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# Get Swimming: Post-ostomy Surgery

Dear [enter name here],

This year, you don't have to worry about swimsuit season or your ostomy pouch not adhering in water! There are swimsuits specifically designed for people living with ostomies, as well as a wide assortment of precautions and steps you can take to make sure your time in the pool is as relaxing as ever.

- 

**Eat a few hours beforehand** if you are concerned about output.
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**Apply a new pouching system** right before swimming, and allow it to properly adhere to your skin.
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**Waterproof tape can provide peace of mind**, but is not necessary for most people with an ostomy.

Learn more about swimming wraps and how they work from our friend Rebecca Zamolo.



To get you ready for your first dive, we'd like to offer you a [enter amount] discount on your own OstomySecrets swimwear.



**Questions?**  
Talk to an ostomy nurse or a product specialist.

**Phone:** 1-800-422-8811 (Monday-Friday, 8:30am-7:00pm ET)  
**Email:** [CIC@convatec.com](mailto:CIC@convatec.com)



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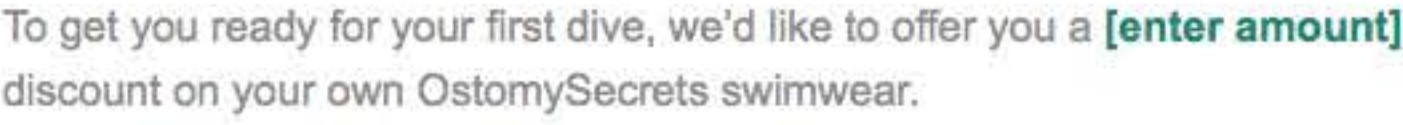
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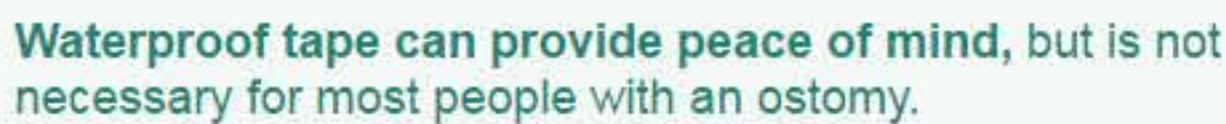
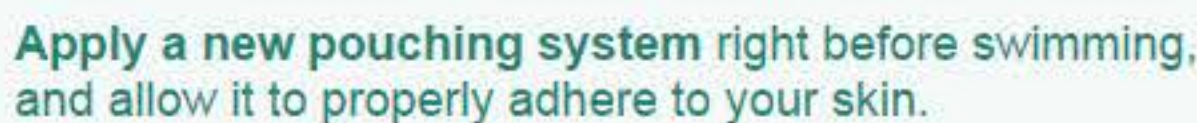
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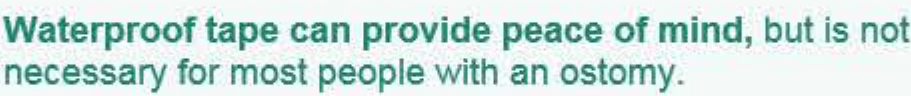
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