

Do you have a Stoma or Self Catheterise (ISC)?

You could benefit from one of our **FREE** Stoma and Intermittent Self Catheterisation (ISC) **Assessment Clinic**

Our experienced Bowel and Bladder Nurse is offering:

- ➔ Expert assessment of your stoma and routine
- ➔ Expert assessment and guidance of your ISC routine
- ➔ Advice on skin care, diet, travel, exercise, body image and intimacy
- ➔ Support garment fitting for parastomal hernia

Clinic held in:
*The Crann
Centre,
Ovens, Cork*

To book your **FREE** appointment please contact Ciara
on **087 2701375** or **GBCCC@coloplast.com**