

Happy Holidays

With your stoma



Eat, Drink, and be Merry



Food, food, and more food.

- Maintain a balanced diet
 - Chew, chew, chew
 - Limit-
 - high-fiber foods
 - high-fat
 - high-sugar
- Dehydration
 - One for one
 - High V-C (non-citrus)
 - Once metabolized cranberry (acidic) vs. citrus (alkaline)
- Output odor
 - Foods- fish, onions, beans vs. yogurt, buttermilk, parsley
 - Odor control products- Devrom, Adapt, tic-tac
- Unpredictable pouch changes
- Emergency kit - Supplier provided
- Weight gain / Changes in pouching



Travel

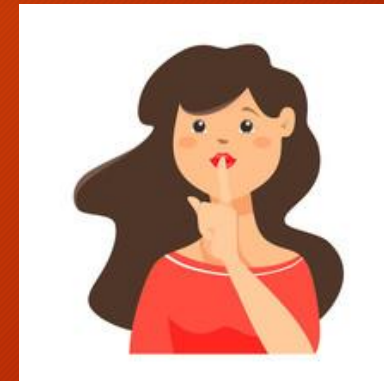
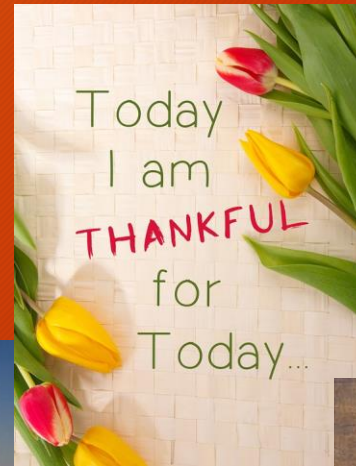
- Wear comfy clothes
- TSA Check
 - Precheck
 - UOAA Card
- Carry-on luggage
- Supplies
- Medication
- Packing for ostomy
 - Times 2
- Helpful Accessories
 - Barrier strip
 - Hanging bag
 - Water wipes
- Car Travel
 - Overnight bag, leg bag
- Emergencies while away



TSA NOTIFICATION CARD: INDIVIDUALS WITH DISABILITIES AND MEDICAL CONDITIONS	
<p>I have the following health condition, disability or medical device that may affect my screening:</p> <div></div>	<p>Information • Assistance Requests • Compliments • Complaints</p> <p>TSA Cares 1-855-787-2227 (Federal Relay 711) Weekdays: 8 a.m. to 11 p.m. ET TSA-ContactCenter@tsa.dhs.gov Weekends/Holidays: 9 a.m. to 8 p.m. ET Hablamos Español Automated information offered in 12 languages</p> <p>Call 72 hours prior to traveling to request the assistance of a Passenger Support Specialist (PSS) at the checkpoint. If a PSS is not available, you may ask for a Supervisory TSA Officer at the checkpoint.</p>
<p>I understand that alternate procedures providing an equivalent level of security screening are available and can be done in private. I also understand that presenting this card does not exempt me from screening.</p>	

Friends and Family

- Diaphragmatic breathing
- Sharing private information
- Time of reflection



UOAA
Travel Card



Coloplast
Care



ConvaTec Me+



Hollister
Secure Start



Ostomyrn.org

