What You Need to Know About Hernia Belts

Your health care provider has recommended an elastic belt/band to support the area around your stoma. There are many types of belts/bands available to you. Listed below are a few options.

**Custom Belt from Nu-Hope Laboratories:**
This is a high quality belt and recommended if you have a hernia or are at high-risk of developing a hernia. It is made of an elastic band that surrounds your abdomen (belly) with a custom opening for your appliance to fit through. Because the belt opening is custom-cut for the appliance style you wear, you need to finalize your ostomy pouching product selections before you purchase this belt.

A **standard model belt may cost up to $100.00.** It may be paid for by your insurance, but often it is not covered. For more information visit the Nu-Hope website at [www.Nu-Hope.com](http://www.Nu-Hope.com) or call 1-800-899-5017. You may make an appointment with an ostomy nurse to be measured for the belt with a referral from your health care provider.
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: You can buy this online (enter “abdominal binder” into your web browser) or at a medical supply store. Prices range from $15-$35. There is no opening in the belt. You will need to make an opening by cutting a hole in it where the appliance should fit through. Then spray it with a No-Fray product (enter “no-fray” in your web browser to buy online or you can buy it at a fabric store). Another choice would be to take the binder to a seamstress to cut and bind an opening.

- Purchase other support garments such as bike shorts, girdle, or a garter belt.