

Hernia Action Plan

Note! You should always consult your ostomy care nurse or surgeon before starting to exercise. Use the Hernia Action Plan to reduce your risk of developing a hernia – or to reduce the impact your hernia has on your life by taking matters into your own hands. The Hernia Action Plan allows you to decide how you will take action by writing down your own goals for different focus areas.

Discover helpful tools, inspiration and exercises online at [Coloplast Care ostomy.coloplastcare.us](http://ColoplastCare.ostomy.coloplastcare.us)

Focus area – and how a personal goal for it could look like	Write your own goals here	What went well? (Fill out 6 weeks later)
Think before you lift <i>Example: I will bend my knees when I lift things</i>		
Core 4 exercises <i>Example: I will do Core 4 exercises at least two times a day</i>		
Regular general exercise <i>Example: I will take a 10 minute walk every day</i>		
Take control of my weight <i>Example: I will eat a more balanced diet</i>		
Stop smoking <i>Example: I will stop smoking over the next two months</i>		
Supportive undergarments <i>Example: I will find some supportive undergarments I like – and start wearing it</i>		
Support accesories, like an ostomy support belt <i>Example: I will ask my Wound Ostomy Continence (WOC) Nurse about support garments</i>		
Do an online ostomy check <i>Example: I will check my ostomy every 3 months for changes in shape – or for issues, by visiting bodycheck.coloplast.us</i>		

This information is for educational purposes only. It is not intended to substitute for professional medical advice and should not be interpreted to contain treatment recommendations. You should rely on the healthcare professional who knows your individual history for personal medical advice and diagnosis.

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