



Guide to *Preventing* Ostomy Leaks:

*Building confidence
with your stoma routine!*

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User, Ostomy Care

Table of Contents:

About this booklet	3
Worried about leakage?	4
What is leakage?	5
Bodies are different, and so are ostomies	6
Your body changes over time	7
Preventing leakage	8
Keep track of your body profile	9
Change Routine Tips: Pressure and Time	10
Change Routine Tips: Remove and Check	11
Exercise and your ostomy	12
Sexuality and leakage	13

About this booklet

Since Coloplast was founded in 1957, we have worked closely with healthcare professionals and users to develop product solutions that meet our users' needs. During this journey we have gained a deep understanding that leakage is a big challenge for people with stomas.

In this book, we answer some of the most common questions about leaks and how you can avoid them. You will find useful facts and practical advice on how to reduce the risk of leakage.

Coloplast develops products and services to make life easier for people with intimate healthcare needs. Our goal is to help you find the right products and solutions to help you live the life you want to live.



Paula*

User, Ostomy Care

Worried about leakage?

You're not alone

If you are worried about leakage or feel unsure about how to reduce the risk of leakage, you are not alone. 92% of ostomy patients worry about leakage and feel limited in their everyday life.¹

All bodies are different. After ostomy surgery, your body profile can change for several different reasons. That's why finding the right products is so important for stoma care.

On the following pages you will find advice on the following topics:

- Causes of leakage
- Routines and solutions

¹Jeppesen PB, Vestergaard M, Boisen EB, Ajslev TA. Impact of stoma leakage in everyday life: data from the Ostomy Life Study 2019. *British Journal of Nursing* [Internet]. 2022 Mar 24;31(6):S48–58.

²Source: Coloplast, Market research, Ostomy Life Study 2019 (Data on file)

Our research shows...

92%

of people with
an ostomy are
worried about
leakage¹



20%

of people with
an ostomy
are isolating
themselves
because of
leakage worries²



What is leakage, exactly?

A leak is when output (feces or urine) seeps out of the ostomy pouch or under the baseplate.

People may be affected by leakage differently but in general, it can cause a strong sense of insecurity. It is both a mental and physical concern that can often limit everyday life. Do I leave my house? Where is the nearest toilet? What if someone else notices my leak?

You should be able to rely on your ostomy system. Today, there is a wide range of ostomy products and accessories to tailor a solution that fits your peristomal body profile, your daily life and your lifestyle.

Sometimes it may take some trial and error with your healthcare provider to get it right.

It is important that you seek and follow the advice of your healthcare provider.

SenSura® Mio range of ostomy systems has options to fit every body and stoma.

Click here to learn more!



Bodies are different, and so are ostomies

After an ostomy operation, your peristomal body profile may change for various reasons. This may depend on:

- Weight gain or weight loss as you recover
- Creases or scarring on the skin around your stoma
- Development of hernias linked to your stoma

For example, if the area around your stoma changes from flat to more curved, it may be time to try a convex ostomy baseplate. You may also need to use an accessory product for extra support.

Always consult your healthcare provider if you are unsure whether you have the right product solution. We have categorized the three different types of peristomal body profiles; **flat**, **inward**, and **outward**. When we talk about these peristomal body profiles, we are referring to the area around the stoma, the part where the baseplate usually sits.



Flat

The area is more or less level with the abdomen.



Inward

The area sinks into the abdomen creating a pit.



Outward

The area rises from the abdomen creating a peak.

Your body changes over time

You may want to feel and examine your body regularly.



Remember that the shape and size of your stoma may change over time. This is common and simply means that you may need to adjust your products or routine.

If you are experiencing leakage, ask yourself:

- *Have you gained or lost weight?*
- *Have creases or wrinkles appeared around your stoma that were not there before?*

To ensure that your ostomy system is still the best option for you, you can regularly review the fit:

- *Does the hole in the baseplate fit snugly against the stoma?*
- *Does the baseplate adhere tightly to the skin all the way from the center out to the edge?*

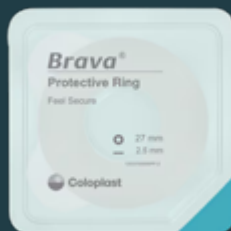
If you notice any changes to your peristomal body profile or are experiencing leakage, you may want to contact your healthcare professional to see what solutions are available.

Tips to prevent leakage

1. The skin should be clean and dry before applying the adhesive.
2. Make sure that the baseplate is in contact with your skin, especially around the stoma.
3. The hole in the baseplate should match the size of your stoma. Otherwise, output may be able to seep out.
4. Look at the back of the baseplate when you change it. If it appears loose or you see output, you may need to adjust the hole size or change to a different ostomy system. *Talk to your healthcare provider about your options or contact [Coloplast Care](#) about options.*
5. If there are wrinkles, folds, or creases around your stoma, you may want to try an accessory product to help make the surface as smooth as possible.

The Brava Protective Ring is designed to protect the skin against leakage!

Click here to learn more and try a free sample!





Keep track of your peristomal body profile

Do you have questions or concerns about your stoma?

It is not uncommon to experience difficulties when you have an ostomy. However, these problems can usually be solved with adjustments to your products or ostomy routine.

We have created tools to help you identify problems and provide possible solutions.

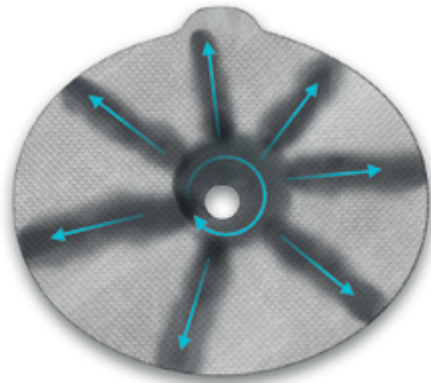
[Click here to access our ostomy self-assessment tools](#)

You can also regularly do the **BodyCheck**, an 8-question tool that helps you identify your peristomal body profile and any changes.

[Click here to take the BodyCheck](#)

If you have any concerns or questions, you should always contact your healthcare provider.

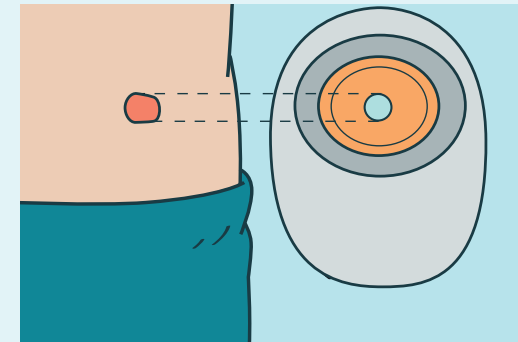
Change Routine Tips: Pressure and Time



30–60 seconds

Pressure and time are two important factors when applying your ostomy system. It is important that you get full contact between the skin and the baseplate.

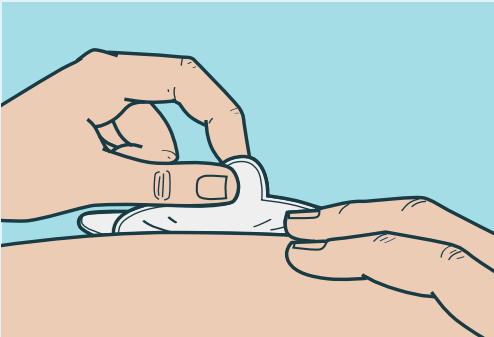
Imagine that you are painting a sun around the stoma with light pressure. Then, using your fingers, draw rays of sunlight out towards the edges and do so until the entire stoma pouch is in full contact with the skin. Do this for approximately **30–60 seconds**.



Apply

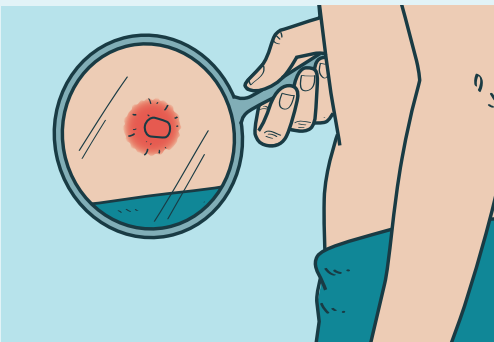
- The skin around the stoma should always be clean and dry.
- Cut the hole in the baseplate to fit the size of your stoma.
- Fix the baseplate around the stoma. Make sure that it is in contact with the entire skin area, especially around the stoma.

Change Routine Tips: Remove and Check



Remove

- Empty the bag if you use an emptyable bag.
- Do not pull the baseplate off but roll it slowly downwards. Hold it with your other hand on the skin.
- Use adhesive remover spray if necessary.



Check

- Check if the baseplate has become loose or if output has leaked.
- Check if you are experiencing any skin irritation. **NOTE:** The skin can often be a little red a few minutes after you remove the baseplate.



You should always follow specific instructions from your healthcare provider. If you experience frequent leaks despite taking action, you should contact your healthcare provider.

Click [here](#) to download our *Ostomy Change Routine Guide: Apply - Remove - Check (ARC)* for a simple 3-step process to maintain healthy peristomal skin and recognize skin irritations.

Exercise and your ostomy

Different lifestyles and everyday activities can place high demands on your ostomy system. While it should fit securely, your ostomy system should also follow the shape and movement of your body.

Exercise is good for everyone. Just remember that getting back into exercise post-surgery should be a gradual process. Always consult your healthcare provider with any questions or concerns.

Walking is an activity you can start right after surgery. Whether you walk indoors (e.g. up and down stairs) or outdoors in the fresh air, it is an activity where you can gradually increase both speed and distance. Yoga is another great way to exercise. Yoga can help reduce stress, strengthen muscles and improve balance and flexibility.

[Click here to download our Exercise Guide for People with an Ostomy!](#)



Sexuality and leakage

Intimate relationships

Any type of surgery can affect the way you look and feel about your body. Try to accept that it takes time to adjust. It's not just about your stoma, it's about your whole body.

Sexual activity is not likely to damage your stoma and most people can resume a normal sex life. It's natural to feel nervous. Just do what you're comfortable with, take your time, and talk openly to your partner. You may also want to try a smaller ostomy pouch out.

Many people are concerned about a leakage occurring in intimate situations. Contact us at **Coloplast Care** at **1-866-293-6349** to try some free** ostomy *product samples*.



Click here to download our eBook on [Dating with an Ostomy](#).



Click here to watch our [Webinar on Sex & Intimacy with an Ostomy](#).



Click here to download our eBook on [Intimacy with an Ostomy](#).

Information and help

Coloplast Care

You can get help from a Coloplast Care Advisor!
We are available from 9:00 am to 5:00 pm (EST) at:

1-866-293-6349

www.coloplastcare.ca

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*Users received compensation from Coloplast to provide this information. Each person's situation is unique so your experience may not be the same.

**Limitations apply

