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# Antelope Valley Ostomy News

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Sept/2011

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## **Greetings from Eastern Oklahoma!**

*I am writing this from the land of oil, cowboys, and steers. I apologize for being so late on this newsletter. We have had a rough start out this way. I just started 2 new jobs and am working Friday, Saturday and Sundays in Oklahoma City at a long term hospital and then doing some home health during the week. Mike hasn't been able to go to work yet. He is very busy trying to get the shack ready for us to move into and helping his parents out. Mike's dad is doing fairly well however his mom is getting weaker and we found out a couple weeks ago that the chemo and radiation she had didn't work so we are praying for her comfort.*

*I miss you all and trust that all is well with you. The September meeting is still planned for the 18<sup>th</sup>. Sharon and a representative from Shield will be there along with a surprise guest that I know you all will be glad to meet. This will be my last newsletter so I thought I'd go out with a bang and talk about sex and the ostomate. If the subject bothers you, don't read on.*

**Blessings always,**

**Teresa**

## **INNER PEACE**

*If you can start the day without caffeine,  
If you can always be cheerful, ignoring aches  
and pains,  
If you can resist complaining and boring people  
with your troubles,  
If you can eat the same food everyday and be  
grateful for it,  
If you can understand when your loved ones  
are too busy to give you any time,  
If you can take criticism and blame without  
resentment,  
If you can conquer tension without medical help  
If you can relax without liquor,  
If you can sleep without the aid of drugs,  
Then You Are Probably The Family Dog!  
2/2011 UOAA UPDATE*

## **Pearls for the Bedroom**

*Most people do certain things to get ready for sex. Mostly, things that make them feel sexy -- whether it's showering, shaving, slathering on the after shave or perfume, or wearing something skimpy. For others, it's soft lights, champagne, candlelit dinners, and romantic music. Sometimes people with a stoma feel they need to do a little more. The following are a few 'pearls' that may help you feel more comfortable in the bedroom.*

- Always practice **SAFE SEX**
- Focus on your feelings, not the pouch.
- Empty the pouch prior
- Make sure the pouch is secure; reinforce it with paper tape around the edges.
- If you wear an ostomy pouch belt, make sure it's clean
- Make sure you are clean — better yet, jump in the tub or shower together.
- If you're concerned about the appearance of the pouch use a pouch cover or a pouch you can't see through
- Use a "passion pouch" during sex. These are smaller, closed-end, disposable pouches that are shorter and less bulky than standard drainable pouches.
- The "side-lying" position may work better on the stoma side because the pouch will fall away and not come between you and your partner.
- If you have a colostomy and you irrigate, irrigating just before you have sex might allow you to wear a small patch or "security pouch" during that time.

### **Controlling Gas and Odor**

#### **Gas**

- Many over-the-counter medications, such as Mylanta Gas® and Phazyme® are effective in reducing gas.
- Dietary supplements, such as Beano® are also quite effective in reducing gas
- Avoid "gassy" foods such as cabbage, sodas, beer, beans, and chili if you know you're going to be sexually active.
- If you have an ileostomy or a colostomy, gas filters are available in both drainable and closed-end pouches. These help to keep the pouch flat and deodorize gas.

## **AV Ostomy News**

### **Odor**

- If you have a urostomy, avoid foods that cause strong odor in the urine, such as asparagus.
- Bismuth subgallate, charcoal, or chlorophyllin copper complex are effective in managing odor. Check with your doctor, or WOC/ET Nurse before taking or using any of these products
- Bismuth subgallate tablets have been used as oral deodorizers for years. They do darken and thicken stool and have side effects with long-term use that cease when the drug is discontinued. They can also be used in the pouch. (Example: Devrom®)
- Many closed-end and drainable pouches have built-in charcoal filters to deodorize gas in the pouch and help prevent the pouch from 'ballooning.'
- Chlorophyllin has been proven to control body and fecal odor and is safe in oral doses up to 100 mg three times a day. It can turn the stool green and cause diarrhea. It can also be used in the pouch. Be sure to discuss with your physician before taking
- Specially formulated deodorizers can be put directly into the pouch. **NOTE: Never use an aspirin tablet in your pouch as a deodorizer. Aspirin can irritate the stoma.**
- Use a room freshener after emptying your pouch. **UOAA 2011**

**There are solutions to almost every sexual problem, so don't panic! Talk to your WOCN nurse.**



### **POUCH COVERS**

*C&S Pouch Covers understands the needs of ostomy patients because our founder is herself an ostomy products user. Our pouch covers help to promote confidence and self-assurance as well as to detract from any potential discomfort that may be associated with an ostomy bag.*

**Among the many benefits of our products are:**

- *Pouch cover conceals the appearance of the collection bag and also assists in avoiding skin irritations.*
- *No longer do you have to be irritated and uncomfortable from the heat and rubbing of the collection bag against your body.*
- *C&S Covers are made with a closed end. When your ostomy bag starts to fill, your clip and bag does not poke through an opening and will also support the weight of the appliance.*
- *All pouch covers are designed with solid white backing and a decorative front*
- *The pouch cover lessens any uneasiness or worry that may be associated with intimacy while increasing confidence*
- *Pouch covers help to diminish any noise that may be associated with the plastic collection bag.*

## **AV Ostomy News**

• *The C&S pouch cover is a lightweight, durable fabric that will feel comfortable against your skin.*

• *All items may be purchased individually or in sets.*

*Please browse our site and make purchases in our secure shopping cart.*

**Thank you,  
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