

Hernia Action Plan

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.

Find tools, inspiration
and Core 4 exercises
online on
Coloplast® Care
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 accessories, 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>		