



# StomaToGo Instructions



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1. Recommend using StomaToGo at home to increase confidence and familiarity.
2. The steps provided are just an example based on using it in a public setting without any surfaces to hold items used during the change.
3. Actual steps can vary based on your own preferences and environment (e.g. at home where you can use surfaces to hold items or no need to use Shield Holder in private setting).
4. There may be occasions where the Stabilizer Bar should be removed (e.g. using StomaToGo while sitting)
5. Getting good at inserting the waste bag may take some time and practice but will become second nature.
6. The instructions assume that clothing will be adjusted out of the way.
7. If a waste bag was already placed in StomaToGo when preparing it for transport, Page 1 steps 3 thru 7 can be skipped.



# Using StomaToGo Steps – Page 1

1. Remove Shield Holder from Base transport posts and insert it into Base center post.
2. Undo the belt/strap and unwind it allowing the Stabilizer Bar to drop down into position.
3. Move the Rest Platform out of the way and push it down onto the stops.
4. Remove the Bag Holder from the Base and place one arm thru the Base to hold it. Insert a waste bag thru the middle of the Bag Holder and lap it over the Bag Holder for a few inches all the way around it.
5. If the waste bag has air in it, press it against your body to expel the air.
6. Insert Bag Holder with the waste bag into the Base by grasping the waste bag under the Bag Holder with one hand, reaching thru the Base from underneath with the other hand and grasping the waste bag with that hand and pulling the Bag Holder into the Base.
7. Use the Bag Holder post as a guide to proper placement by placing it to the middle of the back of the Base and press the Bag Holder down into the Base.
8. Tug slightly on the waste bag below the Base to make sure it is secured.



# Using StomaToGo Steps – Page 2

1. While holding the Base with one hand reach around your back to grab the strap and pull it around your waist. Insert the loose end of the strap thru the open belt/strap hole. Pull the strap tight and place the Base right under your stoma and below the appliance.
2. Position the Rest Platform to the back or to one side.
3. If desired, hook another waste bag onto the pointed hook of the Shield holder and drop the other end of the bag into the center of Base into the waste bag.
4. If using a two piece appliance and a seal ring, prepare them on the Rest Platform. Hang your new stoma bag onto one of the hooks.
5. If using one of the optional cleaning holders to hold towels or adhesive removers or other cleaning materials, place it on one of the hooks.
6. Remove the current appliance and drop it into the waste bag.
7. Do your normal change process dropping any cleaning materials into the waste bag. Any stoma output during this process should go into the waste bag.
8. Attach your new appliance and bag but hold onto the bag to make sure it doesn't drop into the waste bag and get soiled. You can also use any clip to clip the bottom of the stoma bag to the top of it to hold it out of the way.



# Using StomaToGo Steps – Page 3

1. If using a waste bag as a shield, remove it from the pointed hook and drop it into the waste bag.
2. You can remove the waste bag while StomaToGo is still strapped around your waist by pull the Bag Holder up using the post. Grasp the waste bag with one hand under the Bag Holder and use the other hand to unwrap the waste bag from the Bag Holder. Tie the top of the waste bag and drop it down thru the base and dispose of it. Place the Bag Holder back into the Base. Remove StomaToGo by unstrapping the side used to tighten it around the waste.
3. An alternative is to hold the base with one hand and remove StomaToGo by unstrapping the side used to tighten it around the waste. Then remove the waste bag as explained above.
4. Use the Transport instructions to prepare StomaToGo for transporting.