

# Going Out

## RESTAURANTS

The majority of people find that they can have a normal diet after they have recovered from their surgery. Going out for lunch with friends, or dinner with a loved one, is a good way of getting back into everyday life after surgery. If you are worried about the effect that a particular food might have on your stoma output then check out the Trio Healthy Eating booklet which is packed full of useful hints and tips.

If you find that a particular food causes you problems, then don't be afraid to ask for it to be left out of a meal. Most restaurant kitchens will be happy to alter a dish if you ask. You can always check menus online, and even ring ahead of your visit and discuss your requirements.

You might find it helpful to take some Trio Pearls® out with you. These super absorbent gelling and odour control sachets can be added to your bag to thicken the output and help prevent leaks.

## NIGHTCLUBS

We all fancy a night out dancing every now and again, and having a stoma shouldn't stop you from 'going clubbing'. Toilets in clubs can always be a bit of a nightmare, so it's best to double check that the locks work, and maybe carry a small pack of tissues with you in case there isn't any toilet paper.

Try to remember to keep a small bag with some spare supplies in it in your handbag, or carry a spare bag in your pocket. That way you won't need to interrupt a night out if the worst happens. Some of the stoma supply companies do a nightclub card that explains that you might be carrying scissors, or that if you're male that you might need to use the cubicle in the toilet for longer than normal. It can save the embarrassment if the bouncer thinks you might be up to no good!

## DRINKING

Having a few alcoholic drinks can be good fun, but it's something that people often worry about when they have a stoma. Remember that moderation is key at first. Start out with one glass, and remember the effect different drinks will have on your output. It can be harder to empty your bag when you've had a few too many drinks, so try to drink soft drinks in between each alcoholic drink. Beer and sparkling drinks can cause extra gas, and red wine will make your output very dark.

Be careful if you have a late night kebab on the way home; remember what goes in has to come back out again!

