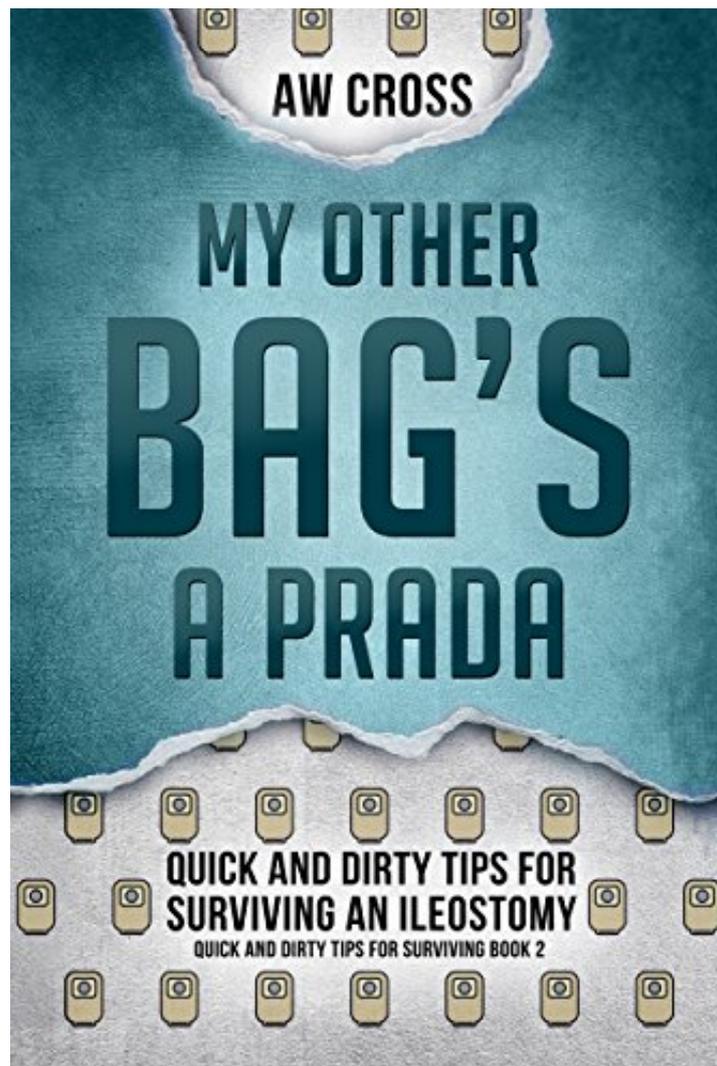


# My Other Bag's a Prada: Quick and Dirty Tips for Surviving an Ileostomy

*by*

**AW Cross**



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## Synopsis

You've just gotten an ileostomy. Now what? Living with an ileostomy seems daunting, but it doesn't have to be. In *My Other Bag's a Prada: Quick and Dirty Tips for Surviving an Ileostomy*, author and ileostomy veteran AW Cross gives you a first-hand, non-medical perspective of what to expect from your ostomy and how to cope successfully day-to-day. Through a straightforward blend of practicality and humor, you'll learn how to:

- \*Survive the physical consequences and emotional impact of having an ostomy
- \*Choose your appliance, your accessories, and change your bag
- \*Cope with odor, leaks, obstructions, and skin damage
- \*Pack a survival kit and navigate the outside world
- \*Dress, eat, and have sex
- \*Deal with healthcare professionals and enjoy your stays in the hospital
- \*Manage the ignorant public and use social media to your advantage

Whether you've just gotten your ileostomy, or you've had it for years, if you're determined to own it like a boss, this book is for you. If you'd rather suffer blow-outs and bagtastrophies, have no sense of humor about your stoma, and hate puppies and sunshine, **DON'T BUY THIS BOOK!** *My Other Bag's a Prada* is Book 2 in the *Quick and Dirty Tips for Surviving* series













## **What people say about this book**

Melissa, "Love this book!. I bought this book for my mom. She has only had an ileostomy for 10 months & has been afraid to go out of the house except for short trips to the doctor or the store. This book changed her life & made her feel "normal"."

Teri PD, "Perfection. Fantastic and practical advice. Actually answered quite a few questions I was going to ask my doctor at my pre surgery visit. And I just loved the part about naming your stoma. Just one question, could I decorate my stoma bag with sharpie markers or would that hurt the bag?"

Ronald L. Fruend, "GREAT INFORMATION ON USE // PLUS MENTAL NOTES // SWIMMING .... GREAT INFORMATION ON USE // PLUS MENTAL NOTES // SWIMMING // CLOTH //SEX // FROM IXPERANCE USER"

Ebook Tops Reader, "Just the right balance of information and real world experience .... Just the right balance of information and real world experience when I was slammed with a crazy situation of colostomy bags and all the related problems...."

toby jean, "Five Stars. Really helped."

Emily, "Love this book. Just had surgery and purchased this book for myself by chance and I love it! It's funny but informative and I recommend it!"

Margaret Ostern, "Very Helpful. This is the best book I have read on this subject!"

Ricardo, "I need to know what is coming my way!. I purchased this book because in the near future I will have an ostomy. I knew bits and bobs about ostomies but wanted detail close to hand and in one place. This book covers so much and although it has scared me it has also educated me with information that is essential for a future ostomate and is helping to prepare me. It has details but also blends it with humour and realism. Well worth reading."

DareBear, "Good read. Funny and informative"

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