



OSTOMY 101

MYTHS

VS

FACTS

I won't be able to exercise and live an active lifestyle.

You can maintain an active lifestyle with an ostomy. Whether you want to swim, hike, or participate in any activity, modern ostomy products are designed to provide security and comfort, allowing you to enjoy life to the fullest.

I won't be able to get pregnant with an ostomy.

Having an ostomy doesn't mean you can't get pregnant. Many individuals with ostomies have successfully conceived and carried pregnancies to term. It's essential to consult with your healthcare provider for guidance on pregnancy and ostomy care.

People around me will be able to smell my Ostomy.

The concern about smelling is a common misconception. Odor is typically only a concern in the event of a leak, and there are odor-neutralizing products available to address this issue effectively.

Everyone will know.

Modern ostomy appliances are discreet and can be easily concealed under clothing. Most people won't notice you have an ostomy unless you choose to share that information.

I'm alone, no one else has an ostomy.

You're not alone. Many people have ostomies for various reasons. Support groups and online communities offer a wealth of resources, information, and the opportunity to connect with others who understand what you're going through.



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