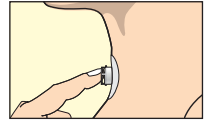


Occluding Your Stoma with Your Heat and Moisture Exchanger (HME)

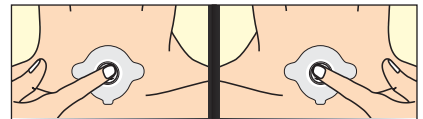
1. Press on the HME with your finger to occlude the stoma. If you are having a hard time getting a good occlusion, practice in front of a mirror.
2. Say “hay.”
3. Take your finger off the HME after you have spoken. Be careful not to release your finger too early.



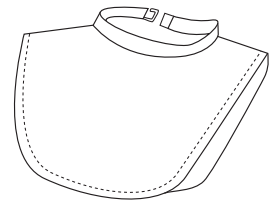
Tip: Keep your arm flat in front of your chest. Keep movements small so that you do not draw attention to your stoma. Keep your head in a straight position.

4. Work on timing to avoid sound coming from your stoma caused by air escaping:
 - When you occlude the stoma too late
 - When you don't press firmly enough
 - When you take your thumb or finger away too early

Tip: Practice occluding with both hands so you can switch hands if needed.

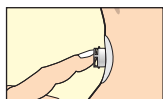


Tip: You may want to try with a stoma cover. You can occlude your HME by pressing it through the cover.

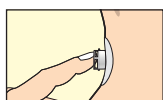
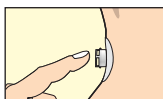


Tip: Vary the finger pressure you use to occlude your stoma and listen to the effect of air escaping underneath the lid of the HME. Your finger pressure should be just firm enough to avoid the air escaping. Using too much finger pressure might hurt your stoma and might be tiring.

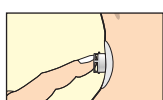
5. Practice with the following:



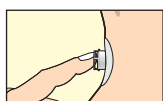
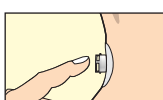
Hay



Hoo



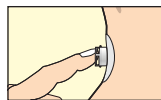
Heee



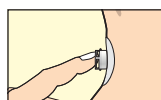
Haaa



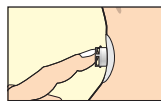
Hello.



How are you?



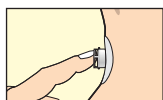
Hi there.



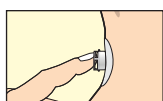
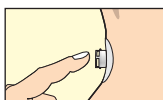
Who is that?



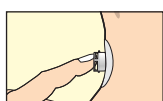
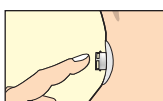
Sentences for practice



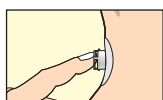
I am going to the bakery today.



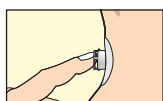
I need to buy some bread.



What a wonderful day!



The sun is shining.



That tree is full of apples.



Continue to practice with the following:

I like your haircut.

It is a cold and rainy day.

That is my favorite book.

Those plants need water.

Dinner is ready.

Where are my glasses?

How much does that cost?

Good morning, how are you?

I am great, thanks.

Can you pick up the phone?

Where is my cell phone?

Where are we having dinner?

I wish the weather would get warm soon.

How was your vacation at the beach?