

My daily stoma routine - 8 steps which make a difference

HELLO FREKA PEG PRO



A brief guide for a healthy stoma* as reminder of the HCP training you received

2 Is your stoma feeling well?

As you do with all your body parts, check your stoma. Assess for signs of discomfort, leakage, swelling, or inflammation. It is best to act early. Ask your HCP for help.



1 Say good morning to a new day

Stay relaxed; you will get enough energy via the Freka PEG Pro to master your day

3

Cleansing time

Uncover your stoma and clean it with warm water and mild soap. Disinfectants can be kept for exceptional cases.

4

Mobility comes from moving

Everything will get stuck if it is not moved. So does the PEG. Give it a proper twist** and a backward-forward movement regularly.



TO DO

5

Give the stoma fresh air

Fresh air can do miracles. The stoma will thank you for dry and ventilated conditions.

DONE

7

What to dress today?

A healthy stoma feels more comfortable with soft tissue between the PEG plate and the skin. Fasten the tube to the belly, then it is not so disturbing.

6

Freka PEG Pro wants your attention

Cleaning and flushing keep the tube healthy from the outside and inside. A toothbrush provides good service for scrubbing the connectors.

8

You are not alone

Fresenius Kabi is just one call away from you:



**FRESENIUS
KABI**

caring for life

*Please refer always to your healthcare professional's instructions and to the official patient information.

**Never twist in the first 10 - 14 days and if an intestinal tube is existing.

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