

Navigating PUBLIC RESTROOMS with an Ostomy



Changing or emptying your ostomy pouch in public can be a daunting task. Here are some tips to help that process be easy and discreet.



Use a Moldable skin barrier so you can avoid prepping your supplies in a public restroom. Learn more and request samples here: <https://bit.ly/3bCGhSx>



Always carry extra supplies in case you are stranded where supplies may not be available.



Create a buffer with a layer of toilet paper in the toilet bowl to avoid splashing when emptying your pouch.



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Travelling with an Ostomy WHAT TO PACK



The idea of taking long trips with an ostomy can seem daunting. But with a little extra preparation, you can enjoy the trip of a lifetime. Use the list below to help make packing for your next adventure a little easier.

Pack Extra Supplies. Make sure you have extra pouches, skin barriers and accessories so you are prepared to change and empty your pouch when needed. If you are flying, be sure to put ostomy supplies and a spare change of clothes in your carry-on as well as your checked luggage.

Bring disposable cleansing wipes and disposal bags. Aloe Vesta® Bathing Cloths are an easy-to-use, rinse-free disposable bathing cloth that can be used to clean up your body or hands following a pouch change. (Cleansers with moisturisers are not recommended for use around the stoma.*)

Drink up. Be sure to pack your refillable water bottle so you can stay hydrated.

Wear a Moldable™ Skin Barrier. Cut out a few steps while you are traveling to help make pouch changes easier and quicker. Request a sample.

Carry a statement from your healthcare professional stating your need for ostomy supplies.

Don't forget to leave your anxiety at home. **Travel with confidence.**



Try our Moldable™ Technology Skin Barrier

They are designed to accommodate any changes to your stoma without the need of accessories, meaning no scissors are needed.

Contact our Stoma department and order today **012 329 3036**



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POST-Ostomy SURGERY Taking A Flight



How to Make Flying a Breeze

Take your shoes off. Take off your belt, your jacket and your watch. Take your laptop out of your luggage and empty your pockets. Airport security is complicated. And now that you have an ostomy, it can be even more challenging. **But there are tips and tools to ensure your easy passage through security.** These tools and steps can help make your flying experience less stressful:



Traveling to a foreign country? It is a good idea to have key questions, such as “*where is the bathroom?*”, written down in the local language. Google Translate is helpful in almost any language.



Pre-cut skin barriers

If you use cut-to-fit skin barriers, pre-cutting some at home will make things easier if you need to change your pouch on the plane or during your travels. Or, use Moldable Technology™ skin barriers:

<https://bit.ly/3hBjVVx>



Check the weather forecast of your destination

Warm weather may affect how your skin barriers adhere to your skin, by making the adhesive between your pouch and skin weaker. Be aware of the weather at your destination and prepare accordingly.



Pack extra supplies

Be prepared for anything by packing supplies in your carry-on and in your checked luggage. Pack one of everything you need into a small tote or purse so you can get to it easily in the airport or on the plane without digging through your luggage.



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