us at
 E-mail: inquiry@alcare.co.jp
 Fax: +81-3-5611-7827
www.alcare.co.jp/e

Types of Youcare 2 and Explanations of Terms

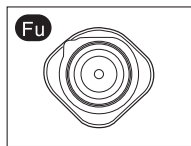
■ Flange



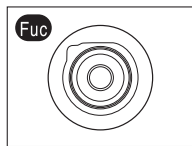
Use for Colostomy/Ileostomy
Flat Type



Use for Colostomy/Ileostomy
Convex Type

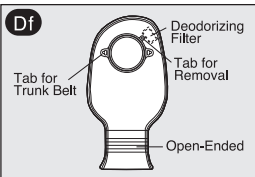


Use for Urostomy
Flat Type

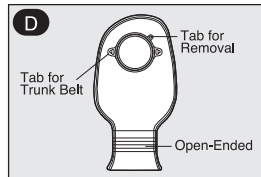


Use for Urostomy
Convex Type

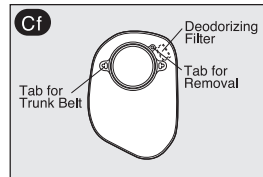
■ Ostomy Bag



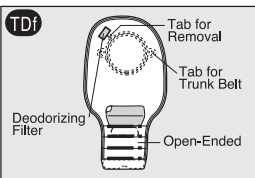
Use for Colostomy/Ileostomy
Drainable type with Filter



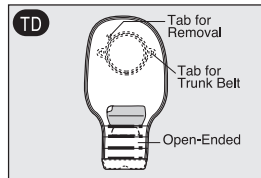
Use for Colostomy/Ileostomy
Drainable type without Filter



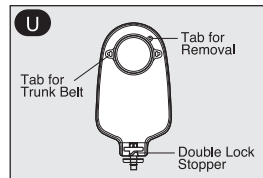
Use for Colostomy/Ileostomy
Closed type with Filter



Use for Colostomy/Ileostomy
Clipless type with Filter



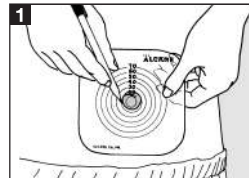
Use for Colostomy/Ileostomy
Clipless type without Filter



Use for Urostomy
Urinary Type

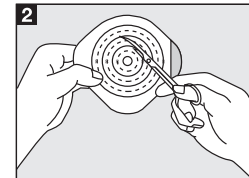
How to Apply Faceplate

Free-Cut : Start from **1**
 Pre-Cut : Start from **3**
1 and **2** are not required
 for Pre-Cut Type.



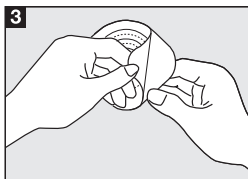
Measure Your Stoma Size
 Measure your stoma size and make the stoma size hole in the cutting gauge. Make sure the hole comes center of the gauge. Keep the cutting gauge as your template.

* Stoma size may change. Measure once a month to determine your current stoma size.

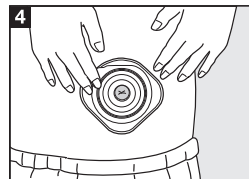


Make a Hole on Faceplate
 Turn over the cutting gauge with a hole and place it on the release film of the faceplate. Trace the hole onto the faceplate. Cut the faceplate 1 to 2mm larger than the indicated line.

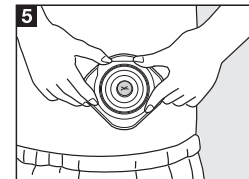
* Make the inside edge of the faceplate smooth by rubbing with fingers to avoid hurting your stoma.



Peel Off the Release Film
 Lift the tab to remove the release film from the faceplate.

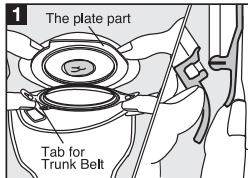


Apply the Faceplate
 Check the upper and lower sides of the faceplate. Smoothing out the wrinkles, apply the faceplate onto the abdomen.

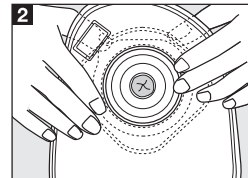


Hold the Faceplate Well
 After application of the faceplate, press with the hands moving outward from the peristoma to achieve firm contact with the skin.

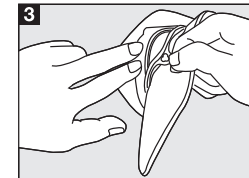
How to Apply the Ostomy Bag



Adjusting the Position of the Ostomy Bag
 Place the junction part of the ostomy bag on the junction part of the faceplate applied to the body. Insert your finger under the plate part and press the junction parts from above the ostomy bag with your finger to couple them.

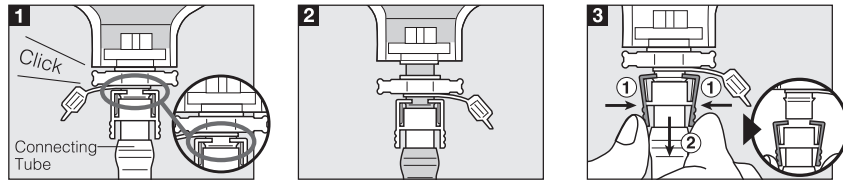


Setting the Ostomy Bag
 Move your finger to press the remaining part until they are coupled completely.



Removing the Ostomy Bag
 To remove the ostomy bag, pull the hook of the ostomy bag while holding down the plate part of the flange.

How to Use the Uro Products Connecting Tube (In the case of using commercially available urine collection bags)

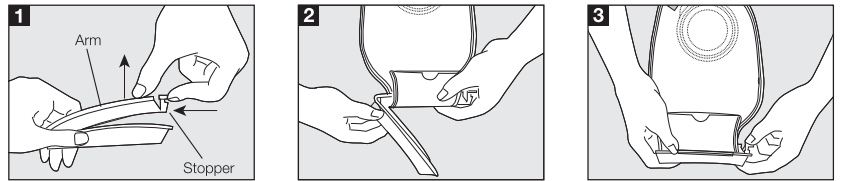


1 Squeeze the connector part of the connecting tube into the urinary outlet of the ostomy bag until you hear a click. Make sure to insert the connector part of the connecting tube till the end and check whether it is interlocked or not.

2 Turn the wing shape tab by 180 degrees, then urine can be withdrawn to the urine collection bag through the connecting tube.
* The connecting tube is not needed in the case of using ALCARE Urinary Bag (#12071).

3 Squeeze the wave part of connector part between your thumb and forefinger to unlock the connecting part. Then gently pull out the connecting tube.

How to close <Drainable type D/Dc>

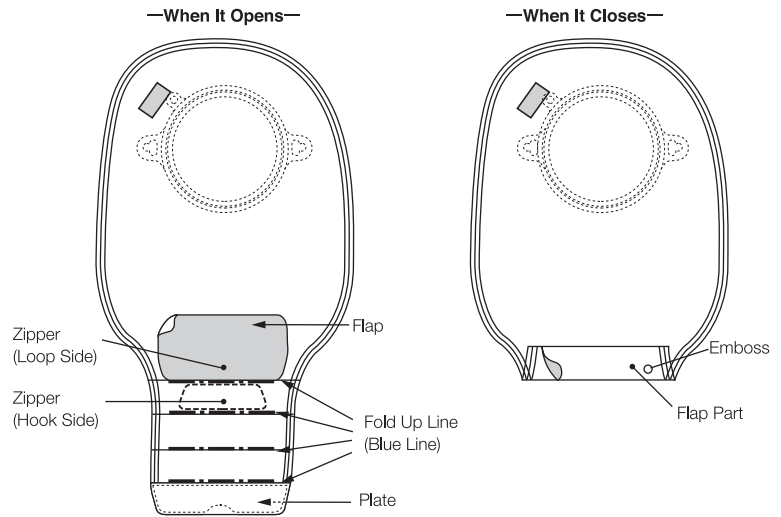


1 **Open the Clip**
As shown above picture, push the stopper and then pull up the arm to open.

2 **Setting the Ostomy Bag around the Clip**
Adjust the clip line of the ostomy bag to the lifted arm and twist the bag around the arm once.
* Make sure that the curve of the clip fits to the body contour.

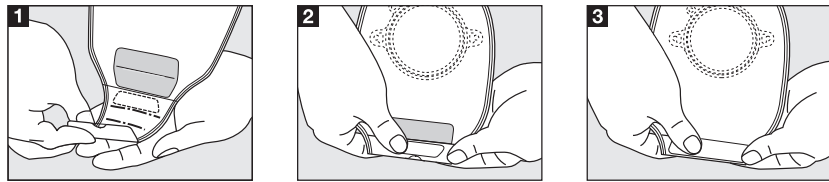
3 **Close the Clip**
Fasten the clip by pushing the stopper.
* Make sure the clip is closed securely at the end.

How to open and close <Clipless type Tdf/TD>



● If either Loop or Hook Side of Zippers gets wet, it may lose adhesion and may wet the clothes. Use the bag after wiping off moisture of the Zipper with a towel or tissue paper.

How to close

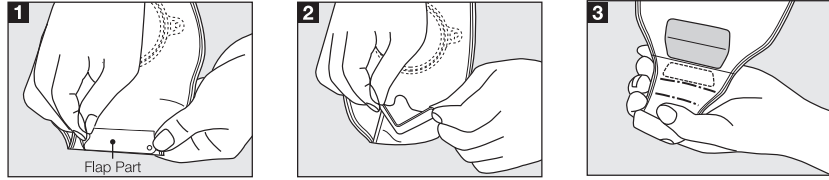


1 **Fold up from the Bottom**
Fold up the plate 4 times forward.
* Any looseness or wrinkles happening in hold-up may cause leakage of faeces or smell.

2 **The Hook Side of Zipper comes front side**
Fold up the bag end along the Fold Up Line. The Zipper (Hook Side) comes up to the front.

3 **Overlap Loop Side on Hook Side of Zipper**
Overlap Hook and Loop Side of Flap and press firmly.

How to open and discharge the faeces

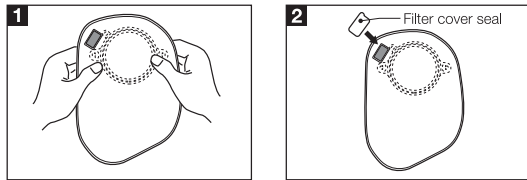


1 **Detach the Flap Part**
Hold the Plate with one hand and carefully pull up either left or right side (Emboss is a marker) by the other hand and remove it.
* When you detach, do not mistake the Flap Part for the fixation part.

2 **Open the Folded-Up Part**
After exposing the open-ended area upward, open the folded-up part. Keep the "V" shape opened by folding Plate. It will be easier to discharge and wipe off.
* Tightly fold in "V" shape to form a habit of the same shape.

3 **Discharge Faeces**
Slowly expose the "V" shaped plate, open-ended area, to toilet and discharge the faeces.
* If any faeces remain around the open-ended area, the leakage of faeces or of smell can occur. Wipe off properly before you close.

Advice about the deodorizing filter



1 The gas accumulating in the ostomy bag is emitted gradually.
* The deodorizing filter can be used safely because of its special structure that prevents leakage of faeces in the ostomy bag through the filter of Youcare 2.

2 Filter cover seal

Precautions for Use and Storage

To avoid peeling off or leakage due to decreased adhesive strength, observe the following:

- Do not touch the adhesive part with oil-covered hands.
- Do not apply ointment or cream that may weaken adhesion, around the stoma.
- Do not reapply a faceplate that has been removed.
- Do not store in an area of high-temperature or high-humidity area or in a freezer.
- Do not store in direct sunlight or in a pressurized area.
- Avoid long-term stockpiling.
- Do not peel off the release film until use.

Important
Use the filter cover seal in the package to seal the air vent if you recognize the following condition or take a bath.

1 Excessive air venting
Excessive air venting may result in a vacuum state. In this case, the faeces may not move down into the ostomy bag but remain around the stoma. In order to prevent such a state, you can close the air vent with the filter cover seal in the package. By doing this, gas accumulates in the ostomy bag. Remove the seal and gently press the bag with your hands to emit the accumulated gas.

2 Taking a bath or a shower
When bathing, the activated carbon in the filter may absorb water as a result of contact between the filter and water. Water containing activated carbon may then leak after bathing and stain the clothes.