

## Travel Tips from an Ostomate that Irrigates

Water bag, belt, irrigation sleeves (how many depends on how long you are away) rinse out and dry over a towel rail and reuse maybe 4-5 times. Clothes pegs X2 for securing the bottom of sleeve so you can move around. Wire coat hanger to bend into shape to use for hooking your water bag up in bathrooms. Sometimes hooks are too far from toilet so you have to use this to reach. (Always, always carry one)

1. Stoma covers of choice whatever you generally use. Whilst I am away I use a small one piece closed bag 'just in case' I know that if there is any output at all this will suffice.
2. Always pack some Imodium bought over the counter at the chemist 'just in case' again. I have never had a problem but feel better to be prepared.
3. Appliances I take a change of 3 a day and have never had to use that many. My thoughts are that you can always bring home what you don't use. Trying to get supplies overseas/interstate is not what you want to be doing. Also remember if you are swimming in both salt and chlorine then both can compromise your bag. I also take a supply of the Woolworths scented baby nappy bags for disposing of used waste (rubbish).
4. If you feel uncomfortable putting these in your rubbish bins in your hotel room just put in your handbag and discretely pop in a street bin.
5. Pack your supplies in your carryon luggage along with any medications. Pack any spares in your checked luggage.
6. In the U.S. now the security is such that you may go through an Xray machine and have a pat down. This happened to me and I just quietly said I had a colostomy and was waved through no dramas at all.
7. I found irrigating at night suited me much better because there were a lot of early starts. To irrigate, shower and have breakfast all before 7.00am meant getting up at 5.30am, no one wants to do that on holiday.
8. ENJOY!!