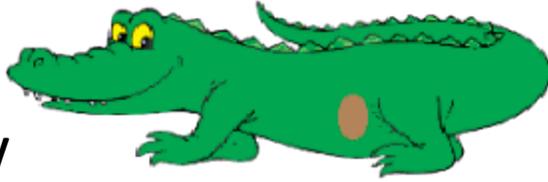


Colorado  
River  
Ostomy  
Chapter



## CROC December 22/January 2023 Newsletter

### The Next Meeting January 9<sup>th</sup>!

**The time will be from 1-3pm.  
Come and join us!**

Location: **Western Arizona Regional  
Medical Center's (WARMC) education  
room.**

The address is 2728 Silver Creek Road,  
Bullhead City, AZ 86442.

The Education building is across the street from  
the main entrance to WARMC. It is labelled  
building 2.

You may park in building 2 parking spaces or in  
the WARMC main visitor lot and walk across  
the street to Building 2.

Enter the building through the right-side door,  
go down the short hall through the next door,  
onto the patio and the room will be on the right.

**Next Meeting: January 9!**

### Seasons

As some celebrate Hanukkah, some Christmas, and  
other no holiday at all, we wish you a great season  
filled with friends and family.



### Did you know?

That if you have any colon left, you should  
ask about a colonoscopy of your remaining  
colon.

Most colon cancers can be prevented or the  
disease spread deterred with routine  
colonoscopies based on your cancer risk.

There are also colon screening tests on the  
market that may be helpful in some  
instances. Check with your doctor about the  
appropriate screening/tests for you.



**Welcome 2023!**

# Education Topic

## Air travel with an Ostomy

Questions come up about traveling with an ostomy on an airplane, such as “Will my pouch fill up with air and explode on the plane?” The answer is no, the cabin of the commercial plane is pressurized.

Tips about flying include:

- 1) Before you go through the security check points empty your pouch.
- 2) Empty your pouch again if needed before boarding the plane.
- 3) Have the travel cards printed off and with your that explain you have an ostomy and give this to the TSA agent. You can locate this on the [www.ostomy.org](http://www.ostomy.org) website.
- 4) You may be asked to put your hands over the pouch, then have your hands wiped with the pad that detects explosives when going through the security check point. Be prepared for this potential.
- 5) Take extra pre-cut pouching supplies in your carryon baggage in case your luggage vacations in a different spot than you do for a while.
- 6) You can carry certain scissors on the plane but check the guidelines. It is easier to have pre-cut supplies in your carryon luggage and put the scissors in your checked bag.
- 7) If seat belts cause issue with your pouching system, you can manage the belt position as you normally would in a car while on the airplane with slight padding over the stoma or the use of one of the guards to protect your stoma that are on the market.
- 8) Manage your diet for a few days before and while you travel. Avoid foods/fluids that upset your GI system in the days prior to flying, cause excessive gas, etc. You want to feel your best while traveling and have few concerns.
- 9) Time medications such as diuretics for when the peak effects of the medications will be before your flight.
- 10) Pre-choose your seating on the plane for an aisle seat or near a bathroom if that is something you prefer.
- 11) Look into the TSA Pre-check number if you fly on a regular basis.

The TSA Pre-check is acquired through a process where you complete an application, have fingerprinting done for a federal database check, background check, and a brief in person meeting at a TSA approved location where the finger printing and ID verification are done. The cost is currently \$78 for 5 years. Some would consider this a “Big Brother” idea as you are known to the TSA, given a KTN (Known Traveler Number) and identified to be safe risk flight passenger.

The benefits of a TSA PreCheck include shorter security lines at the check points for domestic travel when the airport participates in the PreCheck program. You don’t have to take off your shoes or remove approved sized liquids from your carryon, and there are other benefits. You may still be required to be patted down if an agent has a concern, as well as the standard regulations apply for what you can bring on the airplane. In general, the security lines are shorter with an easier screening process as you have been vetted by the TSA already as a “known traveler”.

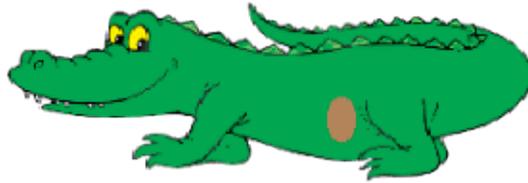
Check out [www.tsa.gov/precheck](http://www.tsa.gov/precheck) to see if this program would benefit you.

Safe travels whenever and wherever you go as you live life!



## New Ostomy Products

Hola Health has a [Waterproof Ostomy Bag Shower Cover /Stoma Bath Protector Shield Film Adhesive](#). It is reportedly easy to put on and take off. A bit pricy per use which is a one time use per film.



**CROC Phone contacts:**

**Bob Brown, Group Leader:**

Home 928-763-3642

Cell 928-577-7922

**Desiree (Group Facilitator):**

928-814-9906

**Stephanie (Group Facilitator):**

928-444-5468

Stephanie is now in the Phoenix area and is still able to be contacted for ostomy issues as needed.

**Website:**

[www.coriverostomy.com](http://www.coriverostomy.com)

**There is a contact page on our website to reach us by email.**

**For Additional Resources:**

**United Ostomy**

**Association of America:**

[www.ostomy.org](http://www.ostomy.org)

**CROC is an**

