

BodyCheck™: Understand your body profile for a better product fit



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Body shapes change over time

Following your ostomy surgery, your Wound, Ostomy, Continence (WOC) Nurse recommended the right product to fit your needs at that time. But you have probably noticed that both your body and your stoma have changed in the time since your surgery. Your stoma has probably reduced in size, and the area around the stoma has probably changed quite a bit as well.

Now that you have had some time to settle in to your life after surgery, it is a good time to consider if your pouching system is still providing a good fit to your body. When the pouch doesn't fit perfectly anymore it can lead to a number of issues for you. There is a risk that you could begin to experience problems with leakage under the barrier, and this can often lead to skin irritation.

By being aware of small changes to your body and adjusting your products to those changes, you can reduce the risk of issues like leakage and skin irritation. These types of issues are not things you need to accept as part of having a stoma. Even if you only experience a leak once in a while, it is still too often.

Take advantage of BodyCheck

Fortunately, there is a very simple way to find out if you have the right product for you. Coloplast has developed a great resource that makes it easy to assess your body shape. Together with 300 of the best ostomy care nurses in the world, we developed a tool called the "BodyCheck": An easy way for you to check if you have a perfect match between your body profile and your pouching system.

BodyCheck is an online questionnaire (bodycheck.coloplast.us) where you can identify the appropriate product to meet your needs, and then receive a free sample of that product. It's very simple – you just go online and type in the website, and answer 8 visual questions.

Receive free samples of the right product for you

When you complete the 8 simple questions, you will receive recommendations for products that fit your unique profile, and as a member of Coloplast® Care, you can order free samples of these products. Try out the new products, and make sure to discuss them with your WOC Nurse for her/his input.

If you have any questions about the product recommendation, or about BodyCheck itself, please just give your Coloplast Care Advisor a call. They would be happy to walk you through the tool. You may reach your Coloplast Care Advisor at [1-877-858-2656](tel:1-877-858-2656).

Additional thoughts

Your body has probably changed quite a bit following your surgery, as you have been settling back into your routine again. Over time, people often find that they gain and lose small amounts of weight. This is very normal. It is just important to make sure you continue to assess if your pouch is meeting your needs.

You may want to consider using BodyCheck once each year, just to make sure you still have the best fit. It will be worth it to prevent leakage issues and the discomfort those issues can bring. It is always a good idea to discuss any product changes with your WOC Nurse as well, so please make sure you are staying in contact with your nurse.

