



LET'S TRAVEL

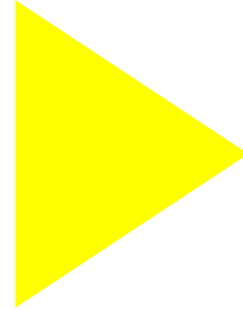
Lee Gavegan STN ONL 2025

Disclaimer

- This information is for educational use only.
- No company is preferred to another.
- If concerned please speak to your STN, GP, Stoma Association, or Company Representative.

AIM

Let's plan for
a holiday!



Hints and
tips for
making this
enjoyable
with a stoma.

HIDDEN
disabilities 

**NOT EVERY
DISABILITY
IS VISIBLE,
SOME ARE JUST
NOT SO OBVIOUS**



Did you know?

“Globally 1 in 6 of us live with a disability. That is approximately 1.3 billion people.”

<https://hdsunflower.com/au/>

Australia Brazil, Belgium, Canada, Denmark, Ireland, Latin America, the Netherlands, New Zealand, the UK, the UAE identify with this symbol.

2016 retail, travel, coach, train, theatre, etc



Where do I find these?



hiddendisabilitiesshop.com.au

Unexpected
item
in the
bagging
area

Scissors in the cargo !!!!

Trial wearing a drainable pouch before
your trip

Keep two weeks supply in hand
luggage rest in cargo

If wearing cut to fit pouches/bases
have several prepared

Aisle seat not too far from the toilet is
easier.



Train

- If needing special diet notify rail prior to departing
- Australian rail kitchen have been reported to be very flexible





Cruise

Swimming

- **Once you feel confident about your stoma in private, you can show this confidence in public.**
- **You do not need a special stoma bag to go swimming, though some ostomates like to wear a smaller bag or a stoma cap whilst they are in the water.**
- **Some find a secluded beach away from everyone and go pouchless! Your body your choice**

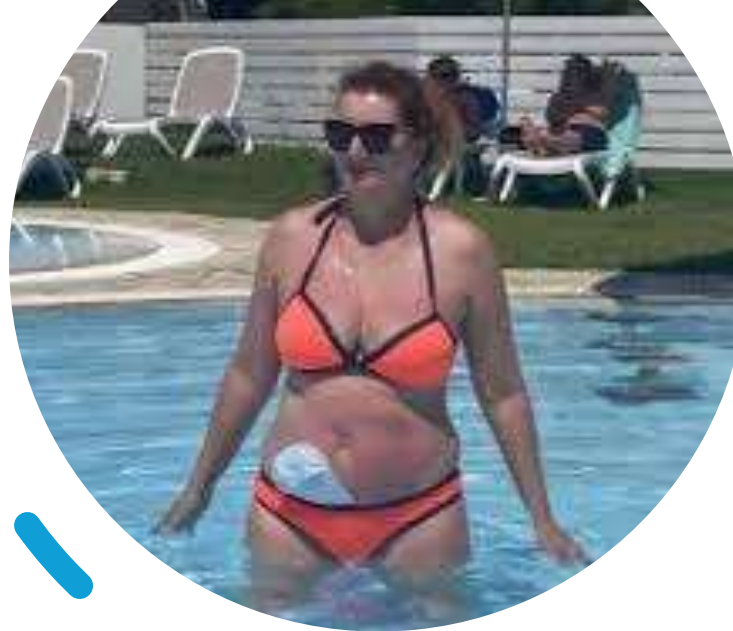


Hints & Tips

- For Colostomy and ileostomy pouches – cover the filter with the little stickers you find with your pouches (although most filters are waterproof now).
- Empty your pouch before you swim.
- Change your pouch if needed (1/2-hour prior)
- For our ladies - wear firm fitting 1 piece costume a patterned print can disguise your pouch (and many other things!!!)
- For the gentlemen wear high waisted board shorts, an abdominal support band or a rashie.
- For othersthey are just not fussed and sport their pouch for all to see, it's your choice.
- The most important thing is that you wear something that makes you feel good.



**• ... and
some people
just are not
that fussed!**



Swimming tips continued.....

Find swimwear you are comfortable in

Check yourself out in the mirror, usually helps you feel more confident

When changing afterwards if there is a disabled toilet use it, they usually have a dryer to dry your bag if it has not been active.





Swimwear



Remember....

1

Enjoy your time in the water.

2

Be proud of yourself for overcoming such a big obstacle.

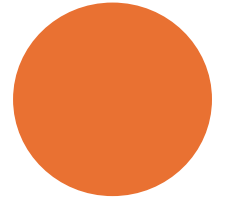
3

Think that nobody will see your pouch unless you want them to!

After swimming/showering your pouch will be wet/damp

If needing to change your pouch use the disabled toilet as more bench space, cleaner & often has a dryer if pouch not being removed

- Place a layer of hand towel next to your skin to absorb any excess
- Use a stoma bag cover
- Purchase x 2 baby bibs terry toweling and clip together to have one behind the pouch and one in front



Food & Drink

A change in drinking water, either in your own country or abroad, can cause a change in bowel habits.

Drink only bottled water if you are suspicious of sanitation etc in another country.

To avoid “traveller's diarrhoea,” always be aware of what you are eating and drinking. (Dansac)



More helpful hints & tips:

- Apply sunscreen after you put on your bag, as the lotion could affect the baseplate and make it harder to stick.
- Store your pouches in a cool place, it's best not to leave your products in the heat for long periods, since the heat may damage the adhesion.





240
ml



7.5
ml



236
ml



8
ml





Consider....

- Check with your GP for letter with updated health information
- Look at itinerary and locate biggest hospitals where there is likely to be a STN located.
- Check with company of product you are wearing if concerned and they may assist you.
- Don't drink too much alcohol if first trip.
- Take out Travel Insurance – shop around
- Collapsible urostomy stand
- Medications e.g. Loperamide capsules, antibiotics
- Portable hook for irrigation



Resources

- Coloplast
 - P: 1800 333 317
 - Convatec
 - P: 1800 335 276
 - Dansac
 - P: 1800 880 840
 - Hollister
 - P: 1800 880 851
 - Omnigon
 - P: 1800 819 274
 - Salts
 - P: 1300 784 737
 - BBraun
 - P: 1800 251 705
1. <https://www.siilostomy.com/en/swimming-with-a-stoma-everything-you-need-to-know>
 2. <https://www.salts.co.uk/en-gb/your-stoma/living-with-a-stoma/holidays>
 3. https://www.coloplast.com.au/ostomy/people-with-a-stoma/faq-facts-about-living-with-an-ostomy/#section=Can-I-go-swimming-with-a-stoma_331738
 4. <https://www.dansac.com.au/en-au/sitedata/components/modaldialog/lifewithastomamodals/swimming>
 5. <https://meplus.convatec.com/au/articles/swimming-with-a-stoma/>
- <https://www.hollister.com.au/en-au/ostomycare/educationaltools>

Thank you &

