

# OVERNIGHT TRIPS



## HOTEL STAYS

All hotels have bins in the bathroom where you can dispose of any used bags. If you are worried about any smells or about the cleaning staff discovering that you have a stoma then you can always double-wrap the used bag in the scented disposal bags before you place it in the bin. Remember that used bags are treated just like a baby's nappy would be, so there is no need to inform the hotel in advance that you have a stoma. This can often cause more problems if they don't understand what a stoma is.

Even if the worst happens and you have a leak in a hotel, remember that they have seen and dealt with everything. There is no need to be embarrassed, just leave the bedding so that it's obvious that the sheets need changing.

As ever some careful planning and precautionary items will help to put you at ease during your stay:

- Some people take a disposable bed pad with them to sleep on, or cut one into squares and cover their bag with a piece to catch anything if they do have a leak.
  - Some stoma supply companies will supply disposable bed pads free with your monthly order.
  - You can buy ones designed for toddler's beds in any supermarket.
  - Mattress protectors may also be available from your stoma supply company, just give them a call and ask. Alternatively, you can buy them from many high street stores.
  - 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 laying in various positions for long periods of time.
  - Trio Silvex® silicone flange extenders will secure your flange in place if you have an unusual sleeping position or move a lot at night.
  - If you have a colostomy and you irrigate remember to take a hook with you to hang your irrigation bag from.
- Often just having that peace of mind will help you get a better night's sleep.



Staying away from home is one of the questions that gets asked time and again by people after stoma surgery. Going away and staying somewhere out of your comfort zone can be a big step for some people, but with a little confidence you will soon wonder why you were worried about it.

Remember if you are staying with friends or family that they won't be worried if your bag leaks, or if you need to take longer in the toilet. They will just be happy that you are getting out and about after your surgery. Staying with friends or family on your first post-op trip away from home is a good way to get over any fears about staying somewhere different, or having to change your bag in a strange place.



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FOR YOUR  
FREE SAMPLE**