

What members are saying



"It's good to be with others for whom your ostomy needs to be neither explained nor justified – it simply is." Don, Logan, Ohio USA



"It's anonymous, but at the same time it has a friendly feel. You can really open up. Everybody on there is so glad they've found the site." Wendy, Didcot, Oxfordshire UK



"The site is chock full of information and most questions you can possibly come up with have been answered there. Nothing's too stupid to ask." threedogmedia, Brinnon, Washington USA



"This is the most informative site I've found. Members are versed in many experiences and give freely of their time, love, and information." bearcat, Tyler, Texas USA

Join Us!

Once you visit C3Life.com, you'll want to come back again and again! Sign up to become a member of the site to enjoy the full benefits, such as:

- Participating in the Forum
- Posting questions to the Ask the Clinician Panel
- Submitting stories and photos
- Signing up for e-mail newsletters

Visit C3Life.com and join today!

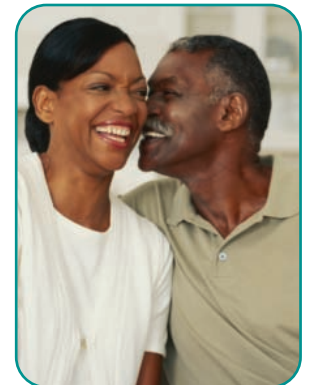


c3Life.com

Information

Support

Connections



You're Among Friends!

Discover C3Life.com – a website dedicated to helping people with ostomies live their lives to the fullest.

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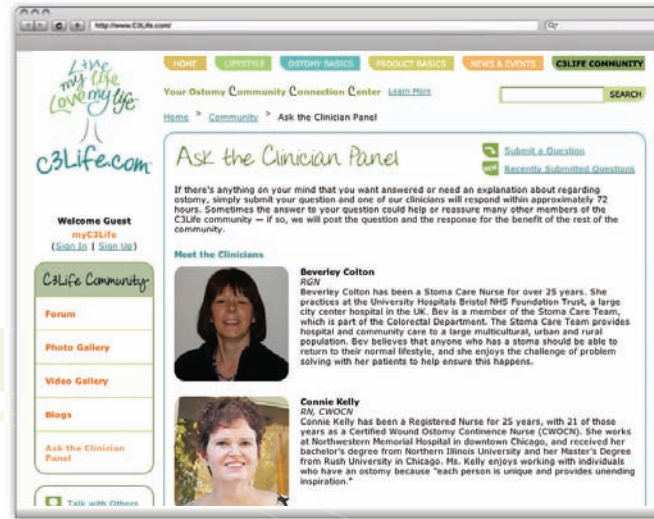
Welcome to your Ostomy Online Community

Information

At C3Life.com, we're dedicated to inspiring people with ostomies and providing information on how to get more out of every aspect of their lives.

Family & Relationships
Work Life Product Options
Travel Healthy Living
Ostomy Basics

Support



If you have ostomy-related product or lifestyle questions, visit the “**Ask the Clinician Panel**.” Simply submit your question and one of our clinicians will respond within approximately 72 hours.

Q: “I’m a new ostomate and am just wondering if it’s better to shower with the ileostomy bag on or off?” Submitted by reduntildead

A: “It is just fine to shower with the pouch on (then dry it well with a towel or cool hair dryer) or to shower with the pouch off because it is OK for soap or shampoo to touch the stoma – it won’t hurt it...”

Connections

C3Life.com is a community where you can give as much as you get. Introduce yourself and get to know the other members on the site by participating in the **forum**, reading **blogs** and **personal stories**, and sharing **photos**.

“What are the secrets people have found in order to be able to swim and enjoy yourself?”

