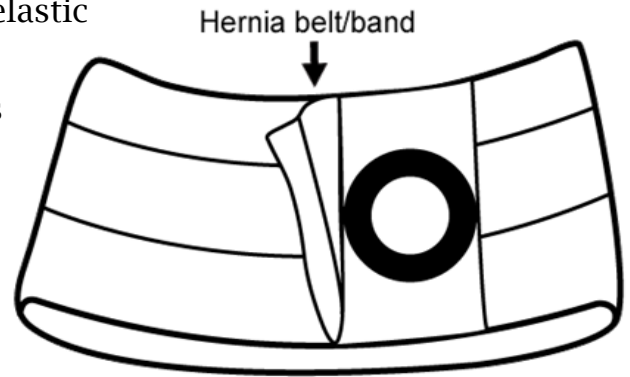


What You Need to Know About Hernia Belts

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



Ostomy
pouch



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 or call 1-800-899-5017.



Nu-Hope Belt with prolapse cover

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®.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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