

Occluding your stoma with your Heat and Moisture Exchanger (HME)

1.  Press on the HME with a finger to occlude the stoma. Practice in front of a mirror if you are having a hard time getting a good occlusion.

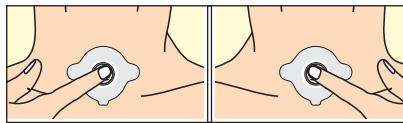
2. Say /hay/

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.

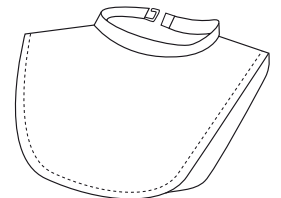
4. Work on timing.
 - a. Avoid sound coming from your stoma caused by air escaping:
 - i. When you occlude too late
 - ii. When you don't press firmly enough
 - iii. When you take your finger off the stoma too early

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

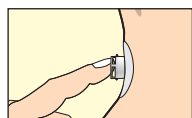


Tip: You may want to try with a stoma cover. You can close your HME on top of the cover.

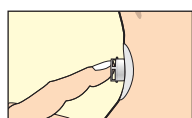
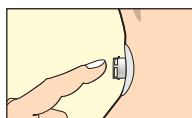
Tip: Vary the finger pressure you use to occlude your stoma and listen to the effect of air escaping underneath the lid of the HME. Your finger pressure should be just firm enough to avoid the air escaping. Using too much finger pressure might hurt your stoma and might be tiring.



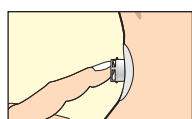
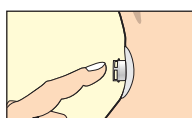
5. Practice with the following:



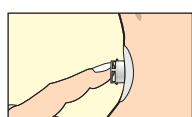
Hay



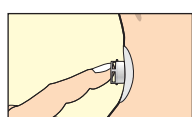
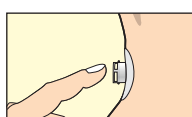
Hoo



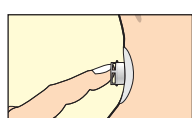
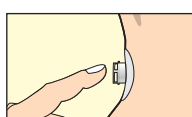
Heee



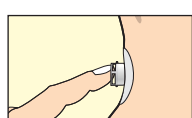
Haaa



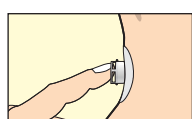
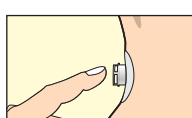
Hello



How are you



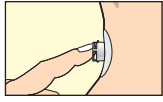
Hi there



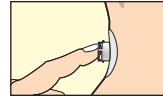
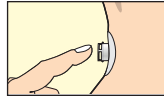
Who is that



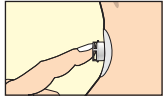
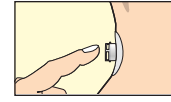
Sentences for practice



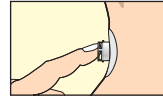
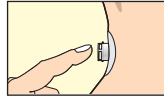
I am going to the bakery today



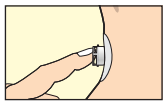
Where are my glasses?



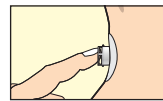
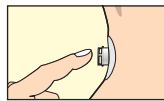
I need to buy some bread



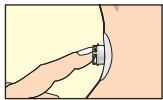
How much does that cost?



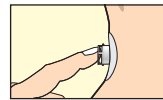
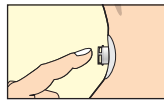
What a wonderful day



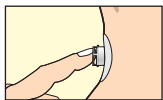
Good morning, how are you?



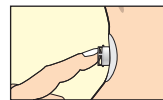
The sun is shining



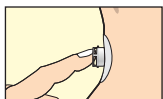
I am great, thanks



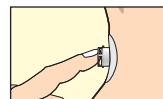
That tree is full of apples



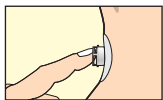
Can you pick up the phone?



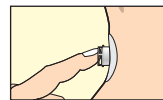
I like your haircut



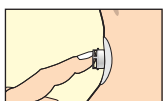
Where is my cell phone?



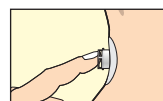
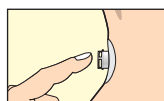
It is a cold and rainy day



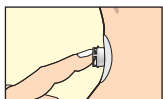
Where are we having dinner?



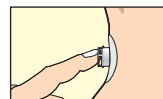
That is my favorite book



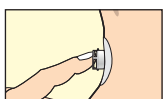
I wish the weather would get warm soon



Those plants need water



How was your holiday at the beach?



Dinner is ready

