


## Occluding Your Stoma Without an HME

1. Make sure your stoma is clean. If you are wearing an HME, it is still a good idea to practice occluding your stoma without your HME. There may be a time when you may not be wearing your HME and you will need to speak.

2.  Use your finger or thumb to cover your stoma. If you are having trouble getting an airtight seal, try using a small ball made of cloth to press firmly on the stoma.

3. Say "hay."

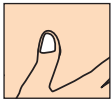

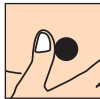
**Tip:** Keep your arm flat in front of your chest. Keep movements small so that you do not draw attention to your stoma. Keep your head straight.

4.  Take your thumb or finger off the stoma after voicing stops. Be careful not to take your thumb or finger off too early.

5. Work on timing. 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

6. Practice with the following utterances:

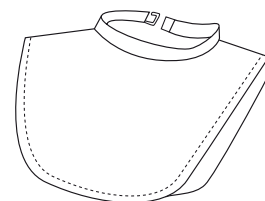
	Hay		Hello	
	Hoo		How are you	
	Heee		Hi there	
	Haaa		Who is that	

7. Talk to your clinician about the possibilities for a Heat and Moisture Exchanger (HME). This can make occluding your stoma much easier and can improve your voice and breath support for speaking.

**Tip:** Practice in front of a mirror if you are having a hard time occluding your stoma.

**Tip:** Practice occluding the stoma with both hands so you can switch hands if needed. Think about which hand you prefer to use to occlude your stoma.

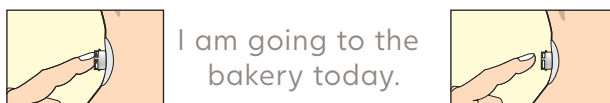
**Tip:** You may want to try with a stoma cover. You can put your finger/thumb on top of the cover.



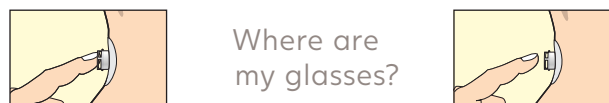
# CareTips

## Topic: 17 Occluding Your Stoma Without an HME

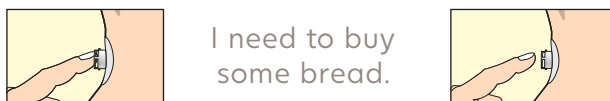
8. Practice with the following sentences:



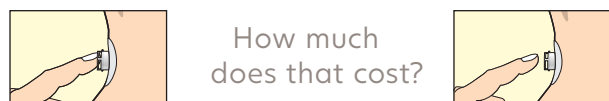
I am going to the bakery today.



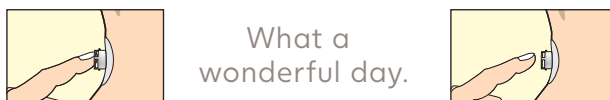
Where are my glasses?



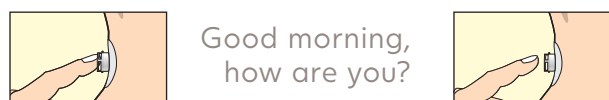
I need to buy some bread.



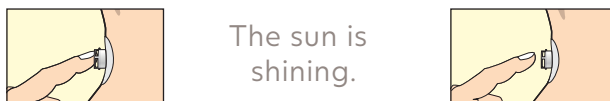
How much does that cost?



What a wonderful day.



Good morning, how are you?



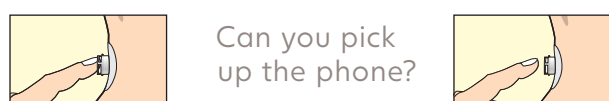
The sun is shining.



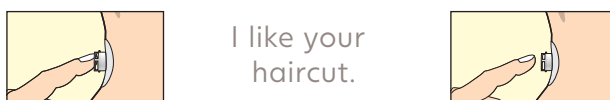
I am great, thanks.



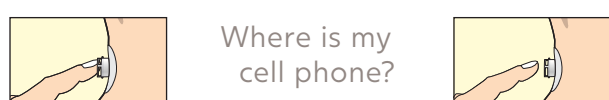
That tree is full of apples.



Can you pick up the phone?



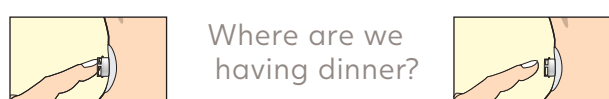
I like your haircut.



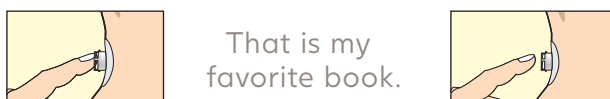
Where is my cell phone?



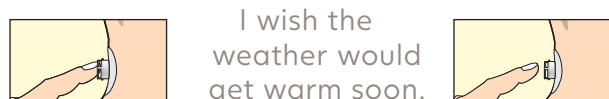
It is a cold and rainy day.



Where are we having dinner?



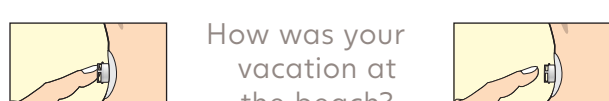
That is my favorite book.



I wish the weather would get warm soon.



Those plants need water.



How was your vacation at the beach?



Dinner is ready.