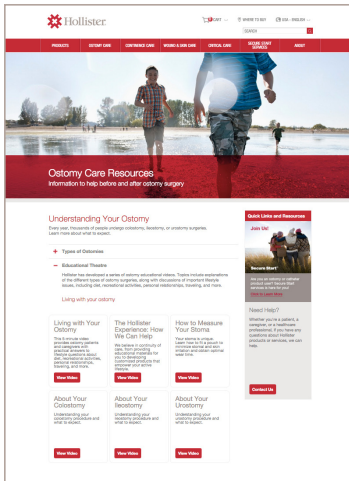


Ostomy Educational Theatre



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/quicktools

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)

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)

Using Pouching Systems

- How to Apply a One-Piece Drainable Pouch (5:53)
- How to Apply a One-Piece Urostomy Pouch (5:28)
- How to Apply a Two-Piece Drainable Pouching System (6:40)
- How to Apply a Two-Piece Urostomy Pouching System (6:07)
- How to Apply a Two-Piece Drainable Pouching System with FormaFlex (5:43)
- How to Apply a Two-Piece Urostomy Pouching System with FormaFlex (5:09)
- How to Empty a Urostomy Pouch (3:22)
- How to Empty a Drainable Pouch (3:13)

