The Complete Guide to
HERNIA SUPPORT BELTS
For those With or Without an Ostomy
Provides Support, Comfort, and Improves Appearance

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1.800.899.5017  1.818.899.2079
1.818.899.7711  12640 Branford St.
Pacoima, CA. 91331
A 2” belt; more comfort and support than a standard 1” belt.

Learn more at bit.ly/NuCBelt.

For those with no hernia or a reducible hernia.

• Helps protect abdominal hernia repairs & helps minimize recurrence
• Provides 360° degrees of wafer/pouch support for longer wear time
• Adjustable Hook & Loop (Velcro®-like) closure for a perfect fit
• Helps prevent lines & bulges
• Helps manage prolapsed stomas

Nu-Comfort
A 2” belt; more comfort and support than a standard 1” belt. Learn more at bit.ly/NuCBelt.

Flat Panel
For those with no hernia or a reducible hernia.

Nu-Form
For those with a hernia and/or bulges.

2-Hole
For those with 2 ostomies. Please download instructions at bit.ly/2hbelt.

What you’ll need for worksheet
Clock or Timer
Measuring Tape
Pouch

Fill Out Worksheet
Generate Belt Cat#
Cat# 2660

Place Order With Your Supplier
1
2
3

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1. **Belt Styles:**

- **Flat Panel**
  - Made with a Non-Stretch Panel & Pliable Blue Ring
  - Supports Small Reducible Hernias
  - Flattens Small Bulges
  - Helps Protect Hernia Repairs
  - Helps Prevent Hernia Formation
  - Provides Pouch Support

- **Nu-Form**
  - Made of Elastic With A Sturdy Beige Ring
  - Forms Around Bulges & Other Body Shapes Naturally
  - Supports Peristomal Hernias
  - Supports Non-Reducible Hernias
  - Provides Pouch Support

*Fig. 2* Shows a hernia that no longer reduces when laying down for 5 minutes.

2. **Elastic Material:**

- Regular soft, solid, plush back (polyester, spandex blend) **or**
- Cool Comfort breathable, lightweight mesh (polyester, spandex, monofilament/nylon)

3. **Color:**

- White or Beige add “BG” before Cat# (example: Cat# BG6741)

4. **Stoma Location:**

- Stoma on your Left side
- or Right side

5. **Girth Measurement:**

Belt lengths come in sizes **Small - XX Large** Over 52” is Custom

Measure the circumference horizontally around the body, in line with the stoma. If there is no hernia, measure standing in line with stoma.

If herniated, the measurement should be made while laying on the back (supine position) after 5 minutes, and standing.

**Tip:**
- If laying measurement falls between sizes, go to the next larger size
- If standing measurement falls between sizes, go to next smaller size

nu-hope.com
6 Width Choices: 3”, 4”, 5”, 6”, 7”, 8”, 9”
Choose smallest possible width based on opening size and hernia size

**FLAT PANEL**

Maximum Ring Fit For: 3” is 2 3/4”-A & 4” is 3 1/4”-C

**NU-FORM**

Maximum Ring Fit For: 3” is 3 1/4”-C & 4” is 3 3/4”-M

IMPORTANT
Measure the hernia (or area you want to support) from bottom to the top. It’s typically only necessary to capture 80% of the hernia.

7 Belt Ring Opening:
For a belt with no ring, use -NH for No Hole

Available Belt Ring Openings

| E = 2” (51mm) | G = 2 1/2” (64mm) | B = 3” (76mm) | T = 3 1/2” (89mm) |
| L = 2 1/8” (54mm) | I = 2 5/8” (67mm) | U = 3 1/8” (79mm) | M = 3 3/4” (95mm) |
| F = 2 1/4” (57mm) | A = 2 3/4” (70mm) | C = 3 1/4” (83mm) | O = 4” (102mm) |
| = 2 3/8” (60mm) | DC = 2 7/8” (73mm) | V = 3 3/8” (86mm) | R = 4 1/2” (114mm) |

*Belt ring sets available for measuring ~ Call to find ring size

H = MED Oval* 2 1/2” x 3 1/4”
J = LRG Oval* 2 1/2” x 4 1/4”
K = XLG Oval* 3 3/4” x 4 1/4”
W = 2 5/8” x 3 1/4” (67 x 79 mm)
Q = 2 7/8” x 3 3/8” (73 x 86 mm)

8 Standard Opening Placements:

For FLAT PANEL belts:
3”- 5” width belts have center opening
6”- 9” width belts are 1” from bottom

For NU-FORM belts:
3”- 6” width belts have center belt ring
7”- 9” width belts are 1 1/2” from bottom

9 Optional Prolapse Support Flap:
An added flap to support telescoping stomas

10 Custom Options:

**Auxiliary Belt:**
Available Belt Width:

☐ 2” ☐ 3” ☐ 4”
☐ Single Layer ☐ Double Layer

Custom Length ____________”
Custom Placement ____________”

Other ____________________

☐ From Top ☐ From Bottom

*More info for custom modification on page 7.
### Flat Panel Support Belt

#### Opening Placement
- **Center**: Girth, Length (Regular Belt Cat #) (Cool Comfort Belt Cat #)

<table>
<thead>
<tr>
<th>Width</th>
<th>Size</th>
<th>Girth, Length</th>
<th>Regular Belt Cat #</th>
<th>Cool Comfort Belt Cat #</th>
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<td>20&quot; - 23&quot;</td>
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<tr>
<td></td>
<td>P/L</td>
<td>24&quot; - 27&quot;</td>
<td>6593</td>
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<tr>
<td></td>
<td>S</td>
<td>28&quot; - 32&quot;</td>
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<td></td>
<td>XXL</td>
<td>47&quot; - 52&quot;</td>
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</table>

**Note:** No oval opening option for 3" belts.

#### Opening Placement is 1" from Bottom

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<td>6638</td>
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#### Belt Ring Openings

- **Ring**
  - -L 2 1/8" 54
  - -F 2 1/4" 57
  - -2 3/8" 60
  - -I 2 5/8" 67
  - -A 2 3/4" 70
  - -DC 2 7/8" 73
  - -B 3" 76
  - -U 3 1/8" 79
  - -C 3 1/4" 83
  - -H MEDIUM OVAL**
  - -J LARGE OVAL**
  - -K X LARGE OVAL**
  - -W 2 5/8" x 3 1/8" 67x79
  - -Q 2 7/8" x 3 3/8" 73x86
  - -NH NO HOLE IN BELT

**Note:** Fits Nu-Hope* pouches only.

### Inches to Metric Sizing

- **SMALL** 28" - 32" 71 - 81cm
- **MEDIUM** 32" - 36" 81 - 91.5cm
- **LARGE** 36" - 41" 91.5 - 104cm
- **X-LRG** 41" - 47" 104 - 117cm
- **XX-LRG** 47" - 52" 117 - 132cm

*Shown above is Cat#: 2667-H
*Shown above is Cat#: BG6703-A

**Note:** 9" belts are contoured, back of belt shown above.
## NU-FORM SUPPORT BELT

### Belt Ring Openings

<table>
<thead>
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<th>Cat#: 6343-H</th>
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</table>

**Note: Fits Nu-Hope pouches only**

### How to generate a Support Belt Catalog #:

#### Standard Belt
**Cat#: 6422** Nu-Form Style, Cool Comfort Elastic, White, Size Large, 5" Width, with a 2 1/4" Belt Ring

#### Beige Color Belt | add “BG” before belt number
**Cat#: BG6422** Nu-Form Style, Cool Comfort Elastic, Beige, Size Large, 5" Width, with a 2 1/4" Belt Ring

#### Change Belt Ring | add Letter after belt number
**Cat#: 6422-A** Nu-Form Style, Cool Comfort Elastic, White, Size Large, 5" Width, with a 2 1/4" Belt Ring

- **w/ Prolapse Support Flap** | add “P” between belt # & Ring
**Cat#: 6422-P-A** Nu-Form Style, Cool Comfort Elastic, White, Size Large, 5" Width, Prolapse Support Flap, with a 2 1/4" Belt Ring

- **Custom Order** | add “SP” after belt number, w/ DESC
**Cat#: 6422-SP** White, 5" Width, Nu-Form Style, Cool Comfort Elastic, Size Large, 2 1/4" Belt Ring, Special Order (MUST INCLUDE DESCRIPTION)

### Prolapse Flap shown below

- **SMALL** 28" - 32" 71 - 81 cm
- **MEDIUM** 32" - 36" 81 - 91.5 cm
- **LARGE** 36" - 41" 91.5 - 104 cm
- **XX-LRG** 41" - 47" 104 - 117 cm
- **XX-XXL** 47" - 52" 117 - 132 cm
CUSTOM MODIFICATIONS  Note: Custom Belts Are Non-Returnable

AUXILIARY BELT
Supplemental straps added to the belt to support large, heavy and/or pendulous herniations

Options:
- 2", 3" and 4" widths
- Single or double layer  

Offers sling-like, uplifting support

ADDITIONAL MODIFICATIONS:
- Custom Overall Length  ·  ##OL ex. BG6433-F-41OL
- Thumb Loop(s)  ·  TL# ex. BG6458-B-TL2
- Auxiliary SNG/DBL  ·  XS#/XD# ex. BG6447-B-XS3
- Center Placement  ·  CP ex. BG6702-A-CP
- Non-Contoured  ·  NCT ex. BG6969-A-NCT
- Contoured  ·  CT ex. BG6452-M-CT

For 2 Openings, you’ll need our 2-hole belt worksheet @ bit.ly/2hbelt.

Band Separation: An Easy Alteration You Can Do

Benefits:
- Provides more support under the hernia  ·  Provides better mobility
- Provides better comfort by lifting the lower band, while the top of the belt compresses

Cut thread to fully separate the bottom band from the upper band(s). Cut from the hook end of the closure to the edge of the Flat Panel or Belt Ring. (don’t cut hook end)

To separate elastic bands, cut thread between the elastic bands

Belt Shifting or Sliding Around?

IT STAYS!  
Body Adhesive®
2 oz. (59ml) Cat#1300

WE CAN INSTALL A RING ON YOUR GARMENT*

Send us your garment and we’ll install a ring for your pouch!

*Girdles / Compression Shorts are not sold by Nu-Hope
This is not an order form  
Nu-Hope does not sell directly to the public. Please contact your medical supplier to place your order.

**Building your Belt**  
Use the guide to find your catalog # or use this worksheet for your notes and visit nu-hope.com to use our Online Belt Catalog # Generator

( check one from each only )

1 **Belt Style** :  
   - [ ] Flat Panel  
   - [ ] Nu-Form

2 **Elastic Material**:  
   - [ ] Regular  
   - [ ] Cool Comfort

3 **Belt Color**:  
   - [ ] White  
   - [ ] Beige

4 **Stoma Location**:  
   - [ ] Left  
   - [ ] Right

5 **Girth Measurement**:  
   - Supine ( Laying for 5 minutes ) _ ___” & Standing _ ___”  
   - (check one only)  
     - 31 overall  
     - 35 overall  
     - 39 overall  
     - 43 overall  
     - 47 overall

   **Belt Size**:  
   - [ ] SM 28”-32”  
   - [ ] MD 32”-36”  
   - [ ] LG 36”-41”  
   - [ ] XL 41”-47”  
   - [ ] XXL 41”-52”  
   - ( Over 52” is Custom*; See #10 )

6 **Width Choice**:  
   - [ ] 3”  
   - [ ] 4”  
   - [ ] 5”  
   - [ ] 6”  
   - [ ] 7”  
   - [ ] 8”  
   - [ ] 9”  
   - (check one only)

7 **Pouch MFG**:  
   - ___________ Pouch#:  
   - ___________  

or Belt Ring / Opening Size : - ___________

8 **Opening Placement**:  
   - [ ] Standard  
   - [ ] Flat Panel: 3”-5” are center, 6”-9” are 1” from bottom  
   - [ ] Nu-Form: 3”-6” are center, 7”-9” are 1½” from bottom  
   - [ ] Custom* (see #10)

9 **Optional Prolapse Support Flap**:  
   - [ ] Yes

10 **Custom Options**:  
   - **Custom Placement** _________”  
   - [ ] From Top  
   - [ ] From Bottom  
   - **Custom Length** _________”

   **Custom Measurement** _________”  
   - Center of stoma to bottom of hernia  

   **Other** _____________

**BELT CATALOG #**: _______________  
**DATE**: __/__/20

* Custom Description: ________________

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**Auxiliary Belt**:  
Available Belt Width:  
   - [ ] 2”  
   - [ ] 3”  
   - [ ] 4”  

   - [ ] Single Layer  
   - [ ] Double Layer

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FOR NU-HOPE USE ONLY  
   - [ ] EMAILED or  
   - [ ] FAXED  

   On DATE: __/__/20__  

   Recorded By (INITIAL): __________

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* How To Order Customs: For belt opening custom placement, please call us at (800) 899-5017 or email info@nu-hope.com.  
For other customizations, see Additional Modifications on page 7.