

# SEX & INTIMACY TIPS

## MINIMISE ANXIETY

It's a bit like your first time, most people rarely enjoy their first time because they are too busy worrying if they were ok, but it always gets better! If you can address most of the things that you are worrying about you are more likely to enjoy your first experience with a stoma.

## TAKE IT EASY

Intercourse can be painful the first couple of times after surgery, especially if it is fairly soon after surgery or if it has been several weeks/months since your last time.

## VARIETY

Sex doesn't have to mean penetration. Foreplay, oral, masturbation, toys, and any number of other sexual activities can be enjoyed.

## LIBIDO

Sex drive and the bits-and-pieces can be affected by stress and tiredness. It is normal to feel both but with time, and support from your partner, you will find they will return to normal again.

## PREPARE

For odour management, Trio Pearls® has an active deodorizer called NanoActive™, it will not only deodorize but also thicken output to avoid leaks too. Burn candles and/or incense. Empty the pouch beforehand when time allows. Keep everything clean and neat beforehand and pop in a sachet of Trio Pearls®.

## FOR A PARTNER OF A NEW OSTOMATE:

- Your partner needs you to be supportive as they will be going through many emotions that are not even relating to sex
- Being patient with them will help them more than you know, but its important that they know you are ok with this
- Showing them that you still find them attractive and showing interest in their stoma will help them realise that you are not bothered by it
- Listening to what is making them feel awkward will help you to know how you need to respond to them, it may be something you never even thought of

CLICK HERE  
FOR YOUR  
FREE SAMPLE



**IMPORTANT – NO SEX IN  
OR AROUND THE STOMA**