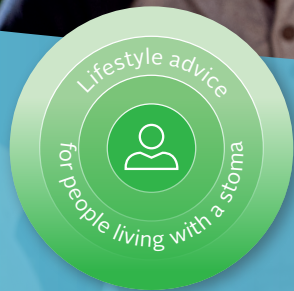
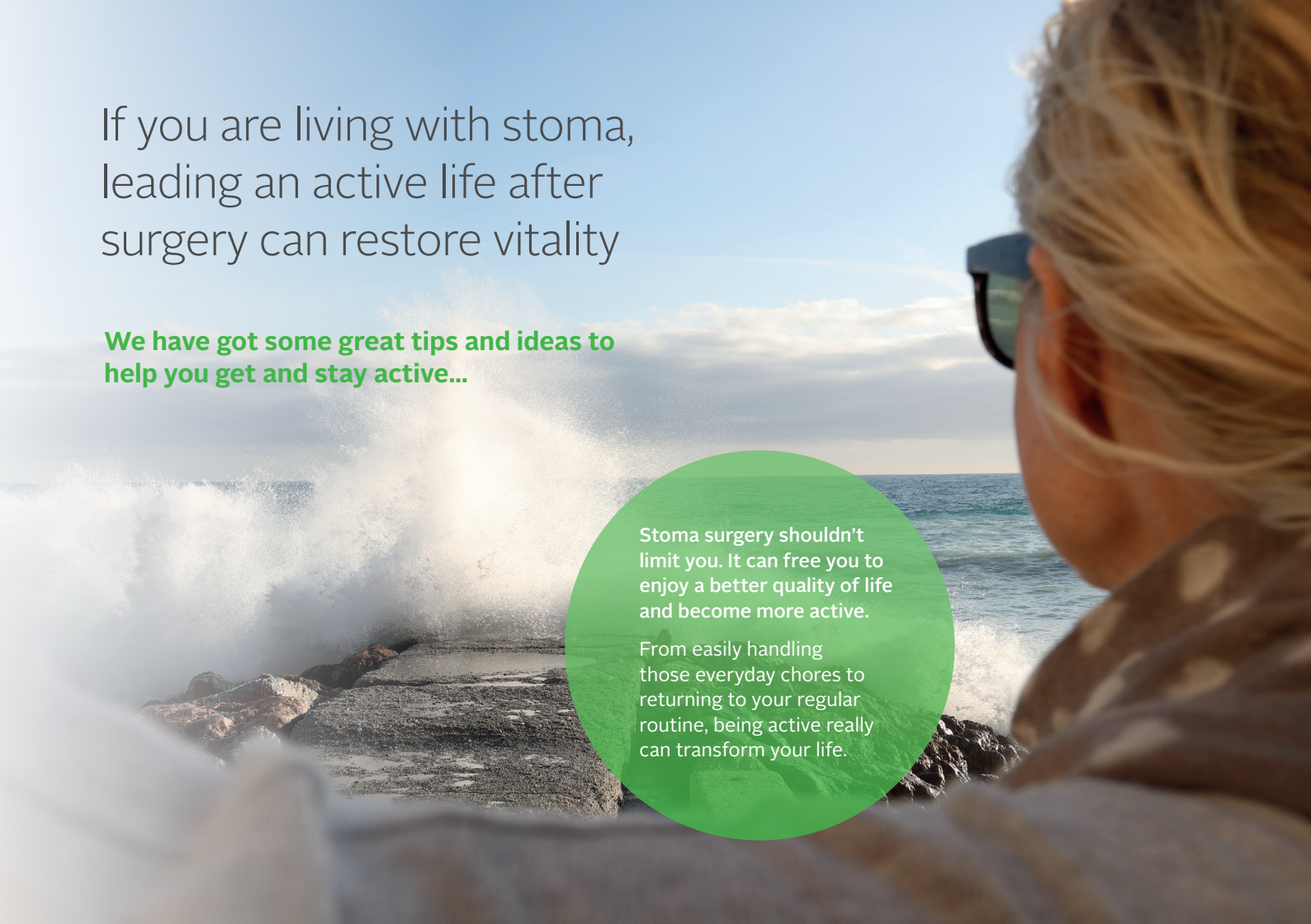


A clear guide to healthy and active living after stoma surgery





If you are living with stoma,
leading an active life after
surgery can restore vitality

**We have got some great tips and ideas to
help you get and stay active...**

Stoma surgery shouldn't
limit you. It can free you to
enjoy a better quality of life
and become more active.

From easily handling
those everyday chores to
returning to your regular
routine, being active really
can transform your life.

Getting active starts with the right mindset

We understand that the first step to getting active post surgery is accepting your life with a stoma. The right mindset and a positive outlook is essential to beginning your journey to recovery and getting active.

It's widely known that even gentle exercise releases positive endorphins in the brain, producing a feel good factor which can create happier moments and reduce stress. An active lifestyle can also help your body to repair and maintain itself post surgery, giving you the energy to be independent now and in the future.

If you are struggling to come to terms with living with a stoma, no matter what your stage of recovery, you can access free counselling support through the ConvaTec me+™ programme.

“77% of people who are now more active after recovery feel that their general health has improved¹”



For lifestyle advice, call

UK: 0800 467 866

ROI: 1800 721 721



The benefits of an active lifestyle

If you've recently had stoma surgery, then exercise may be the last thing on your mind. But learning how to get active with a stoma can really help with your short and long term recovery after surgery.

Here are just some of the benefits of getting active:

- Promotes good mental health by releasing positive endorphins in the brain
- Helps you recover quicker after surgery
- You'll get fitter and feel healthier generally
- Helps you to gain the confidence to take part in social activities with family and friends
- Gives you the confidence to get back to taking part in the sporting activities you love
- Strengthens your core which may help reduce the risk of hernia



What does being active really mean?

Active can mean something as simple as carrying your food shopping to the front door or playing with the kids. It could also mean walking, jogging or even more strenuous sporting activities like running, cycling or competitive sports.

You shouldn't let your stoma become a barrier to being active. There are lots of things you can do to achieve a healthy and active lifestyle. Find the right type and level of activity for you.

Every little bit you do is a step in the right direction. Just remember to be realistic in your expectations of yourself.



It's important

To check your suitability with a doctor or nurse before you begin, or increase, any type of exercise programme

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What prevents you from being more active?

It is quite common to have concerns about becoming active after surgical recovery. You may be scared of people knowing about your stoma, concerned about causing a further injury or maybe just worried your bag will leak or fall off. It could be just a question of confidence.

For many, not knowing what the right amount of exercise is or should be can often prevent people getting started. Questions around more specific activities such as swimming, running, or lifting things are some of the frequent causes of inactivity following surgery.

All of these fears and concerns are perfectly understandable but can be overcome with the right advice and support.

“ Our survey shows that **16%** of people don't exercise after surgery because they don't trust their bag.¹ ”

Our lifestyle advisors can help direct you to the right products.





What activities can I do with a stoma?

Your overall physical health is important in helping you to recover well from surgery. Even if you weren't very active before surgery, there are lots of things you can do now to start to lead a more active life.

Here are just a few ideas:

- ✓ Go walking. This can be started soon after surgery and you should build it up gradually.
- ✓ Ride a bike. Cycling is a great low impact sport that doesn't put too much strain on your stoma.
- ✓ Go swimming. With the right bag and a bit of planning, there shouldn't be any reason why you can't go swimming.
- ✓ You can play most competitive sports like football, tennis, basketball and lots more.
- ✓ You can do the housework. Just make sure that you avoid any heavy lifting for at least three months post surgery.

You can get back to your favourite activities. Whether it's a game of tennis or a round of golf, there's so many things you can do. Be sure to listen to your body and build up your strength and fitness before doing too much.

These are just a few of the many activities you can do. If it's simply the 'not knowing' which worries you, with the right advice - at the right time, you can do mostly everything, if not more, than you did before.

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Start slowly

Everyone adapts differently to their stoma. It's always important to listen to your body and take advice from your care team. You may be surprised to learn that there aren't really any restrictions, only time.

However, it's important to get the balance right and not do too much too soon. The recovery pathway from your hospital bed back to full fitness should be taken gradually, one step at a time.

It's important to follow a core recovery programme straight after surgery, which builds your foundations before you progress onto anything more strenuous.

Specific and gentle core exercises and lots of walking are the key things to focus on in the post-op phase, then as you get stronger, you can start to build up to a more active life.



Usually

Within 6-12 weeks you could be back to doing most normal activities, although this depends on your medical history and fitness.²



Feel strong from the inside out

Starting to do some gentle core exercises after surgery can help you to strengthen your tummy, which stoma nurses and physiotherapists strongly recommend to help you recover. You can start them as soon as 3-4 days after an operation. Initially this might seem very difficult, but try to persevere and you'll soon see the benefits.

A core restoration phase is mostly about rebuilding the 'connection' and function of the muscles in your abdomen and pelvic floor. This helps you feel more confident about moving, standing tall and lifting. It may also help reduce aches and pains, particularly back ache.

Newly operated patients say that sticking to a formal programme gives them a sense of control over their recovery. It's also likely that restoring the function of your core reduces the risk of developing a parastomal hernia.



Did you know?

Becoming more active can greatly reduce your risk of hernia, which can be a worry for people with a stoma.



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Top ten tips for getting and staying active



-  Little and often is best. Try 'movement snacks' throughout the day. Avoid long periods of sitting by setting an alert to remind you to move.
-  Stay motivated. Arrange to meet a friend for a walk or jog, a 'fitness buddy' makes exercise fun.
-  Invest in an activity tracker to monitor daily steps. It can be a real eye opener!
-  Re-think your relationship with exercise. You don't need to do too much too soon. Keep it all relatively gentle, don't push yourself too hard.
-  Think about exercise as another type of therapy or medicine. Make it a priority in your life like you would any other medical appointment.
-  The gym isn't necessary to get fit. Jobs around the house are great ways of getting active. Whether it's doing the hoovering or spending time in the garden, find something that works for you.
-  Try the little things like taking the stairs, when you can and parking further away from the shops. They can make a big difference over time.
-  Research to find out what classes are available locally. Be brave, step out of your comfort zone and give it a try. You may surprise yourself!
-  The NHS recommend a minimum of 150 minutes of exercise per week to stay healthy. There's lots of things you can do to achieve this, whether it be running, hiking, walking, or even mowing the lawn, everything helps.
-  Try and find an exercise you enjoy doing. Even if it may feel like a struggle at times, just focus on how much you enjoy feeling better afterwards.

Stoma shouldn't prevent you from doing the everyday stuff

Exercise can help you to lead a more active life in general by helping to manage the stresses of returning to social or work situations.

Going out to a restaurant, bar or theatre with friends shouldn't be anything to worry about. To help with these concerns, our lifestyle advisors provide a discreet counselling service. With practical advice and an ear for your concerns, they can help if you're finding it difficult to return to social activities or your work.



Did you know?

Holidays are a great chance to get more active. Sight-seeing or a length of the pool, it all adds up

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You're not on your own

Remember...

Taking steps to become more active often involves others. From family and friends to organised group activities, they are there for you. As a support, guide or a confidence boost, they can be a vital source of happiness to you post surgery.

Joining a club to try something you've always wanted to do but never tried before can really become an integral part to changing the shape of your life as well as your body.

Sometimes it just takes a little encouragement. This is where the ConvaTec me+™ programme could help, by connecting you to a community you can grow with.

me+

™

“

I used me+™ recovery which has allowed me to return to gentle exercise and activities in such an easy way ”

Brenda Murphy on me+™ recovery

We can help you. Call our me+™ advisors today for free support and advice

The ConvaTec me+™ Programme provides professional advice and support materials to members. They can help with:

- ✓ Post recovery exercises (booklets) through me+™ recovery
- ✓ Advice on what to eat and staying hydrated
- ✓ How to recognise and avoid sore skin
- ✓ Access to inspiring stories from others in the me+™ community

If you would like to access any of this information then simply join for **FREE** today by calling our me+™ advisors on **0800 467 866** or by visiting the me+™ website: **www.meplus.convatec.co.uk**



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Custom Fit Mouldable Baseplate

When you're active, having a stoma solution you can really trust is incredibly important. ConvaTec Mouldable Technology™ has been specially designed to gently adjust to your stoma, giving you a snug and secure fit without the need for scissors.

Whether you're running a marathon, playing golf or simply tidying the garden, you can have complete peace of mind that your stoma solution won't let you down.

Find out more about ConvaTec Mouldable Technology™



Email your request to stoma.web@convatec.com



Call a Product Specialist UK: **0800 282 254** ROI: **1800 721 721**



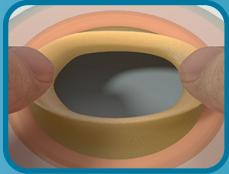
CLOSED



DRAINABLE

Here's the clever bit...

The uniquely developed base plate “rebounds” to fit any stoma size and shape.

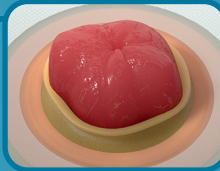


One

Simply roll back the smart, adaptable collar with your fingers then apply your baseplate to your skin

Two

Moulded material gently returns to its original shape to hug the stoma for a precise fit, no cutting required



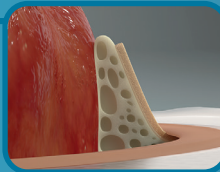
Three

The adhesive gently expands and contracts with the stoma as it changes size throughout the day



Four

Mouldable Technology™ provides a ‘turtleneck’ effect for even greater leakage protection. A layer of the baseplate can absorb liquid output to gently swell around the stoma, creating a snug fit



Please refer to Instructions for Use for full instructions.



“

I enjoy marathon running, hiking and running long distances and this can mean being out all day. The baseplate sticks so well that I can relax and know that I can trust it to cope with 6-7 hours of sweating and exercise. I trust it so much that I often go out without taking my spare kit.

Sarah, Kent

”



Did you know?

This is the only baseplate available today which moulds to your individual stoma

Support and advice to help you live a more active life

Please contact your health care professional or our me+™ lifestyle advisors who will be happy to help. You can contact them via phone by simply calling the FREE helpline below.



Lifestyle
Advice

me+™ Advisors

UK: 0800 467 866
ROI: 1800 721 721



Medical
Support

Nurse Advisor Line

UK: 0800 085 2516
ROI: 1800 818 988



Product
Choice

Product Specialists

UK: 0800 282 254
ROI: 1800 721 721



Reference:

1. ConvaTec wellbeing survey 2018
2. ASCN Stoma Care National Clinical Guidelines, 2016.