



AFFILIATED SUPPORT GROUP

Affiliate Group #004

# Clearwater Ostomy Support Group

www.clearwaterostomysupportgroup.org

clearwaterostomy@gmail.com

SUPPORT LINE 727-490-9931



**JUNE 2023**

## Next Meeting

**Sat, June 17, 2023**

**Support Meeting 10:30 am**

**The Masonic Lodge**

**1145 Highland Ave NE**

**Largo, FL 33770**

## UPCOMING EVENTS

**2023 MEETING SCHEDULE**

*Subject to changel*

July 15th

August 19th

Future dates and locations are still to be determined and confirmed.

## the President's Message

Hi Everyone,

This month we will be having a representative, Michael Baldwin, from Hollister. He will be here to talk about new products and to answer your questions. Be sure to bring all of your questions regarding your ostomy. We encourage that all ostomates, family members, support persons and caregivers attend.

Looking forward to seeing you there!

Blessings,

*Marilyn*



Our meetings are open to new ostomates, the experienced ostomates, the caregivers, the families, the healthcare workers, the support persons, the nursing students, the social workers and anyone who has a connection with ostomies and would like to join us. We welcome you all!

## TIPS & TRICKS

### *Ostomy Tips*

Here are some tips and tricks for leak prevention!

#### **Wear a Stoma Belt**

Wearing a belt can help to prevent leaks from happening with your ostomy. They are designed to help hold the weight of the bag as it fills so that the appliance isn't reliant on the adhesive to hold up the extra weight of the bag as it fills.

#### **Plan the timing of your meals**

Keeping track of how your digestion works is also an effective technique for reducing the chances of a leak. Eating starts up the digestion system and the food from the meal eaten will then get passed through shortly after the meal. Being armed with this knowledge will allow you to plan when to eat in accordance with what is going on.

#### **Empty your bag regularly (air too)**

Normally it is recommended to empty the bag at about the 1/3rd of the way full point. Doing so will help reduce the chance of leaks.

#### **Make sure your appliance opening is sized appropriately for your stoma**

There should be minimal gaps between the stoma and the hole in the appliance. Make sure that there isn't more than about 1 cm of space between the edge of the adhesive and the stoma itself.

#### **Take good care of your skin**

Cleaning the skin is critical. Beyond just being more comfortable from having non-irritated skin, the adhesives of the appliances will stick better to healthy skin.

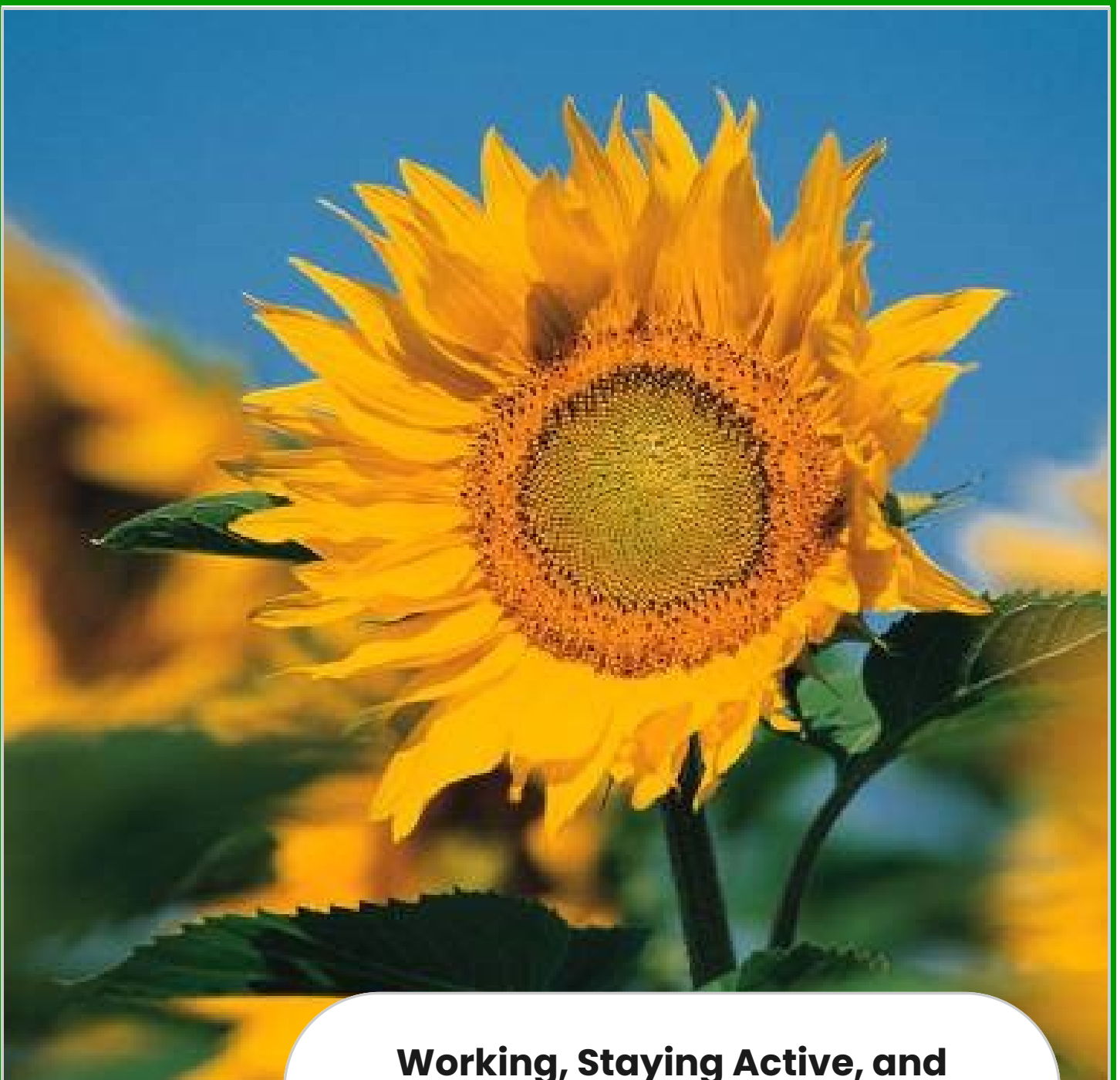
#### **Try different appliances and adhesives**

Try out a bunch of different options. Most companies will give you free samples to try, so take advantage of that!

## WHEN TO CALL A DOCTOR OR WOC NURSE

1. If cramps last more than two or three hours.
2. If you get a deep cut in your stoma or bleeding at the juncture of the skin and stoma.
3. If you have excessive bleeding from the stoma opening or a moderate amount in the pouch after several times emptying.
4. If you have a strong odor lasting more than a week.
5. If you have severe skin irritation or deep ulcers.
6. If you have severe watery discharge lasting more than five or six hours.
7. If you have an unusual change in the size or appearance of your stoma.





**Working, Staying Active, and  
Traveling When You Have an Ostomy**

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### Know what's safe for your type of ostomy

Everyone needs daily exercise to stay healthy and for the body to function well. An ostomy should not keep you from exercising and playing sports. In fact, people with ostomies are distance runners, weight lifters, skiers, swimmers, and take part in most sports. But it's important to know what activities may not be safe for your type of ostomy. There are safety measures you may need to think about. For instance, many doctors recommend avoiding contact sports because of possible injury to the stoma from a severe blow. But special protection may be able to help prevent these problems. Talk to your health care team about any limitations you may have.

Most of the hints and tips below are for people who have an ostomy in their abdomen (belly), such as a colostomy, ileostomy, or urostomy. People with these types of ostomies sometimes wear longer shirts or exercise pants and shorts with higher waistbands, depending on the location of the stoma.



### Swimming and water sports

People with abdominal ostomies can swim with a pouching system in place. For sanitary reasons, use a stick-on pouch when you go swimming in fresh

water or in the ocean. Remember these points:

- If you use a support ostomy belt, you can leave it on if you want to.
- You may want to protect the barrier by taping the edges with waterproof tape.
- **Before swimming, empty your pouch and remember to eat lightly.**

### Choosing a swim suit

You may want to choose a swim suit with a lining for a smoother profile. Dark colors or busy patterns can also help hide the pouching system.

#### For women:

- Consider a suit with a well-placed skirt or ruffle.
- You may also wear stretch panties made especially for swim suits.

#### For men:

- Try a suit with a higher waist band or longer leg.
- You may also wear bike shorts or a support garment sold in men's underwear departments or athletic wear departments under your bathing suit.
- Some men may prefer to wear a tank top and trunks, if the stoma is above the belt line.



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### Traveling when you have an ostomy

All methods of travel are open to people who have ostomies. Many people with ostomies travel just like everyone else; this includes camping trips, cruises, and air travel. Here are some travel tips:

- Know your limitations for activities and type of travel, if any.
- Take along enough supplies to last the entire trip plus some extras. Double what you think you may need, because supplies may not be easy to get where you're going. Even if you don't expect to need them, take along everything you need. Plastic bags with sealable tops may be used for pouch and equipment disposal, but local areas may have certain laws for medical waste that involved body fluids.
- Leave home fully prepared. Find out if and where you can get supplies before a long trip. A local ostomy support group may be able to help you find ostomy supplies and local medical professionals.

### Traveling by car:

- Seat belts will not harm abdominal stomas when adjusted comfortably.
- Keep your supplies in the coolest part of the car. Avoid the trunk or back window ledge.

### Traveling by plane:

- Remember that checked-in luggage sometimes gets lost. **Carry extra supplies on the plane with you.** Small cosmetic bags or shaving kits with plastic linings work well. These should be kept in your carry-on bag.

Air travel security will generally let you carry on all medical supplies. You may want to review the Transportation Security Administration's information at: <https://www.tsa.gov/travel/special-procedures>. For specific ostomy information, use the drop-down menu

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under Disabilities and Medications.

### Traveling abroad:

To avoid problems with customs or luggage inspection, **have a note from your doctor stating that you need to carry ostomy supplies and medicine by hand.** Further problems might be avoided by having this information translated into the languages of the countries you are visiting.

Be aware of any special provisions your insurance coverage may have should you need care while you are away. If you are traveling abroad, **get a current list of English-speaking doctors in the areas you'll be visiting.** The International Association for Medical Assistance to Travelers (IAMAT) at 716-754-4883 or [www.iamat.org](http://www.iamat.org) publishes lists of English speaking doctors who were trained in North America or Europe and are available in many countries around the world.

Traveler's diarrhea is a common problem for tourists in foreign countries. The most common cause of diarrhea is impure water and/or food. It may also be caused by changes in water, food, or climate.

Don't eat unpeeled fruits and raw vegetables.

Be sure drinking water is safe. If the water isn't safe, don't use the ice either. Bottled water or boiled water is recommended, even for brushing your teeth.

**Note for people with ileostomies:** your body may lose water and minerals quickly when you

have diarrhea. For this reason, you may need medicine to stop the fluid and electrolyte loss. Your doctor can give you a prescription to control



***IMPORTANT NOTICE:*** Articles and information printed in this newsletter are not necessarily endorsed by the Clearwater Ostomy Support Group and may not be applicable to everyone. Please consult your doctor or Nurse for the medical advice that is best for you

## CLEARWATER OSTOMY SUPPORT GROUP

*Lots of information can be found at the United Ostomy Association of America website.*



UOAA's Main Website -  
[www.ostomy.org](http://www.ostomy.org)

UOAA Discussion Board -  
[www.uoaa.org/forum](http://www.uoaa.org/forum)

Facebook: [Facebook.com/UOAA](https://www.facebook.com/UOAA)

Twitter: [Twitter.com/UOAA](https://twitter.com/UOAA)

Phoenix Ostomy Magazine:  
<https://phoenixuoaa.org/my-account/>

Keep Hydrated!

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## Need Emergency Ostomy Help?



Bay Breeze RX is a proud sponsor of the Angel Closet in affiliation with the Clearwater Ostomy Support Group. The Closet offers free supplies for all types

of Ostomy and wound care. Bay Breeze also provides consultation services by appointment. These services are offered by Karen Burdewick BSN, RN, CWOCN at no charge.

Appointments can be made directly with Lila Jane at 727-744-2660. **Bay Breeze RX** is located at 3350 East Bay Drive. Largo, FL 33771. [www.baybreezerx.com](http://www.baybreezerx.com)

COSG #004

12931 88th Avenue  
Seminole, FL 33776

## Get Ostomy Answers!

The Phoenix magazine provides answers to the many challenges of living with an ostomy. From skin care to nutrition to intimacy, in-depth articles are written by medical professionals, ostomy experts and experienced ostomates. Subscriptions directly fund the services of the United Ostomy Associations of America.

Your satisfaction is guaranteed and your personal information will never be disclosed to a third party.

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