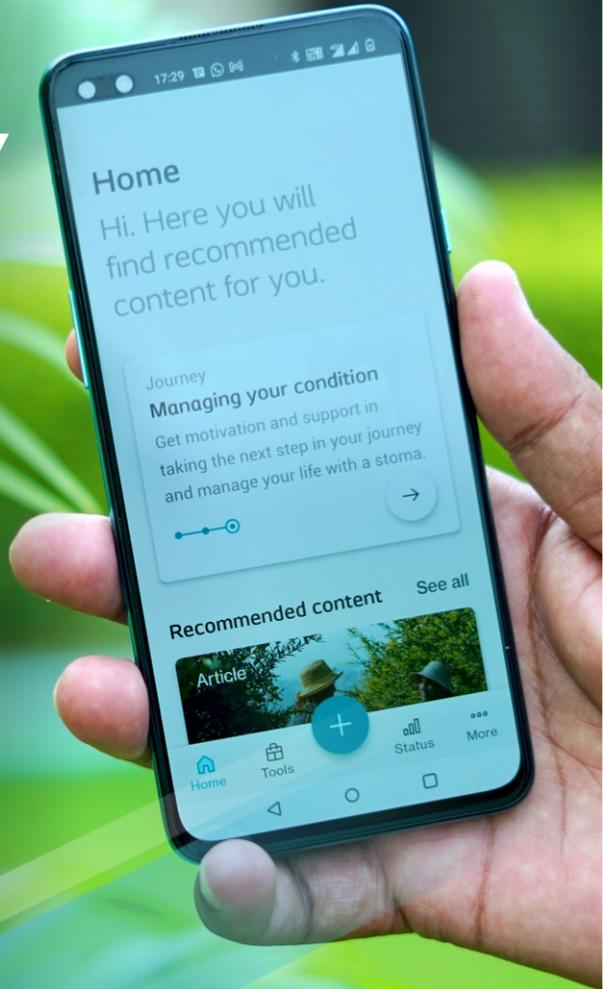


User Guide

MyOstomy

Renew confidence to
live the life you
want.



Scan the QR Code



*Download MyOstomy today
and get started!*



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Why MyOstomy

The physical, emotional and mental impact of an Ostomy can take some time to adapt to post-surgery. While many individuals depend on their Ostomy nurses and caregivers for support, seeking self-reliance is absolutely vital for ostomates.

Our goal is to renew your confidence and help you create a fulfilling life with a stoma.

Introduction

Take control of ostomy with Ostomy Diary and Body Check

- Build and maintain a credible log of Ostomy Bag Change routine and avoid complications
- Identify your Body Profile with the Body Check tool and discover the best products that suit you

Do what matters with a Rich repository of articles

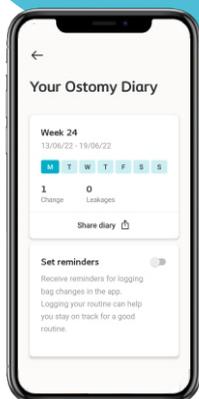
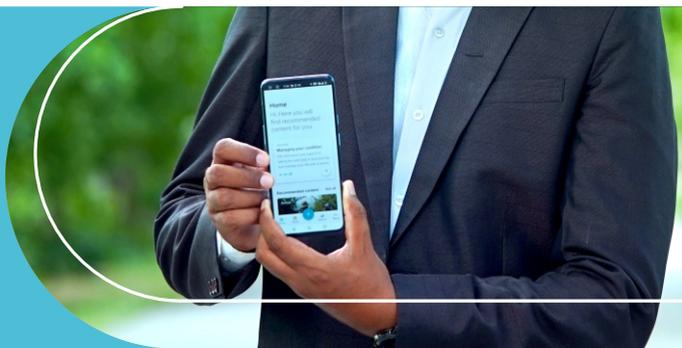
- Find hundreds of research-supported articles on living well with Ostomy
- Access the right information and resources to sustain a healthy lifestyle

Make progress everyday with Goal and Milestone tracking

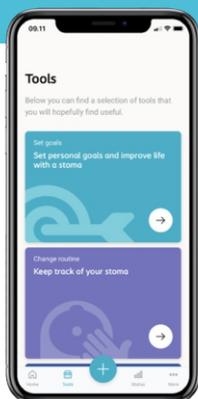
- Set, track, and achieve personal goals on your stoma journey
- Find support with diet, nutrition, physical activity, intimacy, social life, and other activities

MyOstomy Signup

An app designed to support you in your daily life with a stoma



Downloadable journal to keep track of your changing routine



Personal goals for your daily life with a stoma



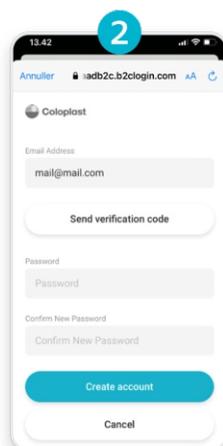
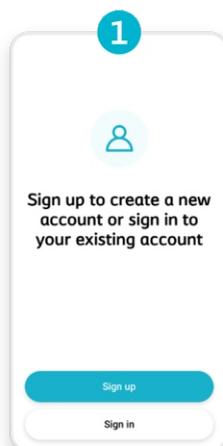
Library of personalised content and advice

Scan the QR Code to download the MyOstomy app for free

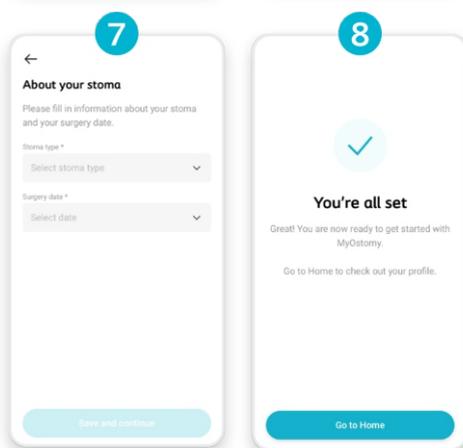
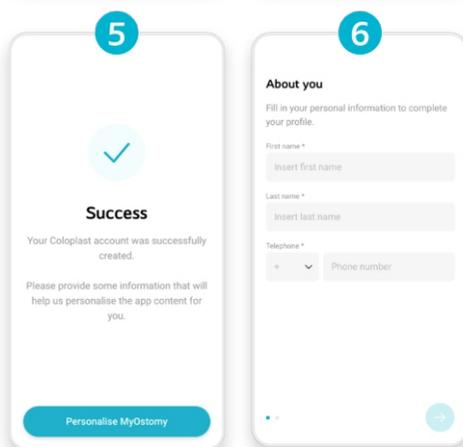
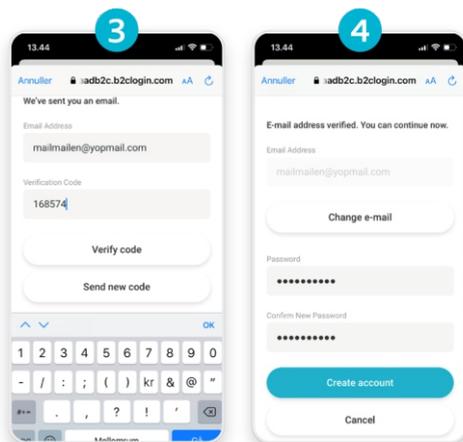


How to get started!

- 1 Click '**Sign up**', read and respond to the terms of use
- 2 Enter your e-mail address and click '**send verification code**'. Open your e-mail inbox and you will find an e-mail that contains a verification code.

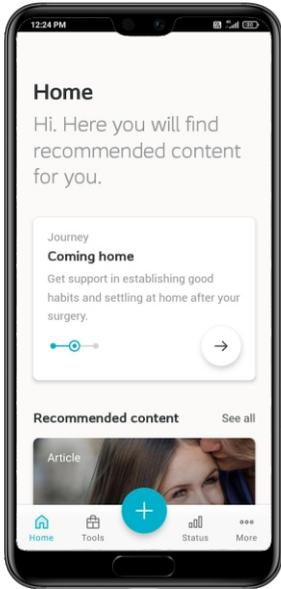


- 3 Return to the MyOstomy app and input the code into the designated field. Click 'Verify code'
- 4 Choose a password for the app and re-type it to confirm it. Then click 'Create account'
- 5 Your Coloplast account is now created. Only a few steps to go to personalize your MyOstomy experience. Click 'Personalise MyOstomy'
- 6 Fill in your first name, your last name and your phone-number to complete your profile.
- 7 Provide a few details on your stoma to customize the content of the app to your specific needs.
- 8 **Congratulations!** You are now ready to use MyOstomy. Click on 'Go to Home' to find education and tools designed to help make your life with a stoma easier!



 1800-102-055
 cin@coloplast.com

App Navigation

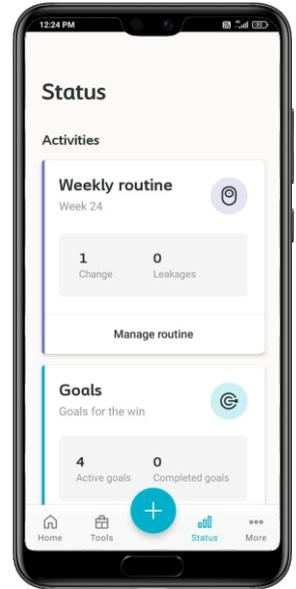
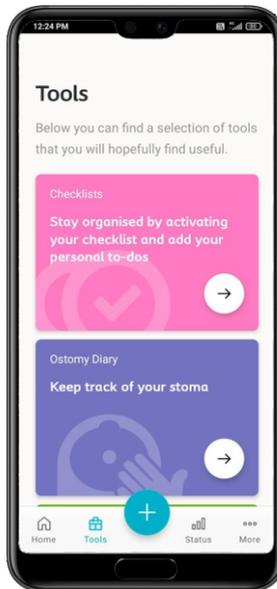


Home

- Get motivation & support in taking the next step in your ostomy journey & manage your life with a stoma.
- Choose the relevant category of articles you wish to access through recommended content.
- Get access to recommended tools to take control of Ostomy.

- Identify the recommended tools personalized to your requirements such as checklist, Ostomy Diary, Body Check, Set goals & Ostomy Issues Troubleshooter.

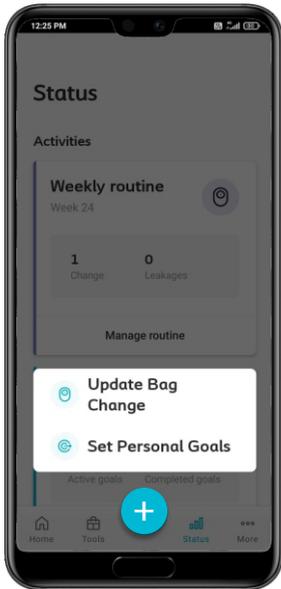
Tools



Status

- Get access to your ostomy diary & a quick overview of your stoma bag change routine.
- See your active goals, goals you have completed, and set new ones to help you live your life normally.

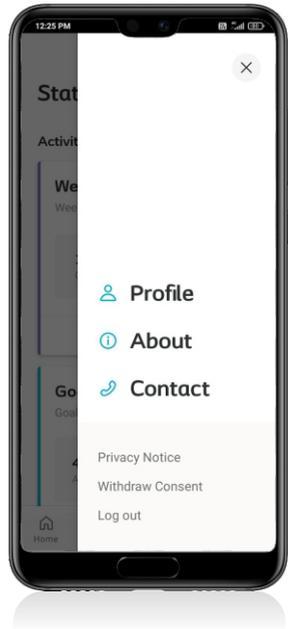
App Navigation



- A quick access to update bag change and set personal goals.

- Profile information can be seen & updated.
- Information regarding the application and support can be accessed from here.

More





Take control of ostomy

Ostomy Diary

An important part of your recovery is regularly tracking your stoma, bag changes, skin condition, and any complications such as leakages. The best way to track these physical changes is to document them - so you can later share these with your doctors and nurses, and get the best possible treatment when needed.

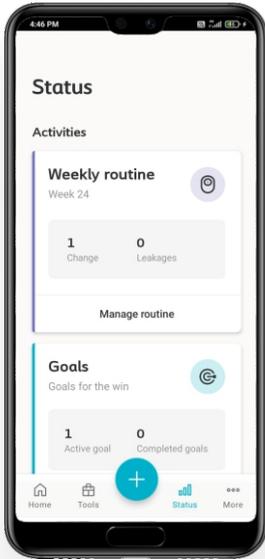
The Ostomy Diary in MyOstomy helps you do just that. In addition to tracking these changes, you can also set reminders for yourself to regularly measure your recovery, update the information in the app, and have a clear idea of your healing journey.

Your Ostomy care will be optimal when customized to your unique body profile. With MyOstomy's Body Check, you can take an online questionnaire to determine your body profile and discover the best products that suit you.

The questionnaire comprises 8 questions related to your skin around the stoma, and your preferences, ultimately giving you the products that would suit your needs the best along with helpful tips for the application of the stoma bag.

Body Check

Ostomy Diary - Steps to Update

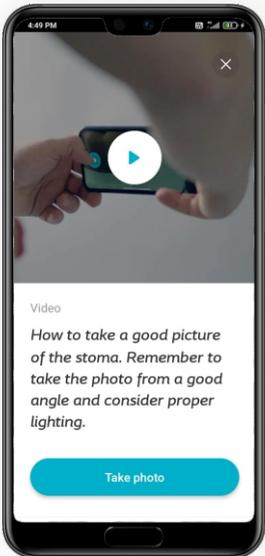


1

Go to 'Status' on your homepage and select 'Manage Routine' or you can also navigate to this under the 'Recommended Tools' section on home page or Tools Sections.

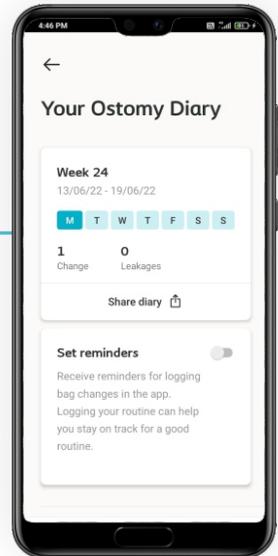
2

You can also click on the '+' sign on the Home page to 'Update Bag Change'.

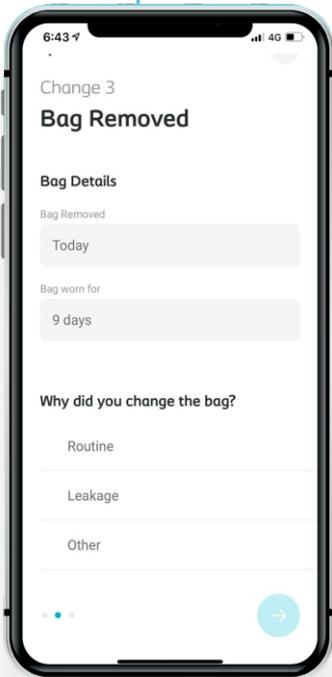


3

Here, take a clear picture of your stoma. Make sure that the stoma is placed at the center of the photo, and the skin under the baseplate is also visible.



Next, take a photo of the baseplate from above. **Ensure that the entire baseplate is captured in the image.**



6:43 4G

Change 3

Bag Removed

Bag Details

Bag Removed
Today

Bag worn for
9 days

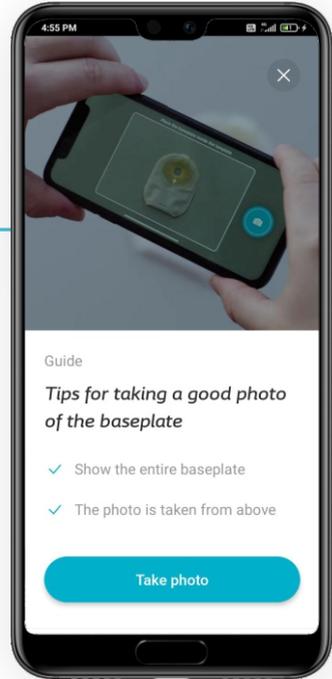
Why did you change the bag?

Routine

Leakage

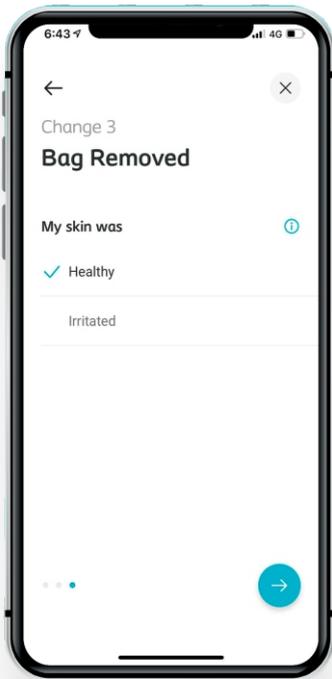
Other

→



After uploading the image, **select the date of bag change.** The duration you have worn the bag will be automatically calculated.

Select reason for bag change. It can be a routine change, the appearance of leakage, or any other reason.



7

After removing the bag, wait for a few minutes, then examine the skin where the bag was applied. [Update the skin condition - whether it is healthy or irritated.](#)

8

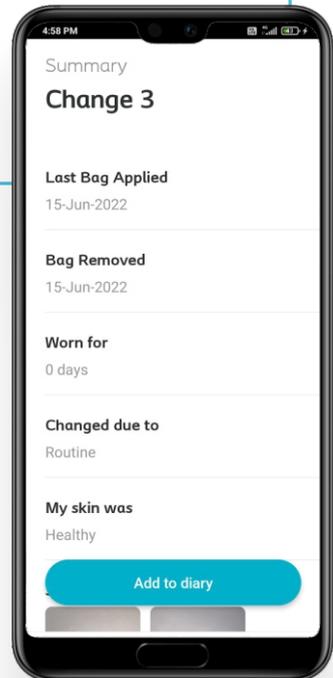
[Review the entire journal entry](#) to ensure that the information is correct and that the photographs are clear.

9

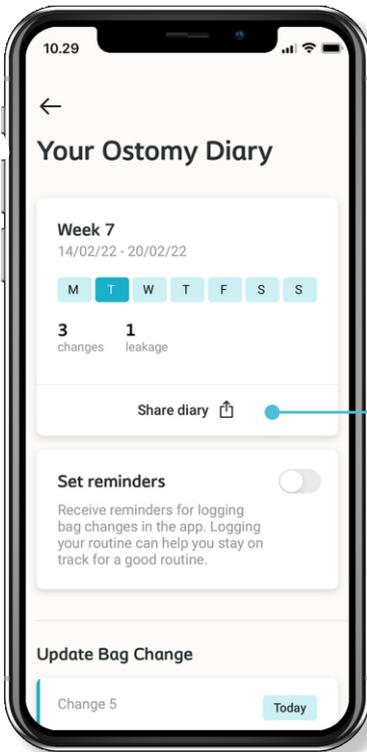
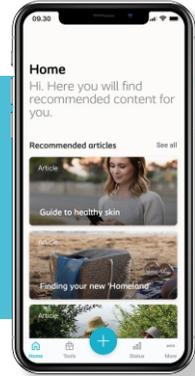
After verifying, [add the new entry to the diary.](#)

10

You can now see the latest entry in the [diary log](#), with the most recent change appearing at the top.

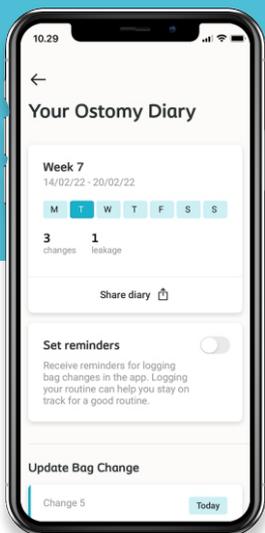


Ostomy Diary steps to Share PDF

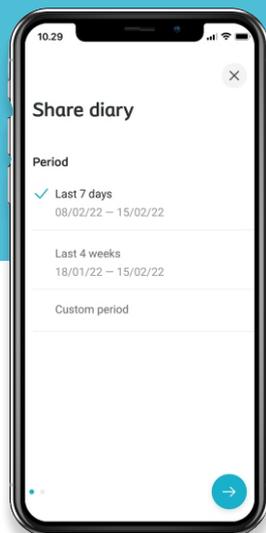


Click to share a pdf of your stoma diary

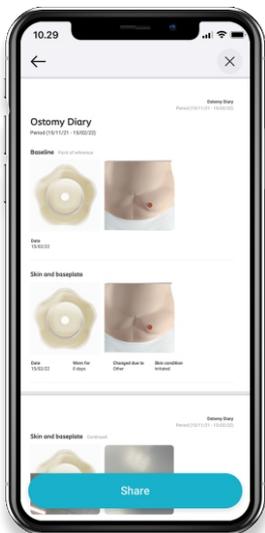




Click to share your diary directly from the app



Choose the desired date range you wish to share.

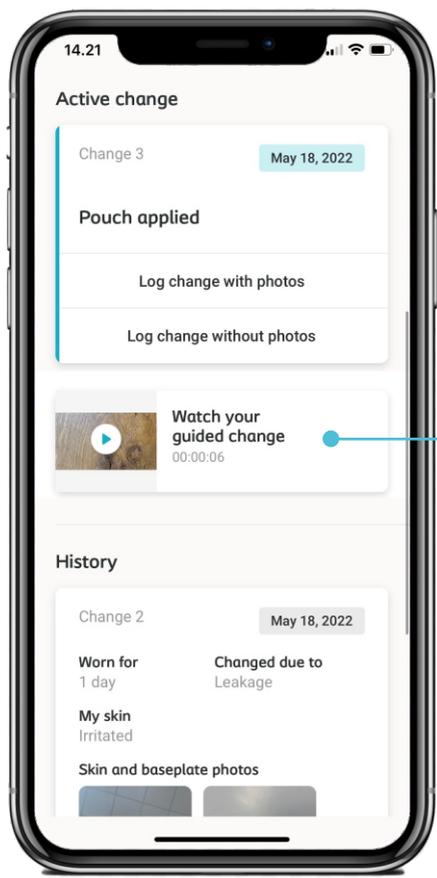


Pre-view the pdf before you share...



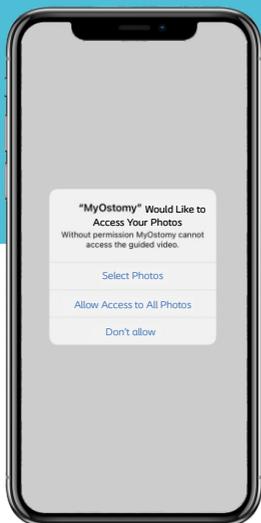
...and choose how you want to share it.

Ostomy Diary steps to upload video

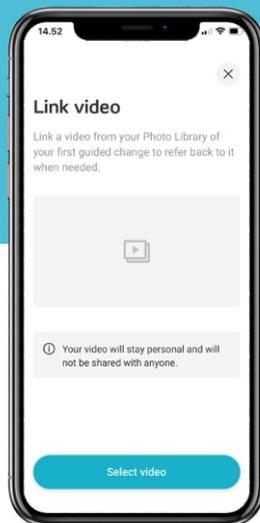


Link a video of your change routine and access it at any time

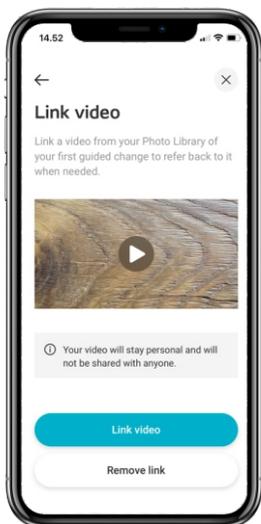




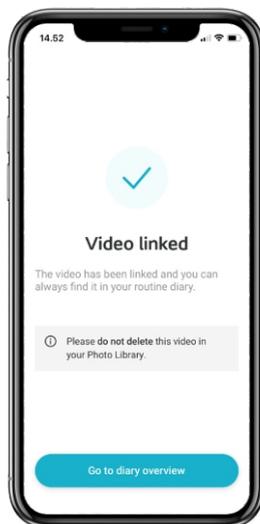
To link your video, you will need to allow MyOstomy to use your photos



Click 'select video' and choose the video you wish to link in the app



Pre-view your video and click 'link video'

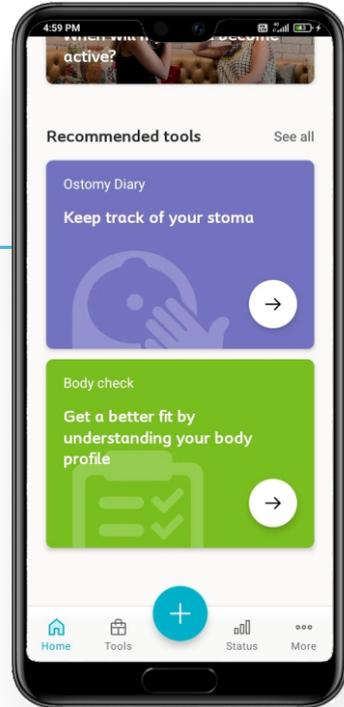


Your video is now linked. Return to your diary overview.

Body Check - Steps to Perform the Check

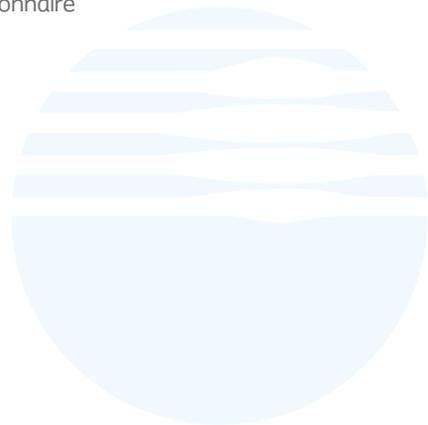
1

Select the **Body Check Option** in the **Home Tab**, alternatively you can navigate to the same from **Tools Tab** as well.



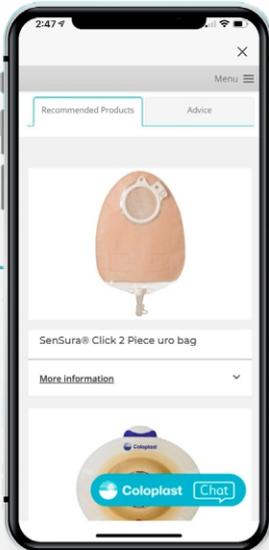
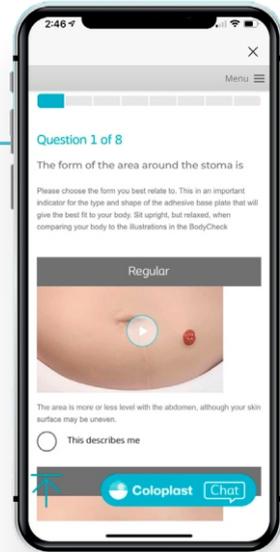
2

Click on '**Try Body Check now**' to get started with the questionnaire



3

Answer 8 questions ranging from your skin, stoma, stoma output, and preference.



4

Based on your responses, get the recommended products for your as well as advice that is personalized based on your answers to the questions.



Do what matters

Articles

MyOstomy helps you access research supported articles across various categories to keep you better informed about your Ostomy, living with a stoma, and how you can successfully adapt to it. Here, you will find articles that focus on helping you better manage your physical, mental, and emotional health.

In addition, you can also learn from the experience of other patients who have successfully navigated these challenges and find motivation from their stories.

To access articles, simply go to your homepage and tap on **'Recommended Content-See All'**.



Complications



Diet and Nutrition



Daily Life



Going Out



Establish Routines



Emotional Impact

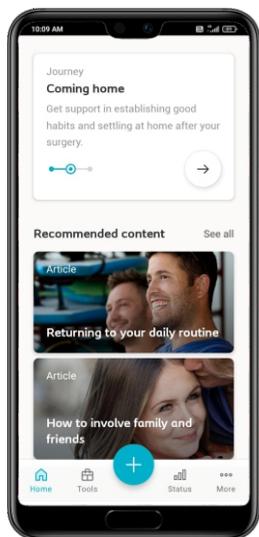


Intimacy



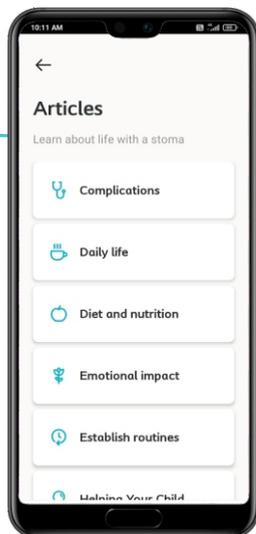
Physical Activity

Articles - Steps to Access



1

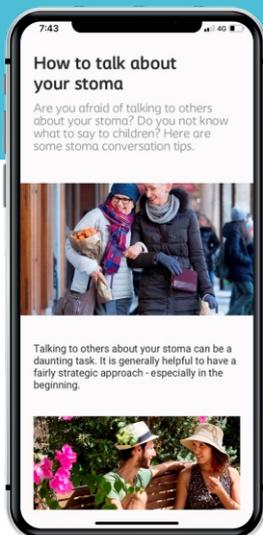
On the **Home** tab, select **See all** in the **Recommended Content** section



2

Choose the **relevant category** of articles you wish to access

Here's a look at some of the articles you can look forward to exploring using the app





Make progress everyday

Goals

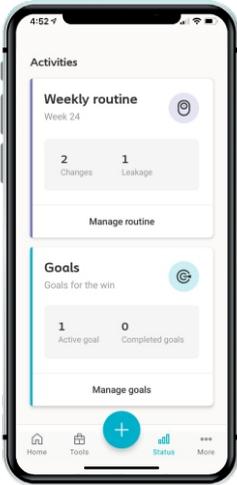
Setting goals for your daily life can help you remain in control and keep you motivated in your recovery. The most important thing to remember is to set goals that are measurable and achievable without stretching yourself too much; in addition, you have to make sure that you keep yourself on track to achieve them.

And this is where MyOstomy can help you.

With MyOstomy you get several goals that you can potentially set for yourself, or even create your own. In addition, you can also set your desired timelines and set reminders to keep you on track to achieving these goals.

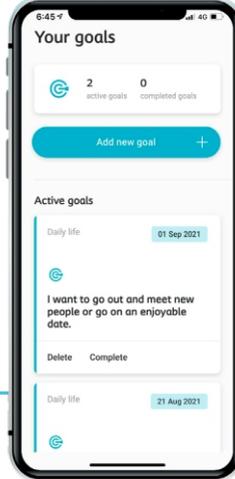
So get started with taking control of your life with the help of MyOstomy, your companion in your life's journey with a stoma.

Goals and Milestones - Steps to getting started



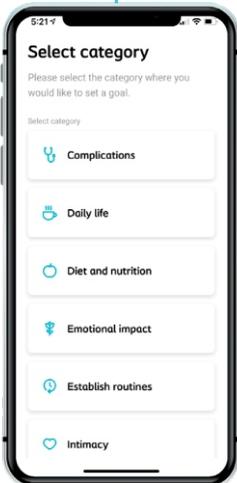
1

Go to 'Status' on your homepage and select 'Manage Goals'. Goals can also be set from the Plus Icon on the 'Home Tab' or from the 'Tools Section'.



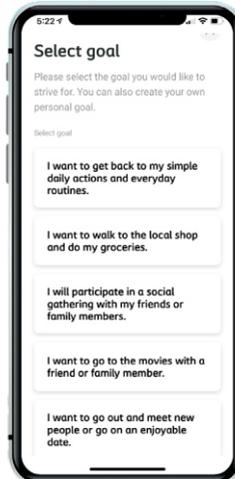
2

Tap on 'Add new goal'.



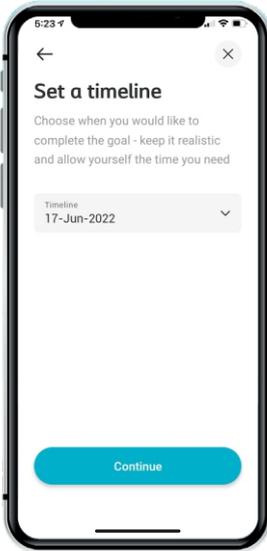
3

Select the **category** to set a goal for. This could range from everyday routines to going out with family and friends.



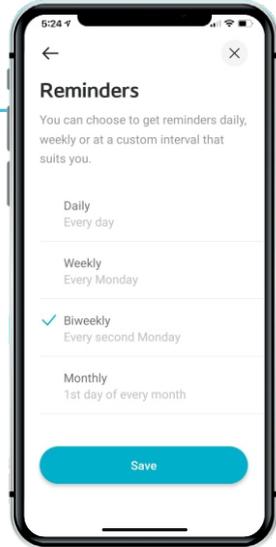
4

Select the 'Goal' you want to set



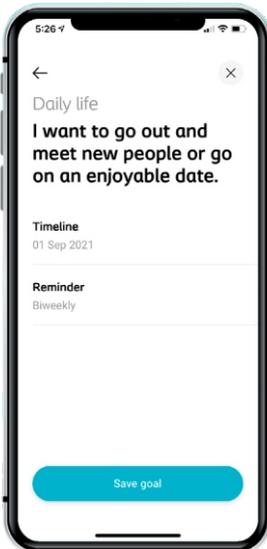
5

Set a 'Timeline', to achieve it. Make sure that its realistic in the short and long term.



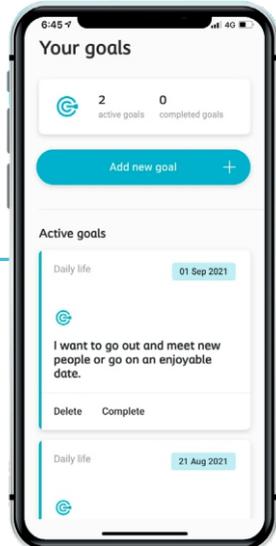
6

Set 'Reminders', for yourself to make sure that you achieve this goal.



7

Save the goal and keep yourself on track to achieve it



What are your 3 goals for this year?



Tip: Think about two things. One - short-term habits you want to set up, something that you can meet consistently. Two - one-time activities that you want to take up after your recovery.

Your ostomates generally pick things like: Go on regular evening walks, take up a hobby like gardening, take a vacation to a new place.

Goal 1

.....

.....

.....

Goal 2

.....

.....

.....

Goal 3

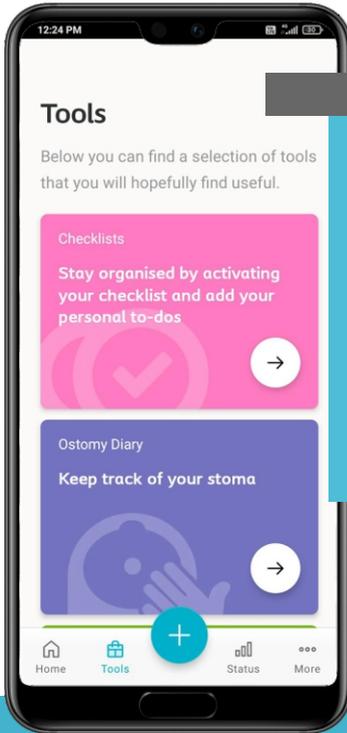
.....

.....

.....

Now go ahead and add these to your MyOstomy goals!

Download MyOstomy today and get started!



To download

Search for "MyOstomy" in your smartphone app store and download for free.



Living with a stoma is a journey defined by new changes and challenges every day.

Now you don't have to take this journey alone.

Download MyOstomy App today and renew your confidence to live the life you want.



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