What You Need to Know About Hernia Belts

Your health care provider has recommended an elastic belt/band to either help prevent a hernia or support an existing hernia. There are many types available that offer different features. Belts range in price and can cost upwards of $100. To find out if your insurance will pay a portion of the cost, ask your medical equipment company or your insurance company.

Listed below are a few reputable brands on the market:

Brava ostomy support belt features:
1. Easy placement with pocket closure
2. Breathable fabric with a 4-way stretch to fit body contours
3. Built-in silicone grip to prevent sliding and rolling
4. Customized fit using the stencil guide to create the opening for your ostomy appliance to fit through
5. Available in 1 width and 6 sizes. For more information visit the Coloplast website at: www.coloplast.us or call 1-855-230-7610

Brava Belts
**Nu-hope laboratories features:**
1. Supportive fabric band that conforms around bulges and curves
2. Customized material in a regular or Cool Comfort, stretchy fabric to allow for air circulation.
3. Provides 360 degrees of wafer/pouch support for longer wear time
4. Available in several widths and sizes to custom to fit all body types.
5. Available for those with 2 ostomies or with a prolapsed stoma.
The opening in the belt is custom made to fit your ostomy appliance, so make sure you finalize the model/brand of your equipment before ordering. For more information visit the Nu-Hope website at: [www.Nu-Hope.com](http://www.Nu-Hope.com) or call 1-800-899-5017.

**Safe n Simple security support belt features:**
1. A unique glove design for easy placement and adjustment
2. Revolutionary 2-way stretch fabric that is supportive yet comfortable
3. Adjustable pouch opening to accommodate all pouch sizes
4. Internal anti-slip pad that secures the area around the pouch and silicone edging inside the belt to prevent rolling
5. Available in 3 widths and several sizes. For more information visit the Safe n Simple website at:
www.sns-medical.com or call 844-767-6334.

**Safe n Simple - Support around the belt opening**

**Other options:**
If you have a small bulge, want to prevent a hernia, or can't afford the custom-made belt, you may choose from the options below.
- Abdominal binder: Purchase this online (enter “abdominal binder” into your web browser) or at a medical equipment company. Prices range from $15-$35. You will need an opening in the belt to fit your ostomy appliance through. If desired, have a seamstress cut and bind an opening.
- Purchase support garments such as bike shorts, girdle, or shape-wear such as Spanx®.