

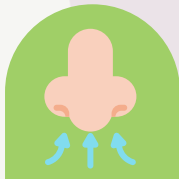


TOP 10 STOMA MYTHS BUSTED

1

"Stoma bags smell and everyone will notice."

Modern stoma bags are designed to be odour-proof, so unless it needs changing, you'd never know someone was wearing one.



2

"You can't swim with a Stoma."

Busted: You absolutely can. Pools, the sea, even wild swimming, stoma bags are waterproof.



3

"Say goodbye to your favourite clothes."

Busted: From jeans to dresses, people can wear whatever makes them feel good. Stoma bags sit discreetly under most outfits.



4

"Having a Stoma ends your sex life."

Busted: Intimacy is still very possible. It's about comfort, communication, and finding what works for the individual.



5

"Playing sport isn't possible."

Busted: People with stomas run marathons, play football, and more. We even have our own Rugby League team! With time and the right support anything is possible!



6

"Only older people have Stomas."

Busted: Stomas can be needed at any age from newborn babies to people in their 90s.



7

"You can't eat normal food anymore."

Busted: While some foods take getting used to, most people return to a varied diet. It's about finding what works for their bodies.



8

"Everyone will notice your Stoma."

Busted: Stoma bags are designed to be discreet. Most people won't know unless they are told by the person living with one.



9

"A Stoma is forever."

Busted: Many stomas are temporary and reversed once their body's healed. For some, it's permanent, and life goes on.



10

"Life with a Stoma is all downhill."

Busted: For many, it's the start of getting their life back, free from pain, fatigue or constant toilet trips.



Together we are busting myths, breaking stigma, and celebrating life with a Stoma. The myths came from volunteers and other people with a Stoma.

#StomaMythbusters #StomaAware

hello@colostomyuk.org

100 Berkshire Place, Winnersh, Wokingham RG41 5RD

colostomyuk.org

0118 939 1537 admin line 0800 328 4257 Stoma helpline



STOMA MYTHBUSTERS

Busting Myths | Challenging Stigma | Sharing Facts

SAMMY

TOM

ODETTE

MAUREEN

ANGELO



STOMA MYTHBUSTERS

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100 Berkshire Place, Winnersh, Wokingham RG41 5RD

Registered Charity Number: 1113471





EMPOWERING LIVES, BUSTING MYTHS

We know that life with a Stoma can be full, active, and empowering, but too often, it's surrounded by misunderstanding, outdated ideas and opinions, or silence. That's why we're proud to introduce **Stoma Myth busters** from **Colostomy UK**.

Stoma MythBusters is all about challenging the myths, breaking down **stigma**, and replacing misinformation with real, lived experience. Whether you're someone living with a **Stoma**, about to have Stoma surgery, supporting a loved one, or just want to learn, we're here to clear things up.

What You'll Find in This Leaflet

- **Common myths busted** – with facts
- **Resources to educate others** – whether it's in your workplace, school, or social circles
- **Ways to get involved** – from sharing your story to helping spread the word.

Colostomy UK are here for anyone living with a **Stoma**, and for the people who love and care for them. Whether it's a listening ear on our Stoma helpline, practical tips to make life a bit easier, or simply knowing you're not alone, we're by your side every step of the way.

We connect people through local groups, online communities, and volunteering, and we campaign to break down stigma and make sure every voice is heard. Most of all, we believe having a **Stoma** should never stop you from living life to the full.

Why Myth busting Matters

Misinformation can lead to shame, isolation, exclusion and fear. But when we confront myths with facts and faces, we create space for confidence, dignity, and community. **Stoma MythBusters** aims to empower people to live their lives without limits.

Join us as we set the record straight. Because behind every **myth** is a chance to start a **better conversation**.

STOMA MYTHBUSTERS

Colostomy
UK

**Who has a
Stoma?**
Anyone can
have a Stoma.

What is a Stoma?

A **Stoma** is a surgically-created opening in the abdomen. It diverts the flow of bodily waste from a damaged or non-functioning bowel and/or bladder, allowing it to be collected in a bag.

*A Stoma can be temporary or permanent

There are three main types of stoma:

Colostomy



Diverts faeces from the colon

Ileostomy



Diverts faeces from the small intestine

Urostomy



Diverts urine away from the bladder



A person wears a bag on their abdomen to collect bodily waste

Why do people need a Stoma?

- Diverticulitis
- Cancer
- Crohn's & Colitis
- Childbirth
- Endometriosis
- Trauma
- Medical Negligence

Why do I need to be Stoma Aware?



Empower people to access the information and Support they need.



To stop Prejudice and discrimination.

Not all
disabilities
are visible

#stomafriendly

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Over
200,000
People in the
UK have a
stoma

