



Welcome to me+™

You, your ostomy, and
your story are unique



You're not alone. You've got me+™

me+™ is here to support you throughout your ostomy journey. It's a complete support program to help you recover and build a healthy bond between you and your stoma. It focuses on the areas of life people living with an ostomy have told us were important to them.

"Tell people how to live with it – not just about the products."

Collected from real patient interviews

While some things will change, you can still live the life you want to lead. me+™ answers gives you the answers to the lifestyle questions you have. You'll learn about diet and nutrition, intimacy, exercise and sports, travel, and a host of other topics.

Here's a sample of the kinds of questions you can have answered.



LIFESTYLE QUESTIONS

Can I still eat spicy food?

While you may like spicy dishes, your stoma may not respond positively to them at first. So, start with simple foods, add a small amount after a while, and see how it goes.

Will I still be able to have sex?

Yes, you will. There's no 'right' time to resume sexual relationships; you shouldn't feel rushed. Take your time.

Will I still be able to get pregnant after my ostomy?

The good news is yes. If you were able to conceive before your an ostomy surgery then it should be possible afterwards. Talk to your doctor so you can understand your circumstances better.

Will I be able to travel?

Travel is an enriching experience, and having an ostomy doesn't change that. It just means spending more time planning and packing. If you've only just had an ostomy surgery, speak to your nurse to ensure you're ready to travel.

Can I still hug people? Or will my pouch burst?

Yes, you can. Just follow the guidance given for your pouch and feel free to hug people.

Is swimming still an option?

Yes, you're still able to swim. If you're concerned about leakage, make sure to test the pouch out first at home. You may be self-conscious about your ostomy pouch showing. Don't worry – there are accessories you can use that help to keep it compact and discreet.



WHAT ELSE IS ON YOUR MIND?

There are so many questions people living with a ostomy have but are afraid to ask.

Don't be! We've heard them before, and we are happy to give you the answers you need.

With clinical, customer care, and product specialists, our team is here for you – for whatever you need, whenever you need it. me+™ support will surround you with insights, inspiration, and ideas that will help you live with an ostomy in your own way.

“They offer surgery, and you don’t think how it will affect you psychologically. Once the surgery’s over, that’s it. There’s no proper support once you leave the hospital.”

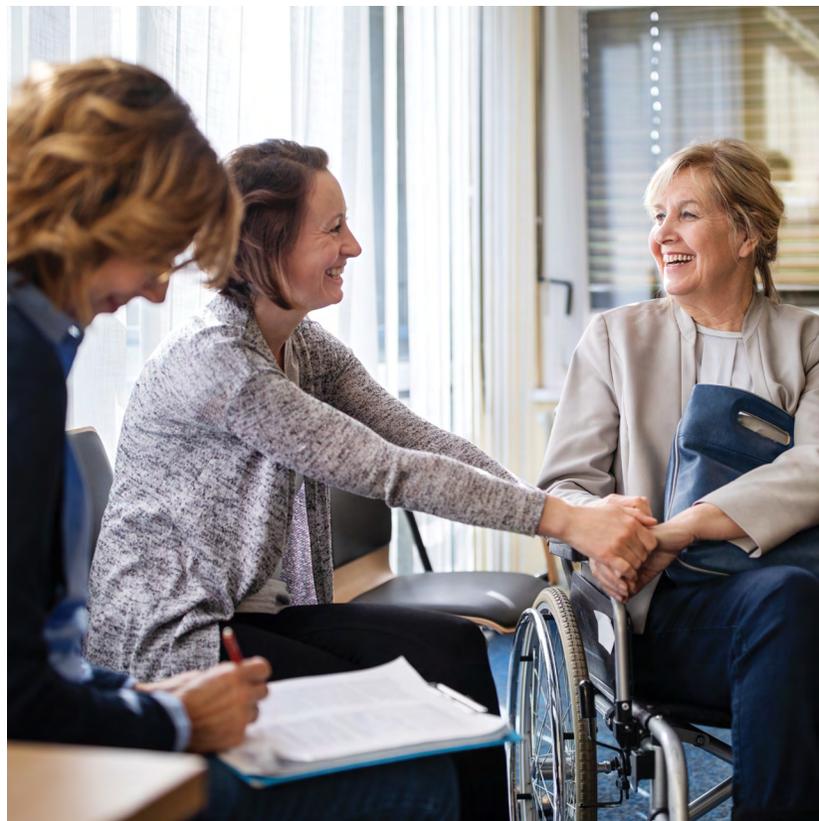
Collected from real patient interviews



SPOTLIGHT QUESTION

If I feel anxious, is there anyone there to help?

It’s natural to feel anxious at this point. And yes, our team of experts is only a phone call or email away for concerns you may have. And as you learn more about it, living with an ostomy will become easier and part of your daily routine.





SPOTLIGHT QUESTION

How will I know if a one-piece or two-piece pouch is right for me?

The main thing to bear in mind is to find a product that you're comfortable using. Your nurse will recommend a one-piece or two-piece pouch depending on your needs. After surgery, you can try and test other system types at home to find the one that works best for you.

Need a sample?
Call 1-800-465-6302 or visit convatec.ca

**me+™
care**

me+™ care provides you with products, accessories, and advice that will help you throughout your ostomy journey. We'll give you the tools, resources, and product support to manage your ostomy. And should you need them, we'll provide free samples for you to try out.

In the early days after ostomy surgery, there's a lot to come to terms with. Everyone is different and recovers differently. It's important to listen to your body and be guided by how you feel.

"The advice you get after surgery is well meaning but it is often disabling and can be depressing. Try to focus on what you CAN do, rather than what you can't. A positive approach is so important."

Collected from real patient interviews

The me+™ recovery series will guide you through your recovery after your surgery and beyond. It'll provide you with tips on what kind of movements and activities are best to start with.

Physiotherapists and ostomy care nurses will recommend safe, appropriate, and gentle exercises as part of your healing and recovery process.¹⁻³

DISCLAIMER: Speak with your physiotherapist or nurse before doing these exercises and ask them to show you how to do the movements correctly. If you've had very complex surgery, have an unstable hernia, or other complication, please check with your doctor or ask for a referral to a specialist physiotherapist.



SPOTLIGHT QUESTION

What if I have no motivation after my ostomy surgery?

Don't be alarmed, you've just had major surgery. Go at your own pace, but moving around and participating in activities is an important way to increase your energy levels. Doing so will help you feel more confident and make a positive difference to your well-being.

me+™ Community

Sometimes the best advice comes
from someone who has already been where you are now.

"I needed a connection with someone who'd had one,
who'd gone through similar things and made it through OK."

Collected from real patient interviews



With me+™ community, you'll be part of a group of people who'll share their experiences and help you adjust. They'll reveal the highs and the lows, and how they coped with this change in their lives. They'll help you move back into the world and see the possibilities.

On the me+™ community page of our website, you'll find inspiring stories of people living with an ostomy doing the things they love. And maybe one day, your story will be there too.



SPOTLIGHT QUESTION

**Is it true that some people give
their ostomy a name?**

Some people do name their ostomy. For some people, it helps them to adjust and makes it easier to deal with things when they go wrong. Others just think it's fun.

Ready to join us?

Here are the benefits you'll receive when you become part of me+™



Access to our clinical specialists.



An expert team of customer care and product specialists.



Following registration, we'll give you a call to welcome you to the program and explain the support available to you.



All newly registered members will receive a Welcome Kit.



me+™ care – products, supplies, and advice throughout your ostomy journey.



me+™ recovery movement program.



me+™ community – hear from others living with an ostomy.



me+™ answers – a whole host of answers to frequently asked questions on everyday life, diet, lifestyle, and relationships delivered online or in booklets you can keep.

References

1. Association of Stoma Care Nurses UK. *ASCN Stoma care: National clinical guidelines*. 2019, pp. 1-70.
2. Colostomy UK. Active Ostomates®: *Sport and fitness after stoma surgery*. 2019. <https://www.colostomyuk.org/wp-content/uploads/2019/12/Active-Ostomates-Sport-and-Fitness-after-stoma-surgery-2019.pdf>
3. Thompson, Mary-Jo, and Bernie Trainor. "Incidence of parastomal hernia before and after a prevention programme." *Gastrointestinal Nursing*. vol. 2, 2005, pp. 23-27.
4. Hamasaki, Hidetaka. "Effects of Diaphragmatic Breathing on Health: A Narrative Review." *Medicines*. vol. 7, 2020, pp. 1-19.

You don't have to figure it out alone.

Join today and let us help you get back to doing the things that make you, you.

Have questions? Call us at 1-800-465-6302 or visit our website at convatec.ca

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