

# Quick Educational Tools

to learn about living with an ostomy

## SECURE START SERVICES

Join Hollister Secure Start Services Today! Enroll now to gain access to free personalized support, product information, and educational resources that will help you live the life you want to live. Enrolling is easy and at no cost to you!



### Secure Start services, Enroll on the Go

*Use your smart phone camera to access these great ostomy care resources. Hold your device so the code appears in the viewfinder in the camera app, and when prompted tap the notification to open the link.*



## CARE TIPS

### Ostomy Care



Types of Ostomies  
Care Tips



High Output Ileostomy  
Care Tips



Medicare Guideline  
Care Tips



Routine Care of Your  
Ostomy Care Tips



Ileostomy Dietary  
Guidelines Care Tips

### Pouching Systems



1pc Pouching System  
Care Tips



2pc Pouching  
System Care Tips



Lock 'n Roll  
Microseal Closure  
Care Tips



Pouchkins 1pc  
Pouching System  
Care Tips



Pouchkins 2pc  
Pouching System  
Care Tips



Pouchkins Newborn  
Pouching System  
Care Tips

### Accessories



Adapt Barrier  
Rings Care Tips



Adapt Stoma  
Powder Care Tips



Adapt Medical  
Adhesive Remover  
Spray Care Tips



Adapt Convex  
Barrier Rings  
Care Tips



Adapt Lubricating  
Deodorant Care Tips



Adapt Ostomy  
Belt Care Tips



Adapt Paste  
Care Tips



Adapt No Sting  
Skin Protective  
Wipes Care Tips

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## UNDERSTANDING YOUR OSTOMY



Understanding Your Colostomy



Understanding Your Ileostomy



Understanding Your Urostomy

## LIVING WITH YOUR OSTOMY



Healthy Eating



Home and Work Life



Travel



Sport and Fitness



Sex and Parenthood

## CAREGIVER BOOKLETS



Caring for Your Loved One with an Ostomy



Caring for Your Child with an Ostomy

## VIDEOS



Ostomy Educational Theatre Videos

### Educational Theatre

A series of ostomy educational videos. Topics include explanation of different types of ostomy surgeries, along with discussion of important lifestyle issues.

*Click on + Ostomy Educational Theatre Videos to expand the list of videos available*

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