

Love your Stoma

Show your stoma some love this Valentine's Day. It's a part of you and deserves your love and respect.

- ♥ Be kind to your hard working guts and avoid all candy with coconut, seeds and nuts.
- ♥ Skip the chocolate covered fruit. Having a bowel blockage isn't sexy!
- ♥ Don't flirt with danger. Limit alcoholic beverages and remember to stay hydrated with water.
- ♥ Be aware that foods and beverages with **red** dye, like red velvet cupcakes and red or pink frosting on cookies, can turn your stool red. Red may be the color of love but it's not lovely to see in your pouch!

The ER is not a romantic place to spend Valentine's Day so stick to the rules and avoid a rendezvous with the medical team.



HAVE A HAPPY VALENTINE'S DAY!