

Nu-Hope

LABORATORIES, INC.

The Complete Guide to.....

HERNIA SUPPORT BELTS

...for Ostomy Pouches



*Improves Support, Comfort, &
Appearance*

Nu-Hope Laboratories...originator of the Ostomy/Hernia Support Belt

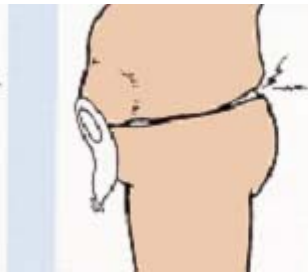
For more than 50 years Nu-Hope Laboratories has been one of the leading innovators in the manufacture and design of quality Ostomy appliances and accessories. As a family owned business we take great pride in providing not only an excellent product but unparalleled customer service and support to ostomates and medical professionals worldwide.

Standard Features..... Our belts, made of a blend of polyester and elastic, are **Latex free** and come in a variety of widths and feature an opening reinforced with a durable plastic ring for 360 ° wafer and pouch support. Each belt secures with a sturdy Velcro® type closure that's adjustable to get the perfect fit. Whether you have a hernia or want to avoid one, Nu-Hope has the right belt for you!

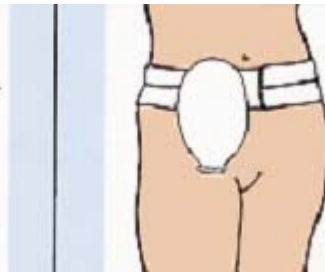
Benefits

- Support of hernias around and adjacent to the stoma
- Helps protect abdominal hernia repairs and helps minimize recurrence
- Provides 360° degrees of wafer/pouch support for longer wear time
- Helps manage prolapsed stomas
- Helps Prevent Unsightly lines & bulges
- Helps Improve Appearance, Security and Peace of Mind

Prevents unsightly lines/bulges



Improves Appearance

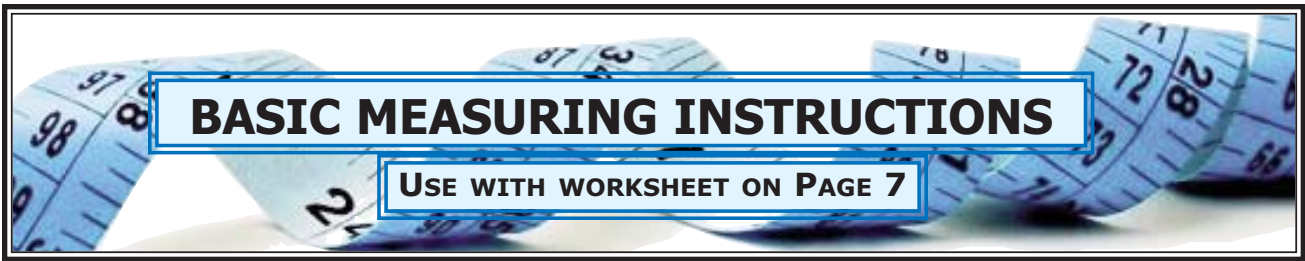


Choice...Nu-Hope has **two styles** to choose from. We also offer a variety of opening sizes designed fit most of the pouching systems on the market today. **FOR LARGE HERNIAS AND THOSE THAT NO LONGER REDUCE FLAT** we recommend choosing the **NU-FORM SUPPORT BELTS (pg 4)** designed to conform better around bulges and other body contours. For **HERNIA PREVENTION, POUCH SUPPORT, AND SMALLER REDUCIBLE HERNIAS**, we suggest choosing **THE ORIGINAL FLAT PANEL NU-SUPPORT BELT (pg 5)** for its firm, non-stretch, peristomal support.

For Best Results belts should be fastened while in the lying position after the hernia has been comfortably reduced.

Measuring...a simple procedure easy enough to do yourself. Items needed: the following instructions, a tape measure and the manufacturer's product number for the pouching system being used.

Customizations..... All belts can be customized to suit individual needs. Common modifications include custom hole sizes, custom hole placements, and custom lengths. Belts can also be modified for double stomas, prolapsed stomas, pendulous abdomens and more. See Page 6 for more information.



Girth or Circumference...To determine the size of belt needed small through XX-Large. Measure horizontally (**fig. 1**) around the body in line with the stoma. **IF HERNIATED, THE MEASUREMENT SHOULD BE MADE WHILE LYING ON THE BACK (SUPINE POSITION) AFTER 5-10 MINUTES.** For a non-hernia situation measure standing or seated at the stoma line. *If the measurement falls between sizes, go to the next larger size.

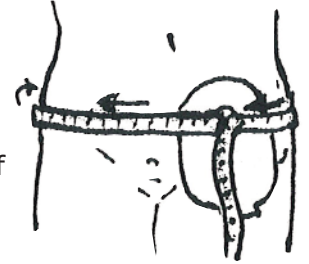


fig. 1

Belt Width

FOR POUCH SUPPORT, HERNIA PREVENTION, PROLAPSED STOMA, AND SMALL BULGE FLATTENING, a narrow belt (3" or 4") is normally sufficient. The width can usually be determined by the opening size required to accommodate the pouching system being worn. **STANDARD CHOICES ARE: 3", 4", 6", & 9"**

FOR HERNIA SUPPORT, first, measure the hernia or area you want to support from bottom of the hernia to the top.* (**fig. 2**) Round up to the next whole inch. **CHOICES ARE: 3", 4", 5", 6", 7", 8", & 9"**.

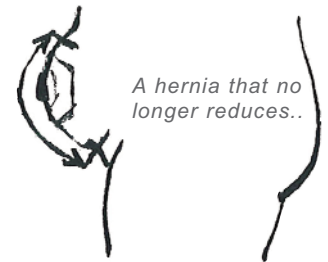



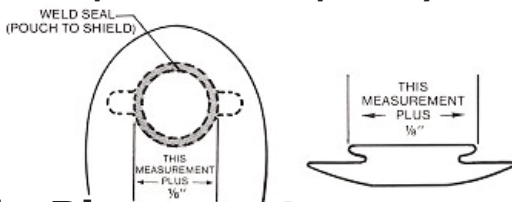
fig. 2

 *It is typically only necessary to capture 2/3 to 3/4 of the hernia.

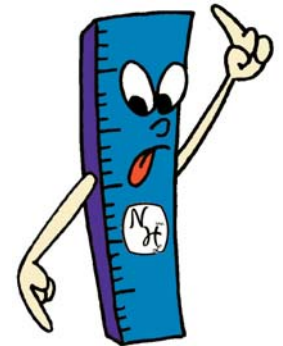
Hole Opening Size depends on the particular pouching system worn. **Standard opening size is 2-3/8"**

Two-piece systems: Typically, you add 1/2" to the flange size
Example: Flange size of 2 1/4" + 1/2" = 2 3/4" ("A" Opening)

One-piece and Faceplate Systems:



**For pouches with adhesive couplings, locks, or tabs please contact Nu-Hope directly.



Hole Placement...To determine hole placement (other than standard) within the width of the belt: Step One: measure from the bottom of the hernia, or where you'd like the belt to start, up to the center of the stoma. Step Two: divide the required hole size by 2 and subtract it from the measurement taken in Step One. This will determine the distance between the bottom edge of the belt and inside edge of the hole.



fig. 3

For example: Let's say you need a 2-1/2" opening and you've measured 5-1/2" from the bottom up to the center of the stoma. The special hole placement would be specified as a "2-1/2" opening placed 4-1/4" from bottom" (5-1/2" minus 1-1/4" (2-1/2" divided by 2) = 4-1/4")

By themselves, the belts should not be considered good back support



NU-FORM™

SUPPORT BELTS

"The belt that fits like a glove"

The belt ring allows the elastic to form around bulges and other body shapes more naturally!

Choose **Regular Elastic** or **Cool Comfort**.

2-3/8" = STANDARD
(No letter after belt catalog#)

NU-FORM BELT RING SIZES (add to Catalog Number i.e. 6432-A)

2" = E	2-3/4" = A	3-3/8" = V	MEDIUM OVAL = H	
2-1/8" = L	2-7/8" = DC	3-1/2" = T	LARGE OVAL = J	No HOLE = NH
2-1/4" = F	3" = B	3-3/4" = M	XLARGE OVAL = K	CUSTOM = SP
2-1/2" = G	3-1/8" = U	4" = O	2-7/8" x 3-3/8" = Q	
2-5/8" = I(i)	3-1/4" = C	4-1/2" = R		

(SPECify customization desired)

Cat# <i>Regular</i>	Cat# <i>Cool</i>	WIDTH	SIZE	2-3/8" Center Opening	Cat# <i>Regular</i>	Cat# <i>Cool</i>	WIDTH	SIZE	2-3/8" Opening 1-1/2" from Bottom
6300 6301 6302 6303 6304	6400 6401 6402 6403 6404	3"	S 28" - 31"		6345 6346 6347 6348 6349	6445 6446 6447 6448 6449	7" <i>Right</i>	S 28" - 31"	
	M 32" - 35"			M 32" - 35"					
	L 36" - 40"			L 36" - 40"					
	XL 41" - 46"			XL 41" - 46"					
	XXL 47" - 52"			XXL 47" - 52"					
6310 6311 6312 6313 6314	6410 6411 6412 6413 6414	4"	S 28" - 31"		6350 6351 6352 6353 6354	6450 6451 6452 6453 6454	8" <i>Left</i>	S 28" - 31"	
	M 32" - 35"			M 32" - 35"					
	L 36" - 40"			L 36" - 40"					
	XL 41" - 46"			XL 41" - 46"					
	XXL 47" - 52"			XXL 47" - 52"					
6320 6321 6322 6323 6324	6420 6421 6422 6423 6424	5"	S 28" - 31"		6355 6356 6357 6358 6359	6455 6456 6457 6458 6459	8" <i>Right</i>	S 28" - 31"	
	M 32" - 35"			M 32" - 35"					
	L 36" - 40"			L 36" - 40"					
	XL 41" - 46"			XL 41" - 46"					
	XXL 47" - 52"			XXL 47" - 52"					
6330 6331 6332 6333 6334	6430 6431 6432 6433 6434	6"	S 28" - 31"		6360 6361 6362 6363 6364	6460 6461 6462 6463 6464	9" <i>Left</i>	S 28" - 31"	
	M 32" - 35"			M 32" - 35"					
	L 36" - 40"			L 36" - 40"					
	XL 41" - 46"			XL 41" - 46"					
	XXL 47" - 52"			XXL 47" - 52"					
CAT#	CAT#		SIZE	2-3/8" Opening 1-1/2" from Bottom					
6340 6341 6342 6343 6344	6440 6441 6442 6443 6444	7" <i>Left</i>	S 28" - 31"		6365 6366 6367 6368 6369	6465 6466 6467 6468 6469	9" <i>Right</i>	S 28" - 31"	
	M 32" - 35"			M 32" - 35"					
	L 36" - 40"			L 36" - 40"					
	XL 41" - 46"			XL 41" - 46"					
	XXL 47" - 52"			XXL 47" - 52"					

9" Belts are contoured as pictured



A PROLAPSE OVERBELT CAN BE ADDED TO ANY BELT. JUST ADD "-P" TO THE CATALOG NUMBER. I.E. 6432-P-A

(6" COOL /LARGE W/PROLAPSE/2-3/4" RING)

METRIC BELT SIZE:

FITS

Small	71cm - 79cm
Medium	81cm - 89cm
Large	91cm - 102cm
X-Large	104cm - 117cm
XX-Large	119cm - 132cm

the Original

Flat Panel Nu-Support Belt



The original hernia/ostomy support belt with a soft vinyl ring placed in a no-stretch panel. Recommended for pouch support and hernia prevention. Choose either **Regular Elastic** or **Cool Comfort ventilated elastic**.

Regular	Cool Comfort	Width	Size	Description	ORIGINAL FLAT PANEL Opening Sizes Just add letter to cat# 2-1/8" = L 2-1/4" = F 2-3/8" = Standard 2-5/8" = I (i) 2-3/4" = A 2-7/8" = DC 3" = B 3-1/8" = U 3-1/4" = C Med Oval = H Lrg Oval = J X-Lrg Oval = K No Hole = NH **SPECIAL = SP
6591 6592 6593 6594 6595 6596 6597 6598	6691 6692 6693 6694 6695 6696 6697 6698	3"	P/S 16" - 19" P/M 20" - 23" P/L 24" - 27" S 28" - 31" M 32" - 35" L 36" - 40" XL 41" - 46" XXL 47" - 52"	 2-3/8" OPENING - CENTERED* *for a left or right side stoma	
2660 2661 2662 2663 2664	2665 2666 2667 2668 2669	4"	S 28" - 31" M 32" - 35" L 36" - 40" XL 41" - 46" XXL 47" - 52"		
6600 6601 6602 6603 6604	6700 6701 6702 6703 6704	6" Left	S 28" - 31" M 32" - 35" L 36" - 40" XL 41" - 46" XXL 47" - 52"		
6610 6611 6612 6613 6614	6710 6711 6712 6713 6714	6" Right	S 28" - 31" M 32" - 35" L 36" - 40" XL 41" - 46" XXL 47" - 52"		
6630 6631 6632 6633 6634	6730 6731 6732 6733 6734	9" Left	S 28" - 31" M 32" - 35" L 36" - 40" XL 41" - 46" XXL 47" - 52"	2-3/8" (60MM) OPENING PLACED 1" FROM BOTTOM 	
6640 6641 6642 6643 6644	6740 6741 6742 6743 6744	9" Right	S 28" - 31" M 32" - 35" L 36" - 40" XL 41" - 46" XXL 47" - 52"	9" Belts are contoured as pictured 	

**Any of our belts can be modified. For accurate ordering you must add "-SP" to the catalog number and include a description of the modification. See pg 3 & 6 for more info.

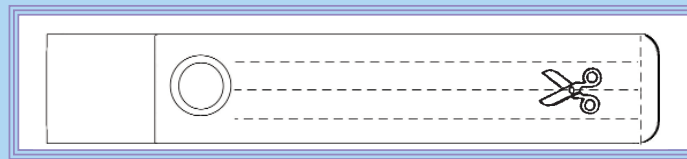
PROLAPSE OVERBELT CAN BE ADDED TO ANY BELT. JUST ADD "-P" TO THE CATALOG #.

METRIC CONVERSION	
BELT SIZE	FITS
SMALL	71cm - 79cm
MEDIUM	81cm - 89cm
LARGE	91cm - 102cm
X-LRG	104cm - 117cm
XX-LRG	119cm - 132cm

Belt Modifications

BAND SEPARATION

Easy to do yourself!



Belts can be modified to fit the torso and to add an extra lift to support the hernia. All our belts are made of different size bands of elastic in order to achieve belt widths. One example on how to modify would be to cut the stitch and separate the band on the bottom only from the hook end (Velcro) to the belt ring or support panel. (Fig 4)

Separating the bottom band or all the bands can achieve 3 benefits:

- 1.) The front part of the belt will curve under the hernia for better support.
- 2.) The angle of the bottom band could be lifted to allow room for leg movement.
- 3.) The raised angle of the lower band will offer a lifting action, while the top will compress inward.



(Fig 4)

AUXILIARY BELTS

Supplemental straps are added to the belt to help support large, heavy, and/or pendulous herniations.



front view



side view

Auxiliary belts come in either single or double layer and are available in widths of 1½, 2, 3, & 4". Typically attached at the back of the belt, the auxiliary belt gives a sling like uplift support.

Like having an extra pair of hands!



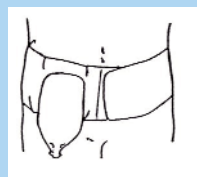
BEFORE



Auxiliary Belt attached for added support

AFTER

ADDITIONAL MODIFICATIONS:



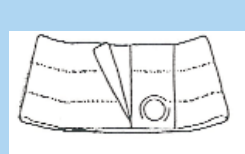
DARTS



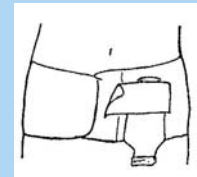
TWO OPENINGS



THUMB LOOPS



CONTOUR FOLDS



PROLAPSE OVERBELT

AS WELL AS....

DOUBLE LAYER ELASTIC BANDS, DURAFOAM (SOFT NON-STRETCH) PANELS, BACK SUPPORT PANELS, STAYS... CONTACT NU-HOPE FOR MORE DETAILED INFORMATION.

BELT SHIFTING OR SLIDING AROUND?

IT STAYS Body Adhesive

Apply a little adhesive on the skin to the right and left of the pouch. The belt will stay in place upon contact with the adhesive and not move up or down. "It Stays" washes off easily with soap and water.



GIRDLE & COMPRESSION SHORTS*

send us your garment and we'll install a ring for your pouch!



OTHER MODIFICATIONS AVAILABLE TO SUIT YOUR NEEDS

*GIRDLES/COMPRESSION SHORTS NOT SOLD BY NU-HOPE