



Sex with a stoma....

Here are a few tips I have discovered, enjoy and I hope it helps.....

I have been wanted to do this for a long time now. Yet I questioned whether or not it was something fellow ostomates or people about to become ostomates would read. However I remembered how I felt when it was all new to me and I definitely would have read something like this. I will do a separate post on having a relationship with a stoma or having a relationship with someone with a stoma. I feel both subjects need a whole post and to be discussed in full.

So, what's the best way to do this...well I think the best way is to bullet point tips, tricks, hints etc. You won't all want to read the whole story as to how I came to be in this position and how I came to have my first sexual experience with a stoma. That can be discussed in the relationship post.

Before I start, this is written from the perspective of someone who had already told their sexual partner about their stoma and they understood what it was etc. Also these are in no order, it's just as I think of them so apologies if they jump around a lot!

Let's start.....

- Goes without saying in any situation stoma or not, your surroundings do play a part. Soft lighting, candles, temperature of the room, music etc all helps you to 'get in the mood' and feel more relaxed.
- Like anyone feeling sexy can really help. Even before my stoma if I knew I looked good and felt good my confidence would increase. So I purchased a number (scary number!) of underwear sets from a number of places that I felt flattered me and my

stoma. I find higher waisted bottoms always a go to and they can be super sexy especially when they are cut out at the back so your ass is out on show! Also corsets, basques and babydoll sets are another go to of mine. All these things help to make you feel like the you pre-stoma and help with reminding you, you are just as sexy. I initially used a boob tube around my stomach so everything else was out on show but my stoma was hidden. It helped me forget temporary I had a stoma as it wasn't right there on show.

- Continuing on the point of underwear, if you find that no matter what you wear the moment that it comes off all that confidence goes....then don't take it all off! Years ago I would have thought of crotchless underwear as super sleazy and definitely not something I would ever have entertained. Oh how that opinion has changed! If you feel sexy with the underwear on and it is easier to 'get in the mood' then why change that thing that helps?! Ann Summers do some really cute ones that I love. I think changing my preconceived thoughts and just trying it was a game changer. Try it!
- Empty your bag before you go to the bedroom (or wherever!) so you are not worrying. I know this isn't always that practical because sometimes the mood just takes you but, if you sense it's going that way a little whisper of "I'll be right back" and a kiss before quickly doing an empty leaves him/her wanting more. It won't kill the mood like a lot of people worry about. I can empty mine in 90secs so if a guy can't wait that long.....WOW! He'll be waiting a lot longer than 90secs before he gets his hands on me again I can tell you!
- Taping up the bag. I find I can make mine super small by doing a bit of stoma origami! I fold in a 3rd at a time and then tape it over. Although, this does cause it to fill a lot quicker and can be rather annoying. So if having the full size bag on show worry's you, again the wonderful crotchless underwear can come in handy!
- Positions. So although it hasn't stopped me wanting and being able to be thrown around the bedroom, things aren't always as comfortable as before in certain positions. However, with a little adjustment anything is still possible. When I had sex again for the first time there was no way I was going to go on top because my stoma would have been proper on show and my scars etc. So with him on top my stoma was hidden by his body and it made me feel more comfortable. Another tip I found was if I was on my front, popping a pillow under my hips so my lower part was up towards him but, my stoma was over the edge of the pillow and therefore I wasn't flat on my front squashing it a really good tip. Or if there was no pillow to hand, popping my hands under my hips did a similar job however after a while it began to hurt and my arms went numb!! When I finally felt more comfortable to go on top, I initially used the boob tube hack I mentioned earlier. I also found this help massively when it came to oral sex. So mainly because as much as I know my stoma doesn't smell and you can't smell it, I was still paranoid because his nose was going to be super close to it. Also in a different position it does help that it is not going to bash the other person in the face!! So that stops that happening completely.

- One thing I would say is do whatever makes you feel comfortable. Don't put any pressure on yourself to have full blown sex the first time you have a sexual encounter post surgery. Putting that pressure on yourself will only make you not enjoy it and will find it impossible to reach any level of climax. If you just want to spend time with gentle touches and kisses do that, foreplay is massively important in any relationship but especially if you've had any kind of body altering surgery. Spend that time to explore what feels good or doesn't and what really works for you. A lot of people find a change in sensation if you have had any kind of surgery down there. Ways that previously would drive you crazy and make you climax super fast may not anymore. That doesn't mean you'll never have an orgasm again, it just means it may take a different approach then before. Enjoy that time though, enjoy exploring your body and what works for you. Get your partner to explore with their hand over yours as you find what works for you. Two reasons being 1) It's quite a turn on for a man to see his girl enjoying touching herself but mainly 2) the 'old way' may not be the 'new way' and it's a great way to show him what you want him to do now. Without making him feel as though what he was doing before is wrong. At the end of the day, he is going to want to give you the same amount of pleasure as he always has done. So he will be happy to learn about the new things that work at the same time as you learn them.

I could go on and on but I feel after chatting with someone this is a good place to leave it. I really hope this has covered some main points that I hope will help someone.

Let's break the taboo of stoma's and sex. It's natural, we all do it and if it wasn't for a stoma I know I wouldn't be here to sex let alone write this!!

Hannah xx