

Parastomal hernia's with a stoma is a common problem. We suggest exercising pre-operatively to strengthen the core and wearing light support wear following surgery. We then recommend contacting a support wear supplier and being correctly fitted for a support garment. Three support garments a year are available on prescription. Please contact your stoma nurse for more information.

Information for Exercising with a stoma

<http://www.iasupport.org/about/publications/factsheets/exercises-for-ostomates>

<https://www.coloplast.co.uk/care>

https://www.coloplast.co.uk/stoma/people-with-a-stoma/stoma-stories/?section=from-down-and-out--to-up-and-running_341177

Support wear

<https://comfizz.com/>

<http://www.cuiwear.com/>

<https://www.respond.co.uk/product-category/ostomy-support-wear/>

<https://www.salts.co.uk/en-gb/products/additional-products/salts-support-wear.aspx>

<https://www.suportx.co.uk/>

Underwear and Swimwear

<https://www.ostomysecrets.co.uk/>

<http://www.stomawise.co.uk/ostomy-underwear>

<http://www.vblush.com/>

<https://www.white-rosecollection.co.uk/>

Clothing

<https://www.securicaremedical.co.uk/advice-and-support/stoma-care/ostomy-fashion>

<https://www.iamdenim.co.uk/>

<https://www.ingawellbeing.com/how-our-clothes-work>

<https://www.veganostomy.ca/dressing-with-an-ostomy-clothing-for-women/>

<https://www.veganostomy.ca/dressing-with-an-ostomy-clothing-guide-for-men/>