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Coloplast 10561

Coloplast SenSura Mio Flex Ostomy Barrier User Manual

Model: **10561** | Brand: **Coloplast**

INTRODUCTION

The Coloplast SenSura Mio Flex Ostomy Barrier is designed to provide a secure and comfortable solution for individuals with an ostomy. This barrier features an elastic adhesive that conforms to individual body shapes, ensuring a discreet and reliable fit. The innovative design allows for the pouch to be changed independently of the baseplate, promoting skin health and convenience.

Key features include:

- Flat, trim-to-fit barrier for standard wear.
- 50 mm flange for secure attachment.
- Elastic adhesive for a secure fit to individual body shapes.
- Neutral gray textile for optimal discretion.
- Full-circle filter for proven reduction of ballooning.

SETUP AND PREPARATION

Proper preparation of the skin and barrier is crucial for optimal adhesion and comfort. Follow these steps for initial setup:

1. **Clean the Skin:** Gently clean the skin around your stoma with water. Ensure the skin is completely dry before applying the barrier. Avoid using oil-based cleansers or moisturizers as they can interfere with adhesion.
2. **Measure the Stoma:** Use a measuring guide to determine the exact size and shape of your stoma.
3. **Trim the Barrier:** The SenSura Mio Flex barrier is trim-to-fit. Carefully cut the opening in the barrier to match the measured size and shape of your stoma. Ensure the opening is large enough to avoid pressure on the stoma but small enough to protect the surrounding skin. The stoma opening should fit within the 3/8-1 7/8 inch range.
4. **Prepare the Adhesive:** Warm the adhesive barrier gently with your hands for a few moments to improve its flexibility and adhesion.

5. **Apply the Barrier:** Remove the protective film from the adhesive. Center the trimmed opening over your stoma and carefully apply the barrier to your skin, working from the stoma outwards. Smooth out any wrinkles or creases to ensure full contact with the skin.
6. **Secure in Place:** Press firmly around the stoma and the entire adhesive area for 30-60 seconds to ensure a secure seal.



Image: The SenSura Mio Flex Ostomy Barrier, illustrating its flexible design and adhesive baseplate. This image helps visualize the product components for proper application.

OPERATING AND DAILY USE

Once the barrier is securely in place, you can attach your ostomy pouch. The SenSura Mio Flex system utilizes a flexible coupling mechanism for easy and secure attachment.

1. **Attaching the Pouch:** Align the pouch's coupling ring with the barrier's flange. Press them together firmly until you hear a click, indicating a secure connection. The flexible coupling adapts to body contours, providing a discreet and flat profile.
2. **Daily Activities:** The elastic adhesive and flexible coupling are designed to move with your body, allowing for normal daily activities, including exercise and showering. The neutral gray textile of the pouch (if using a matching Mio pouch) offers optimal discretion under clothing.
3. **Odor and Ballooning Control:** The integrated full-circle filter helps to reduce ballooning and neutralize odors, contributing to comfort and confidence throughout the day.

MAINTENANCE AND CHANGING

Regular maintenance and timely changes are essential for skin health and system integrity. The SenSura Mio Flex system allows for independent changing of the pouch and barrier.

- **Pouch Change:** The pouch can be changed without removing the baseplate. Gently detach the pouch from the barrier's coupling. Dispose of the used pouch properly. Attach a new, clean pouch following the "Attaching the Pouch" steps above.
- **Barrier Change:** The frequency of barrier changes depends on individual skin condition, stoma output, and lifestyle. Typically, barriers are changed every 2-5 days. To remove the barrier, gently peel it off the skin, starting from the top and working downwards. Use an adhesive remover if necessary. Clean and inspect the skin thoroughly before applying a new barrier.
- **Skin Care:** Always inspect the skin around your stoma during each barrier change. Look for any signs of irritation, redness, or breakdown. If issues arise, consult with your healthcare professional.

TROUBLESHOOTING

Encountering issues with your ostomy barrier can be concerning. Here are some common problems and

potential solutions:

- **Leakage:**
 - **Cause:** Improper barrier size, poor adhesion, skin folds, or high output.
 - **Solution:** Re-measure your stoma and ensure the barrier opening is correctly sized. Press firmly on the adhesive during application. Ensure skin is clean and dry. Consider using accessory products like barrier rings or paste if recommended by your healthcare professional.
- **Skin Irritation/Redness:**
 - **Cause:** Leakage, allergic reaction to adhesive, improper removal, or fungal infection.
 - **Solution:** Ensure a proper seal to prevent leakage. Change barrier regularly. Remove barrier gently. If irritation persists, consult a healthcare professional.
- **Pouch Ballooning:**
 - **Cause:** Gas buildup in the pouch.
 - **Solution:** The SenSura Mio Flex system includes a full-circle filter designed to reduce ballooning. Ensure the filter is not blocked. If ballooning is excessive, consider dietary adjustments or consult your healthcare professional.
- **Difficulty with Pouch Attachment/Detachment:**
 - **Cause:** Misalignment or insufficient pressure.
 - **Solution:** Ensure the coupling rings are perfectly aligned before pressing. Apply firm, even pressure until a click is heard. For detachment, gently separate the rings.
- **Product Selection:**
 - **Note:** Coloplast offers various products (e.g., different sizes, convexity levels, color codes like red or blue). Ensure you have selected the correct product type for your specific needs. If unsure, contact Coloplast customer support or your healthcare provider for guidance on proper pairings.

If you experience persistent issues or have concerns, always consult with your healthcare professional or an ostomy nurse.

SPECIFICATIONS

Attribute	Detail
Brand	Coloplast
Model Number	10561
Product Type	Ostomy Barrier (Baseplate)
Stoma Opening Size	3/8 - 1 7/8 inches (trim-to-fit)
Flange Size	50 mm
Material	Polyester (for textile components), Adhesive
Style	Adhesive, Flexible Coupling
Sterility Rating	Non-Sterile

Package Size	5 Count (Pack of 1)
Date First Available	September 13, 2019

SUPPORT AND CONTACT INFORMATION

For further assistance, product inquiries, or to report any issues, please contact Coloplast customer support. They can provide guidance on product selection, application techniques, and troubleshooting specific concerns.

Please refer to the official Coloplast website or product packaging for the most current contact details.

Important Note: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Always consult with a healthcare professional for medical advice.