

Coloplast Accessories to help you maintain healthy skin
康乐保皮肤保健配件产品

Accessory that prevents leakage
防止渗漏的产品

Brava® Strip Paste 条状保护土

Level up uneven skin and prevents seepage. Absorbs excess moisture and keeps skin dry. Non-stinging as no alcohol content.

填平造口周围凹陷防止渗漏。吸收水份保持皮肤干爽。无酒精不会刺激皮肤。

Brava® Mouldable Ring 防漏环

Durable for a long-lasting tight seal around the stoma. It provides long-lasting protection against leakage. The ring is easy to handle, making it simple to secure a tight and durable seal

防止渗漏，令造口周边皮肤更好。可塑造型和容易使用。吸收多余水份，并不会于配戴时干掉。不含酒精成份，不刺激皮肤。

SenSura® Range
Trust in SenSura double-layer security



SenSura 1-piece system



SenSura 2-piece system

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Accessory that protects skin
保护皮肤的产品



Brava® Skin Barrier Spray 皮肤保护喷雾

It does not contain alcohol so it is sting-free and can reduce skin problems associated with stoma output and adhesives. It dries within a few seconds, leaving a thin breathable film and won't build up residue on your skin. It does not affect further adhesion of baseplate.

成份温和，不含酒精，使用后可减低因造口分泌物所引起的问题。快速干透，形成一层保护皮肤的透气薄膜。透气薄膜不影响底板的黏胶附着。



Brava® Adhesive Remover Spray 皮肤除黏胶喷雾

It does not contain alcohol so it is sting-free. It can remove the base plate and leftover residue easily. it is soft and gentle to take care of the skin and as it dries within a few seconds, it does not affect further adhesion. 不含酒精成份，不会引起刺痛感，不会留下薄膜。容易移除紧贴皮肤的黏胶/底板，性质温和。使用后也不会影响底板的黏胶附着。



Brava® Barrier Cream 保护膏

It is water repellent and protects skin from stomal output. It moisturises and keeps skin healthy. 保护造口周边的皮肤，能迅速滋润与维持皮肤正常状况。

Healthy Low-Residue Diet
健康饮食



Coloplast A/S Singapore
High Street Centre, 1 North Bridge Road, #19-01, Singapore 179094
Telephone: 6235 5933 | www.coloplast.sg

Food that cause blockage
导致造口阻塞的食物

Stringy foods

Celery
Spinach
Coconut
Bean sprouts
Cabbage
Lettuce
Pineapple

粘性的食物

芹菜
菠菜
椰子
豆芽
卷心菜
生菜
黄梨



Foods with tough skins

Apple
Dried fruits
Corn
Olive
Pickles
Cucumber
Capsicums
Hot dogs

带坚韧皮的食物

苹果
干果
玉米
橄榄
泡菜
黄瓜
灯笼椒
热狗



Foods with nuts and seeds
含有坚果和种子的食物



Mushrooms 香菇



Legumes 豆类



Foods that may cause gas & odours
导致胀气和气味的食物

Excessive intake of

Fruits
Vegetables
Legumes
Wheat products

过量摄入

水果
蔬菜
豆类
小麦产品



Milk 牛奶

Carbonated drinks 有汽饮料

Foods that may reduce gas & odours
能够减少胀气和气味的食物

Cranberry juice
Tomato juice
Parsley
Yoghurt
Buttermilk

酸果蔓汁
番茄汁
芫荽
酸奶
酪



Bulk forming food
导致粪便成形的食物

Starchy foods

Bread
Potatoes without skin
Rice
Noodles

淀粉类食物

面包
无皮的马铃薯
米饭
面



Cheese 乳酪

Smooth peanut butter
滑形的花生酱



Ripe bananas 熟的香蕉

Foods that may aggravate diarrhoea
加剧腹泻的食物

Fruits

Blackcurrant juice
Prune juice
Kiwi fruit
Grape

水果

黑醋栗汁
梅干汁
奇异果
葡萄

Alcohol

Wine
Beer

酒精

葡萄酒
啤酒

Caffeine

Coffee
Tea
Cola beverages

咖啡因

咖啡
茶
可乐饮料

Legumes

豆类

Foods that alleviate constipation
能够缓和便秘的食物

Increase fluid intake

Drink at least 2 litres (8 cups) per day Includes juices, soups, coffee, tea, Milo, etc. Special cases to seek doctor's opinion on fluid intake.

增加水量

每天喝至少两公升(八杯)包括果汁, 汤, 咖啡, 茶, 美禄, 等等。特殊情况必须寻求医生有关水量的建议



Adequate fruits

足够的水果

Adequate vegetables

足够的蔬菜

