



Swimming with an Ostomy

Despite improved public awareness, many myths persist about what it means to live with an ostomy, including the misconception that a person with an ostomy should not submerge in water, or that it's a public safety hazard to go swimming.

As a result, it is necessary to educate the public at large so that they understand a person with an ostomy will not contaminate any pool. An ostomy is not an open wound and after their surgical healing period patients can bathe, shower, swim and even go into a hot tub. In addition, ostomy pouching systems are clinically proven airtight and waterproof products engineered to prevent any leakage. People with ostomies work closely with medical clinicians to ensure they have the best-fitting appliance for their individual body habitus and know how to properly apply it to prevent leakage.

All over the world, people with ostomies are living normal active lifestyles and participating in sports of all kinds including triathlons, surfing, scuba diving, and most definitely swimming.

Having an ostomy should not keep individuals from spending the day at the beach or swimming in a pool. Nor should they ever be prohibited from doing so.

For further information visit our website **www.ostomy.org** for a printable FAQs sheet for pool owners and operators.

If you have any questions, please feel free to contact us at 800.826.0826.

UOAA's Medical Advisory Board