

BACK TO WORK TIPS

WORK

Work is a big part of most people's lives. After all, you are likely to be there for 8-9 hours a day so there are a number of things to think about when it comes to work. Going back to work after a few months off can be daunting, but remember that you are still the same person that you were before your surgery and your ability to do your job hasn't changed.

You might be worrying about money or worrying about going back to work too early. At the same time you are trying to get used to your new 'normal' and your stoma. It is important to remember that no one at work needs to know that you have a stoma unless you decide to tell them. You might be nervous but only you know what your colleagues are like and how they will react. You might want to think about what you say to your colleagues if they ask why you have been off. Obviously that is up to you.

Your work could vary from physical exertion to an office job, standing on the shop floor to sitting in a car as a rep. All of these put their own demands on your stoma management and can cause leaks. If you are prone to leaks, you may want to consider Trio **Siltac**® or Trio **Silvex**® silicone seals to reduce them. These seals do not dissolve and so you can secure the gaps that can be created by sitting in various positions for long periods of time or lots of rigorous movement.



RETURNING TO WORK TIPS:

- If you are returning to work after surgery, then your GP might advise a phased return allowing you to build up to full-time hours
- Pick a close colleague who you may want to confide in
- Confide in your line manager and HR and make them aware of your change in circumstance. They may need to take your condition / stoma into account in relation to your activities, working conditions, working environment etc
- Have access to the disabled toilets or even the First Aid Room as a safe place for you
- Keep spare clothes in the car or office in case of a leak
- You could be covered by the Equality Act 2010 and places like the Citizens Advice or ACAS can explain what that means in practice. Some conditions are automatically covered, such as cancer, so it is worth checking your rights

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FOR YOUR
FREE SAMPLE!**

