

for Best Care **ALCARE**

Youcare

1-Piece Ostomy System

Instruction Manual for digestive stoma

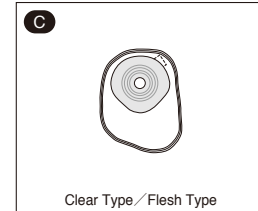
- Prior to use, carefully read the instruction manual so that you understand the product's features.
- Keep the instruction manual close at hand and read it again when needed.



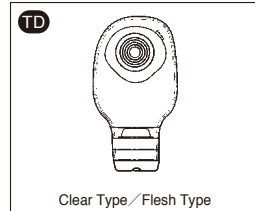
You can contact us at
 E-mail: inquiry@alcare.co.jp
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www.alcare.co.jp/e

Types of Youcare

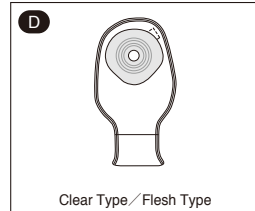
Stoma with sufficient height



Closed Type

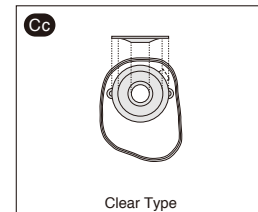


Drainable Type

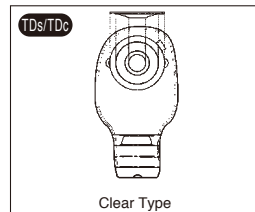


Drainable Type

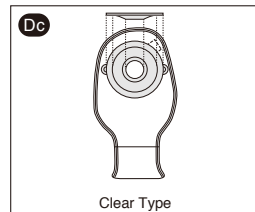
Flat or retracted stoma



Closed Type (Convex Type)



Drainable Type (Convex Type)



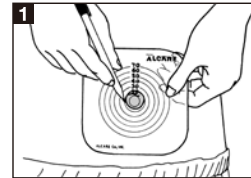
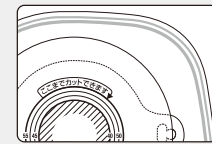
Drainable Type (Convex Type)

How to Apply Faceplate

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

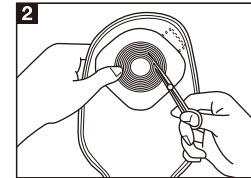
When free-cutting type TDc

Since the shaded area (////) inside the faceplate is outside the valid range, cut it off before use.



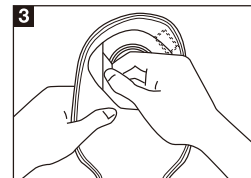
Measure Your Stoma Size
 Measure your stoma size and make the stoma size hole in the cutting gauge. Make sure the hole comes center of the gauge. Keep the cutting gauge as your template.

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

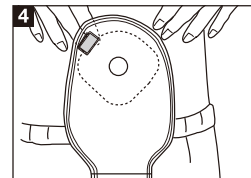


Make a Hole on Faceplate
 Turn over the cutting gauge with a hole and place it on the release film of the faceplate. Trace the hole onto the faceplate. Cut the faceplate 1 to 2mm larger than the indicated line.

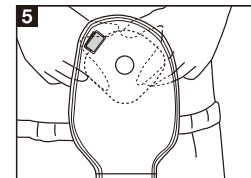
* Make the inside edge of the faceplate smooth by rubbing with fingers to avoid hurting your stoma.



Peel Off the Release Film
 After checking that the skin surface is completely dry, peel the release film off the surface of faceplate.



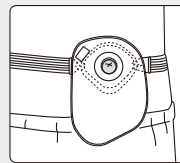
Apply the Faceplate
 Smoothing out the wrinkles, apply the faceplate onto the abdomen.



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.

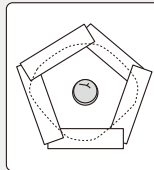
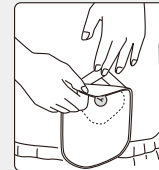
•For more secure fixing, we recommend using it with a trunk belt.

Using Youcare with a trunk belt ensures that it adheres closely to the skin and stays securely in place. For those who use type TD, D and C, use the Youcare Trunk Belt with Face Plate. For those who use type TDs, TDc, Dc and Cc, use the Youcare Trunk Belt. For details on how to use the belt, please refer to the instruction manuals for the Youcare Trunk Belt with Face Plate and the Youcare Trunk Belt.

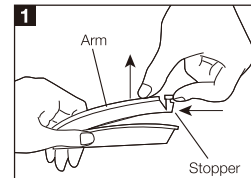


•Water-proof tape is recommended to secure it while taking a bath.

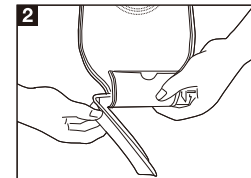
The faceplate could melt from edges and becomes sticky by hot water. Water-proof tape (Dermapore #3) is recommended to secure while taking a bath.



How to close <Drainable type D/Dc>

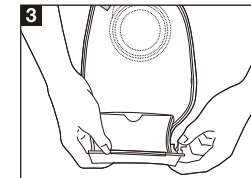


Open the Clip
 As shown above picture, push the stopper and then pull up the arm to open.



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.

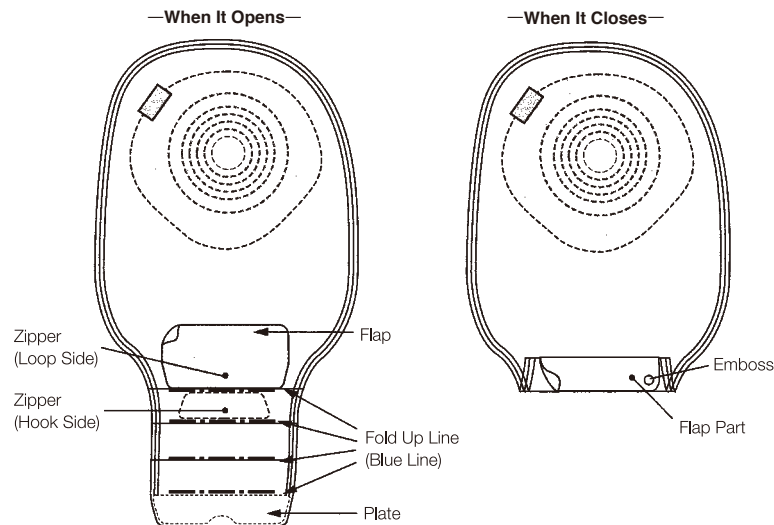
* Make sure that the curve of the clip fits to the body contour.



Close the Clip
 Fasten the clip by pushing the stopper.

* Make sure the clip is closed securely at the end.

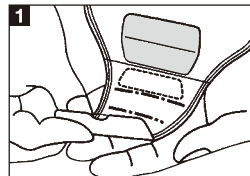
How to open and close <Clipless type TD/TDs/TDc>



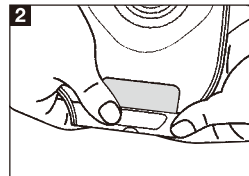
- If either Loop or Hook Side of Zippers gets wet, it may lose adhesion and may wet the clothes. Use the bag after wiping off moisture of the Zipper with a towel or tissue paper.

How to open and close <Clipless type TD/TDs/TDc>

How to close

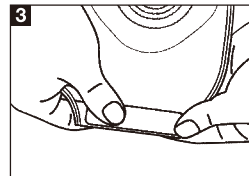


1 Fold up the plate 4 times forward.



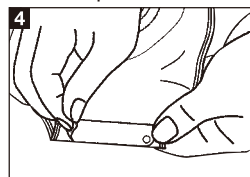
2 Fold up the bag end along the Fold Up Line. The Zipper (Hook Side) comes up to the front.

* Any looseness or wrinkles happening in hold-up may cause leakage of faeces or smell.

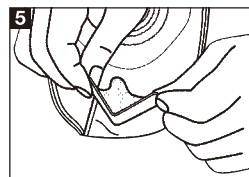


3 Overlap Hook and Loop Side of Flap and press firmly.

How to open



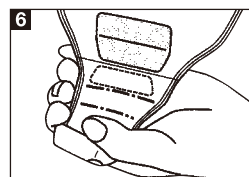
4 Hold the Plate with one hand and carefully pull up either left or right side (Emboss is a marker) by the other hand and remove it.



5 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.



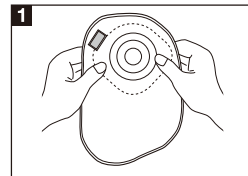
* Tightly fold in "V" shape to form a habit of the same shape.



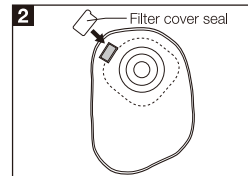
6 Slowly expose the "V" shaped plate, open-ended area, to toilet and discharge the faeces.

* 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.



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 an ostomy bag once it has been peeled off.
- Do not fold the ostomy bag that has already been set. The ostomy bag may be perforated and it may cause the leakage.
- Do not wash the ostomy bag you are using with water. This may damage the bag and cause leakage.
- Warm the adhesive face before application if it is cold.
- In the case of free-cutting, cut within the specified valid size range. Cutting beyond the maximum valid size or using it in a size smaller than the minimum valid size may cause leakage from the faceplate.
- Do not keep an excessive amount of faeces in the ostomy bag, and dispose of it appropriately. Excessive storage may cause the faceplate to peel off due to the weight.
- Discontinue use if skin becomes irritated. In this case, consult with doctors or nurses.
- 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.

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