

What do I do if my ostomy makes noises in public?

SITUATION 1: LOW DISCLOSURE

You are on an elevator with a few people that you do not know. All of a sudden, your ostomy bag makes a loud noise. You do not want to tell anyone about your ostomy, but do not know what to do.

Suggestion:

It is OK to not say anything.

OR

You may feel comfortable pretending like the sound is something like your stomach growling instead of your ostomy making a noise. Try saying something like, “Sorry, I have not had lunch yet!”

Some people discussed coping with the potential awkwardness of ostomy noises in public spaces. “Sometimes, ostomy bags can be a bit noisy. I think that sometimes that’s a hard thing for people to know how to deal with because you don’t know when that’s gonna happen. And so, **sometimes it just means ignoring it, because who’s gonna know whether it was you. Or sometimes...you can kind of crack a joke and make light of it** if the people around you know your situation, and it can be lighthearted.”