

# What do I do when I have a leak and need quick access to a restroom?

## SITUATION #1: LOW DISCLOSURE

Imagine you are at a friend's party and need to find a restroom or a private space to change your ostomy bag. Your friend does not know that you have an ostomy bag and you don't want to tell her at the party. In most cases, you may not need to tell people about your ostomy to get the help you need.

### Suggestion:

"Can you show me how to get to the closest bathroom?"

### Suggestion:

"Thank you so much for inviting me. I am having trouble with my ostomy bag, so I need to leave and go home."

## SITUATION #2: MEDIUM DISCLOSURE

In some cases, you may need to leave wherever you are quickly if you do not have supplies on hand. Imagine you are at the same friend's party. This friend knows that you have an ostomy bag, but your bag is leaking and you do not have supplies with you at the party. If you feel comfortable, you can tell your friend that you need to leave because of your ostomy bag. For this kind of situation, you can follow a 3-step process of a greeting, disclosure, and solution.

## SITUATION #3: HIGH DISCLOSURE

Special events like weddings are a fun way to socialize and get dressed up. However, there may be a time when you are at a fun event and your ostomy bag begins to leak. Sometimes leaks at these events can be tricky, especially if you are not able to get supplies quickly enough and need to ask for help. If you have people around that can help you, especially friends or family, it is okay to ask for help finding supplies or a restroom.

### Suggestion:

"Can you show me how to get to the closest restroom? My ostomy bag has leaked and I need to clean up. Would you be able to find me an extra set of clothes? I really appreciate it."