



## Top Tips For

# RUNNING WHEN YOU HAVE A STOMA

by Rebecca

### Core work

Use a core recovery programme as soon as recommended by medical staff after surgery. Continue to use these exercises alongside any running.

### Hernia-prevention support

There is a wide range of hernia-prevention support available on prescription and your stoma nurse will be able to discuss what would work well for you. You can get up to three garments a year on prescription.

### Take gradual steps & don't be afraid to walk

It is easy to forget what your body has been through with the illness or injury that necessitated your stoma: take gradual steps. Walk for a longer distance than you plan to run first, and jog or walk in between running if needed.

### Listen to your body

Some aches are normal when running but if you feel pain then stop! Take a break and reduce the intensity and/or speed.

### Make sure your bag is secure before you start running

Take an extra few minutes to make sure your bag is fitted well use flange extenders or Barrier Sprays to help. NHS prescription underwear is great for keeping your bag away from your skin and for absorbing sweat.

Enjoy being active!

For more info on getting active with Colostomy UK visit [ColostomyUK.org](http://ColostomyUK.org) or call 0118 939 1537