

Top 10 Ostomy Myths

*Common misconceptions
about having a stoma*



Keagan

User | Ostomy Care

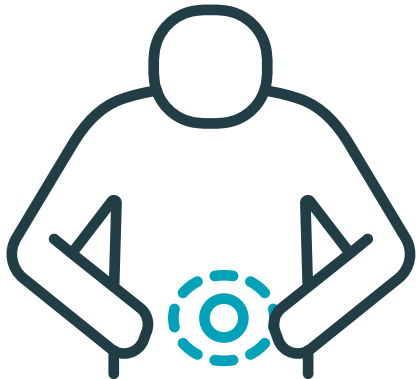
Introduction

Rachel
User | Ostomy Care

Let's bust some **ostomy myths**.

Adjusting to life with an ostomy can be overwhelming for lots of different reasons. You may have learned a few misconceptions about stomas from friends, families, the Internet, or even other people with an ostomy. Having these myths at the back of your mind may be stressful or nerve-racking, so it is important to get educated on the facts of life with an ostomy!

Whatever stage you are at in your ostomy journey, whether you are due to have stoma surgery, you've recently had stoma surgery, or you've been living with a stoma for a while, this resource has information and advice to help you get back to your daily routines. Keep reading to learn the truth behind common ostomy myths and misconceptions.



This information is for educational purposes only. It is not intended to substitute for professional medical advice and should not be interpreted to contain treatment recommendations. You should rely on the healthcare professional who knows your individual history for personal medical advice and diagnosis. The information presented or discussed may not be representative of all patient experiences and outcomes. Each person's situation is unique and risks, outcomes, experience, and results may vary.





Peter
User | Ostomy Care

Myth #1

"If the skin around the stoma is irritated, I should cut the size of the hole in the baseplate larger than the stoma size."



Fact #1

A snug fit between the skin barrier and the stoma with no skin showing is key to maintaining healthy skin. The hole in the skin barrier should not be cut too large with skin exposed which may become irritated and sore from contact with output.

Check out our [Ostomy Cutting Template](#) to measure your stoma for a better fit. You can also call a Care Advisor at 1-866-293-6349 to discuss any skin irritation issues. We can advise you if you need to see a healthcare professional.

Myth #2



"Leakage only occurs when my output overflows outside the baseplate."

Fact #2

Leakage occurs anytime ostomy output seeps under the skin barrier. Even a small amount of output close to the stoma can lead to skin complications which can get you caught in the damaging cycle of leakage and skin issues. This is why finding ostomy products with the right fit is important!

Have you used the [BodyCheck](#) tool? It can help give guidance on ostomy appliances that may be better suited to you.

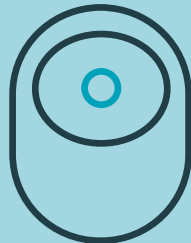


Paula

User | Ostomy Care

Myth #3

“To stop my pouch from ballooning, I have to poke a hole in the filter.”

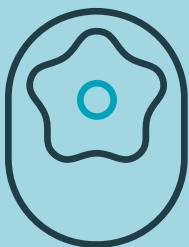


Fact #3

The pouch filter should never be pricked. If you have a 1-piece or 2-piece drainable pouch, you can release air by opening the pouch, or in a 2-piece mechanical coupling system you can disconnect the skin barrier and the pouch to release air. If the filter becomes blocked, you will need to change the pouch if you want its benefits.

Get more personalized advice by enrolling in our [Coloplast Care](#) program.

Myth #4



“Convex appliances can only be worn by people whose stoma is below the surface of the skin.”

Fact #4

Convex appliances may help ensure leakage prevention for people whose stoma is below the surface of the skin or is flush to the skin.

Do you think you might benefit from a convex appliance? Learn more about our convex range of appliances [here](#). You can order free samples through Coloplast Care and try your products before purchasing them.



Myth #5

"Adhesive-removal products will be harsh on my skin and sting when I apply it."



Fact #5

Coloplast offers latex- and alcohol-free ostomy accessories, which make them skin friendly.

Try out our Brava® [Adhesive Remover Wipes or Spray](#) for sting-free, easy removal of ostomy appliance adhesives.

Myth #6



"I need a special type of ostomy pouch and swimsuit to go swimming."

Fact #6

All SenSura® Mio bags are water resistant and can be submerged in water. Just be sure to protect the filter with the stickers provided with your pouches. For even more reassurance, consider our Brava® Elastic Barrier Strips.

Check out our [SenSura® Mio line of products](#), as well as our Brava® [Elastic Barrier Strips](#) for extra protection. Learn more about swimming with an ostomy on our [blog](#).

Steve

User | Ostomy Care

Myth #7

“Other people will be able to smell my ostomy pouch, and it will always have an unpleasant odour.”



Fact #7

If your ostomy appliance fits well, there should be little to no odour present when you are wearing it. For extra assurance, check out our lubricating deodorant drops.

Check out our Brava® **Lubricating Deodorant** to neutralize odour and lubricate your pouch.

Myth #8

“My sex life will be over when I get an ostomy.”



Fact #8

Your ostomy should not get in the way of intimacy with a partner, or stop you from having a satisfying sex life.

Learn more about sex and intimacy with an ostomy by downloading our free e-book, **Intimacy with an Ostomy**, and watch the recorded webinar on **Sex and Intimacy for People with an Ostomy**.

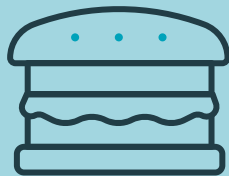


Renee

User | Ostomy Care

Myth #9

"I'll never be able to enjoy the foods I used to eat before my ostomy surgery."



Fact #9

While it's always important to focus on nutrition and a healthy diet, there is a diverse variety of food you can enjoy with an ostomy.

Download our free [Tasty Treats Recipe Book](#) for ostomy-friendly recipes!

Myth #10

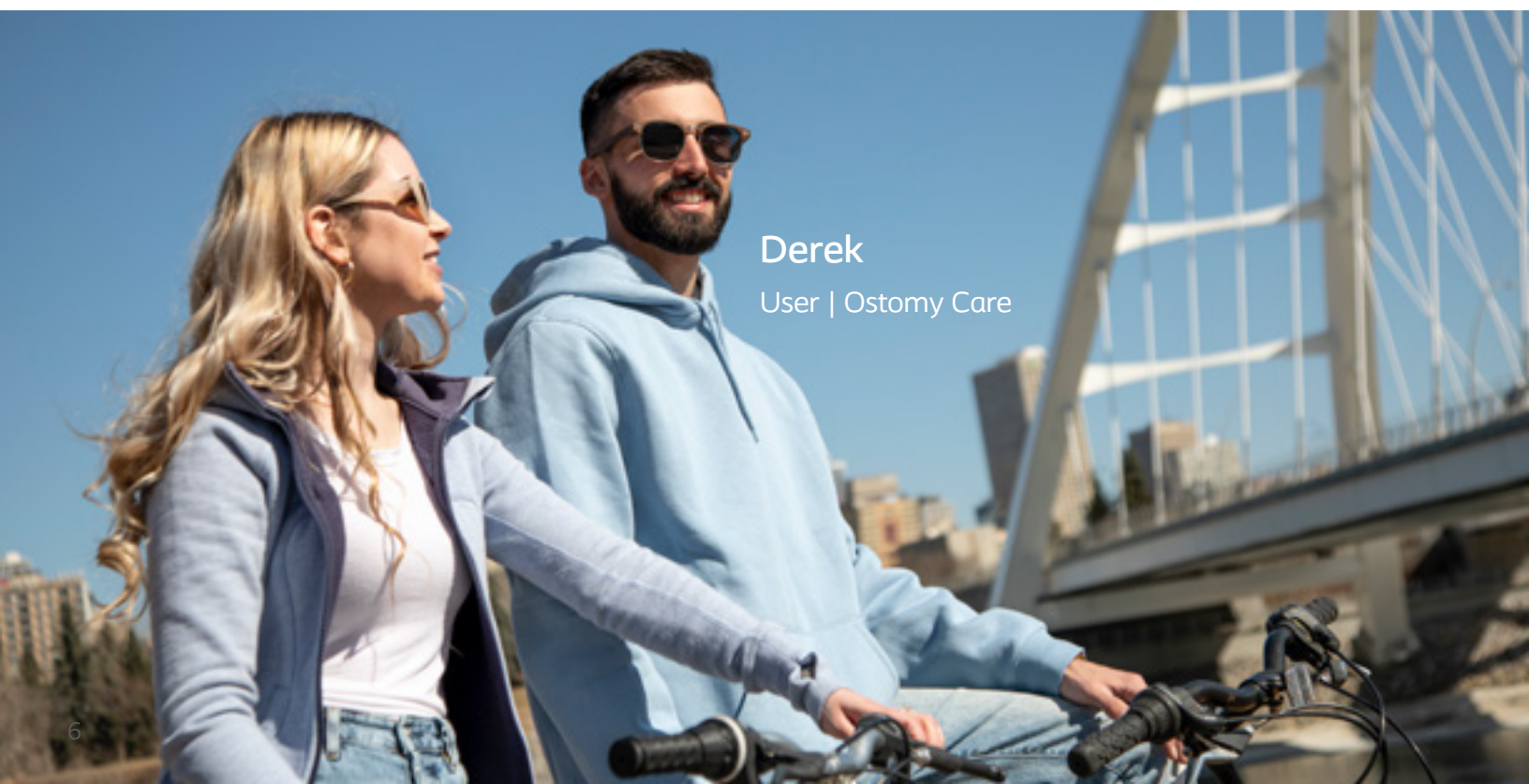
"I will have to purchase all my ostomy products with money out of my own pocket."



Fact #10

You may be eligible for reimbursement! There's a wide variation in the level of reimbursement across Canada. For public government funding, some provinces cover the full cost of ostomy supplies for certain individuals. Those with private insurance may be fully or partially covered for ostomy supplies.

Get more information on ostomy reimbursement in your province or territory [here](#). The Coloplast Care team can help you navigate reimbursement and insurance. Call us at 1-866-293-6349 or email us casupport@coloplast.com with any questions you have.



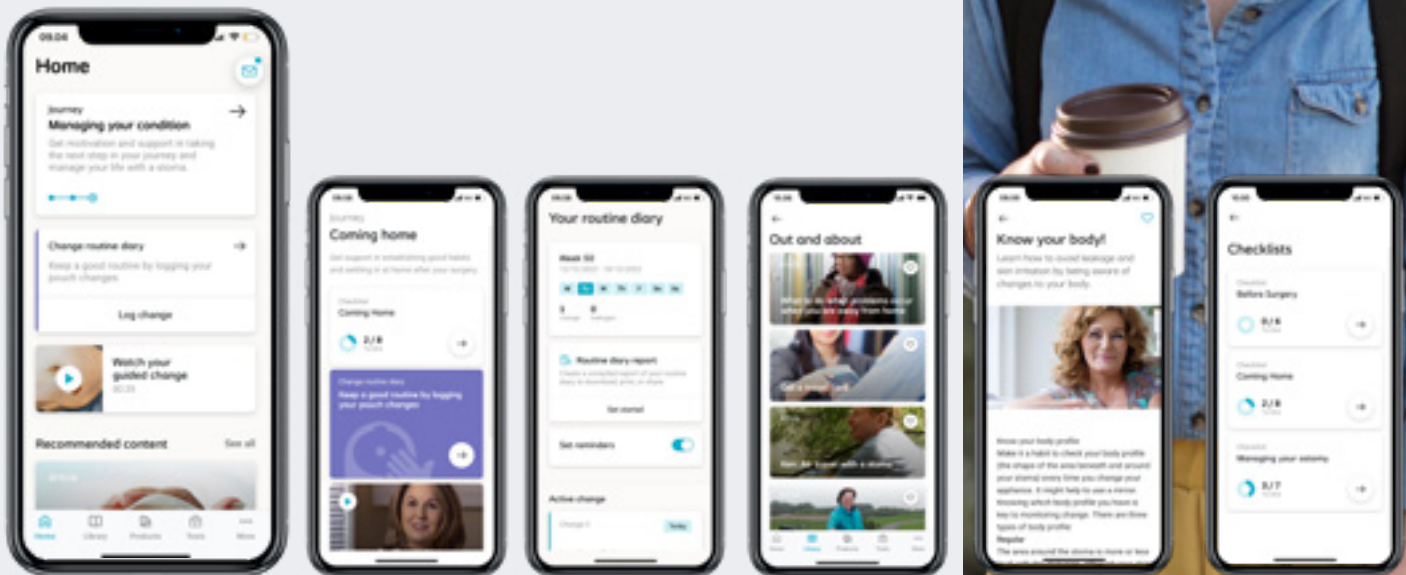
Derek

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MyOstomy App

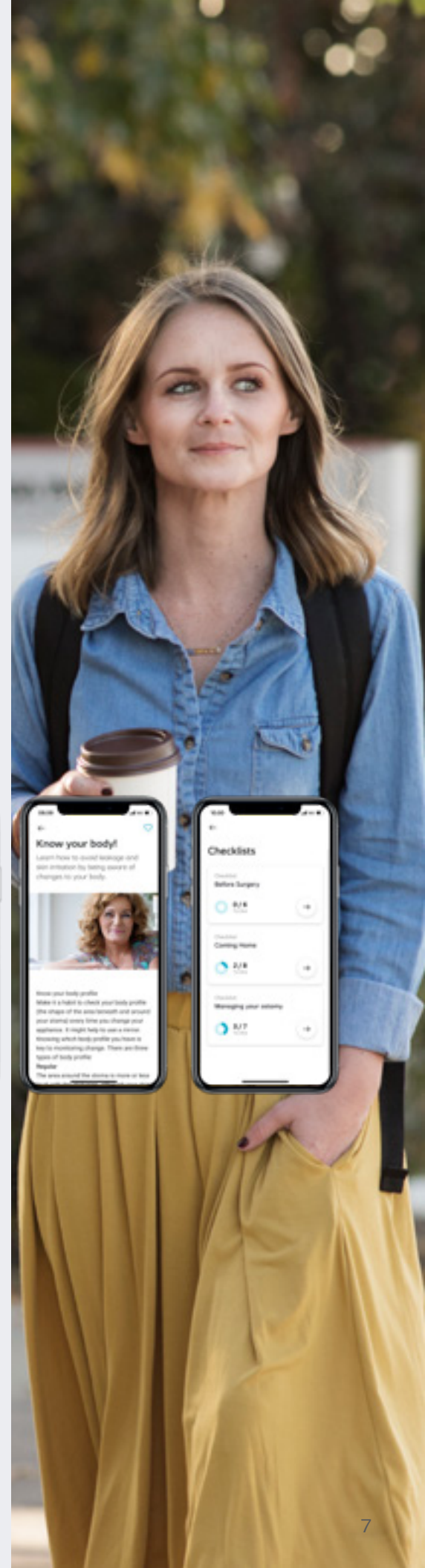
- designed to support your life with an ostomy

We have created the MyOstomy app to be a companion to you in your life with an ostomy. The app is designed to help you keep track of your ostomy routines. You will also have access to a vast and personalised library of articles, videos, check lists, direct support, and much much more.



Download for free today and get started!

Search for "My Ostomy" in your App store and download the app or scan this QR code.



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Information and help

Coloplast® Care

You can get help from a Coloplast Care Advisor we are available from 9:00 am to 5:00 pm (EST) at

1-866-293-6349

www.coloplastcare.ca

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