

*From our friends at Convatec*

## Navigating Public Restrooms



Changing or emptying your ostomy pouch in public can be a daunting task. Here are some tips to help that process be easy and discreet.

---

**Use a Moldable skin barrier** so you can avoid prepping your supplies in a public restroom. [Learn more and request samples here.](#)

**Always carry extra supplies** in case you are stranded where supplies may not be available.

**Create a buffer** with a layer of toilet paper in the toilet bowl to avoid splashing when emptying your pouch.