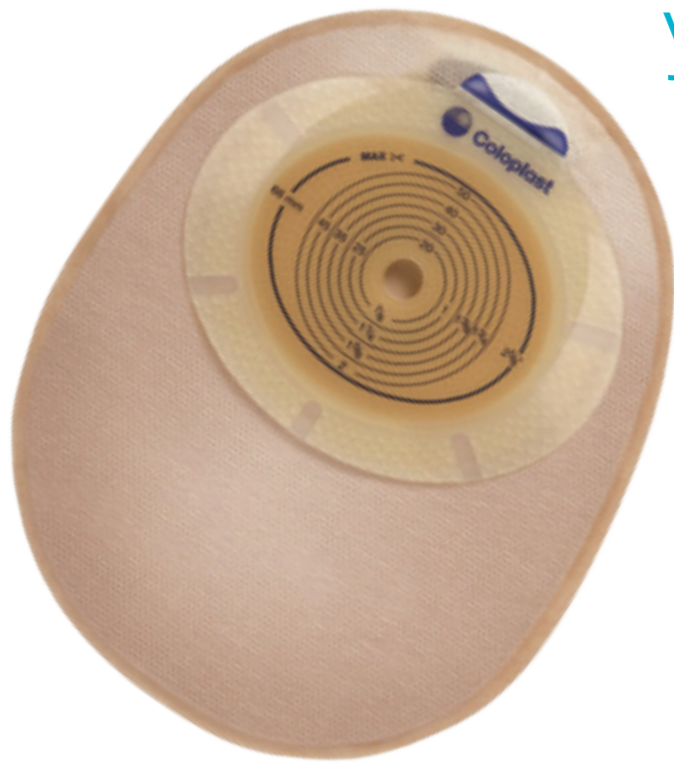


The revolutionary double-layer adhesive

# SenSura® delivers security you can rely on



Unique **SenSura®** double-layer adhesive.

- Creates a tight seal reducing the risk of leakage for security day and night
- Oval shape and flexible material ensures consistent adhesion even for uneven abdominal areas and active lifestyles
- Protects your peristomal skin throughout the entire wear time

Protective layer



Adhesive layer



## Protection layer

Strong adhesive material maintains a secure seal between the adhesive and stoma, protecting the skin from stoma effluent.

## Adhesive layer

Designed to keep the skin underneath the adhesive healthy by absorbing excess moisture. Ensures consistent adhesion and prevents maceration of skin around the stoma.

# Healthy skin is peace of mind

**SenSura®** cares for your skin

# Care

Spring Issue

Edition 2

Welcome to the 2nd edition of **Coloplast® Care**. Spring has sprung, and with it the joy of a new season, fragrant flowers and some much welcome sunshine! It is also time to pack away the scarves and gloves, and embrace the outdoors. In this edition of our **Coloplast® Care** newsletter we delve into the do's and don'ts of exercising after your surgery. We also offer some advice on how to dress and of course now that the cold is banished, on what to consider before you get into a swimming pool again.

Remember that your **Coloplast® Care** Specialist is here to assist you with any intimate healthcare needs you may have and is available Monday to Friday from 8am to 4pm. We can answer your questions regarding any Coloplast product as well as offer lifestyle support and education. If you have any questions regarding stoma care, product usage and availability, please contact your **Coloplast® Care** Specialist.

Yours, for Coloplast Care,  
**Nilendree Boodhram**  
Market Manager - Ostomy & Continence Care



## A word on clothing options after you've had ostomy surgery.

Clothing options remain endless after you've had ostomy surgery. When your abdomen has healed, you'll no doubt

be able to wear many of the clothes you currently have. However there may be some styles you want to avoid and other styles you find more appealing.

It's a good idea to know what your options are. It's also helpful to talk to your Stoma therapist or **Coloplast® Care** specialist, who can discuss the look and feel of your abdomen. She or he can then offer one-on-one advice based on your situation. But ultimately it's your choice, based on what works best for you.

Your ostomy pouch is meant to lie flat against your body, and it will not be obvious to others. Many of today's pouches are designed to be unnoticeable even when you wear the most stylish, form-fitting clothes.



It's important to empty your pouch regularly, since it may bulge outward when stool or urine collects in the bottom of the pouch. Most Coloplast pouches have a unique tuck-away pocket that holds the end of the pouch with a Velcro® closure. By simply folding the rolled-up closure into the tuck-away pocket, you shorten the pouch length.

### What types of undergarments do you recommend?

In general underwear should be snug, to help keep the pouch in place, but not so snug that stool or urine cannot pass the bottom of the pouch.

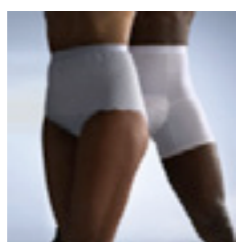
Men can wear either briefs or boxers. However, jockey-type briefs usually work best to support the pouch. Boxers offer less support for the pouch. If you prefer boxers, you

## Coloplast® Care

### A word on clothing options after you've had ostomy surgery.

(continued from page 1)

can adapt this style by sewing a "pocket" into the waistline to carry and support the pouch.



Many women prefer wearing snug (not tight-fitting) girdle. Cotton knit spandex or similar types of stretch underpants are also useful. Panty hose, with its snug waistband is another good option.

#### What are some good options for men's clothing?

Since many men wear their pants below their natural waistline, their pouching system may be above the belt line. You might have to consider wearing trousers one size larger, since this may allow you to put the belt above the pouching system. Keep in mind too that trousers with a pleated front hide the pouch better than trousers with a flat front.

If your stoma is near your waist, avoid tight trousers or belts. Depending on the location of your stoma you may prefer to wear suspenders, especially if you find belts uncomfortable or restrictive.

Another option is to wear an item of clothing over your trousers. Vests, which come in sporty, casual or business styles, can be used to hide the pouch. Sweaters or jackets are another option in cooler climates.

For active wear, consider biker-style shorts. They can be worn alone or layered under shorts, exercise pants or swim trunks for added security.

As is often the case for any woman, finding pants that fit your body shape can be a challenge. If your stoma is near your waist, avoid tight pants, skirts or belts. You may feel more comfortable wearing pants or skirts with a higher or looser waistband, or with an elastic waistband. Pants or skirts with pleats near the waistband may hide the pouch better than those with a flat front. Clothing designers have recognized that women come in all shapes and sizes. So you can now find pants with a variety of rises (waistline heights) - allowing you to find a style to fit your body and your needs.

For active wear, consider wearing yoga pants or stretch pants to help support the pouch during exercise pants or

other stretch pants.

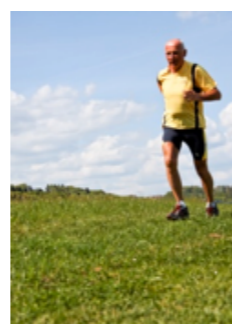
#### What type of swimming suits should I look for?

Women may want to choose a swimsuit that has a lining to provide a smoother profile. Many suits come with shirring (rows of gathers) across the abdomen, which can also conceal the pouch.

Men have several options too. For instance, trunks with and elastic waistband and Bermuda-style shorts offer you a variety of waistband positions. If the stoma is above your belt line, consider wearing trunks with a tank shirt.

### Getting into Exercise after Your Ostomy Surgery.

You've heard it many times but it bears repeating physical activity is good for everyone. Getting exercise or participating in sports – as long as your doctor or nurse say it's OK – is highly encouraged. In the months after surgery, exercise can speed up your recovery. It can also prevent complications that might occur from sitting or lying too long.



**IMPORTANT:** Check with your doctor or your stoma care nurse before you start or increase your exercise regimen. What's good for one person may be too strenuous for someone else.

#### Life is so busy, especially now. Why should I exercise too?

It's worth making time in your life when you consider that exercise can offer:

- Better resistance to illness and faster recovery
- A stronger heart
- Improved circulation
- Better balance and flexibility
- Better concentration
- Improved skin tone
- Better body shape and posture
- Loss of excess weight
- Increased self-confidence
- More stamina and energy

Maybe most important of all, physical exercise is also one of the top ten stress busters. Exercise raises the endorphin levels in your brain (producing what's called a "runner's high") and can allow you to feel less discomfort.

## Coloplast® Care

#### Are there limits to what I can do?

There are limits, especially soon after your surgery. Until your stoma and abdominal area are fully healed, strenuous activities can put you at risk for a hernia. A parastomal hernia is a weakness in the abdominal wall that can create a bulge, from the bowel being pushed forward. ("Parastomal" means the area around your stoma.)

#### In the past I wasn't good about exercise, so how do I get into an exercise program?

For your overall health and well-being, it's important to get moving. The simple rule is: take it easy, start out slowly and build up gradually. You may start out with a daily walk to the end of the block. Then over time continue to challenge yourself to do more.

When you do start exercising for longer periods, make sure you drink plenty of fluids before, during and after exercise. Low-calorie sports drinks are a good option since they replace not only water but also the electrolytes in your system. If you feel light headed at any point, stop and rest.

It's a good idea to empty or change the pouch before any exercise or activity.

#### I'm assuming that walking is a good way to start?

Yes, since it's an easy, gentle way to get back into a routine. It's also an activity that you can start soon after surgery. Whether you walk inside, up and down your stairs, outside in the fresh air, it's an activity that you can gradually increase in both time and distance.

If you need more convincing to get out and walk: it helps your heart, lungs, muscles and joints. And to make it more fun, you can walk with a friend or loved one.

#### Is biking a good option?

It is as long as your doctor says it's OK. He or she may say it's a good idea to wait until your abdominal area is completely healed. Biking can be an excellent option since it's a low-impact exercise that doesn't put too much strain on your abdomen.



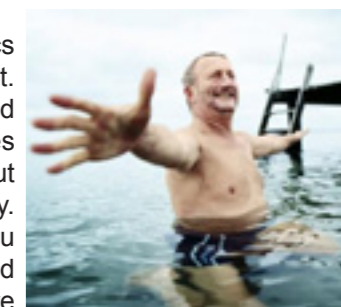
If you have a perineal wound (surgery to remove the anus), you'll need to wait longer to begin, to allow this area to heal. Sitting on a bike seat too soon will be uncomfortable and may cause injury.

#### Is it OK to resume jogging?

If your doctor says it is, then yes. Be sure to drink enough fluids to replace what you lose through sweating. Before starting, you may want to put on a new pouching system. Then check the barrier from time to time, since sweating can loosen the adhesive seal and cause leakage.

#### What about swimming?

Swimming and water aerobics are a great way to keep fit. With your weight supported by the water, swimming gives your muscles a workout with minimal risk of injury. Swimming can also help you develop more flexibility, and it's a good option if you're bothered by arthritis.



Don't avoid the pool, thinking that "others will know" about your ostomy. Most people will never notice! Many people choose to use their standard-size pouch; they simply change or empty it before swimming.

If you want to be more discrete, you can use small ostomy pouches specially designed to be less bulky. A pouch with an "integrated" closure is also more discrete (for instance, Hide-away by Coloplast has a Velcro closure, as opposed to the closures requiring bulky clips).

#### Are team sports OK?

Again, check with your doctor. Competitive sports can be strenuous, so it is important that you be fit before you take part. Make sure your pouch is empty before starting. Some people also wear firmly fitted waistbands or girdles to keep their pouch securely in place.

Always inspect your stoma after strenuous activities or sports. If any injuries occur that are of concern, contact your doctor or stoma care nurse.

#### Some final comments

Some people find it hard to get motivated to exercise, but the nearly universal response is that, after exercise, people are glad they made the effort.

*\* Coloplast does not practice medicine. The recommendations and information in this material are not medical advice. Contact your healthcare professional for personal medical advice or diagnosis. IF YOU THINK YOU HAVE A MEDICAL EMERGENCY, CALL 082 911.*