

# your measuring guide

**specialists in stoma  
and continence care**



**Providing NHS services**

an eakin company 

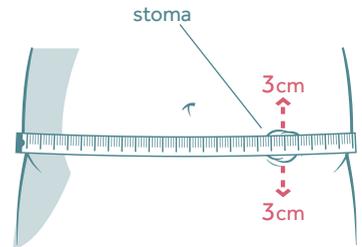
# How to measure for a support belt

On this page we'll show you how to measure yourself to determine what will be the right size belt for you. This can be different if you have a hernia, so make sure to check the right section.

Our support belts come in different widths too, to accommodate different body shapes, so it's important, to make the belt as effective for you as possible, to measure this as well as your waist size.

## For those without a hernia

1. First, measure your size by passing a tape measure around your abdomen, over the stoma and note the circumference in centimeters (cms). This measurement is the length of the belt.
2. Then measure and mark a point on your skin 3cm above the top edge of your stoma, and 3cm below the bottom edge your stoma. This measurement between the two dots will be your width. This distance is indicated by the red dotted line in the adjacent diagram.



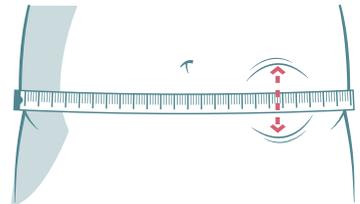
### My measurements

Length ..... cms

Width ..... cms

## For those with a hernia

1. First, you need to lay down for 5 minutes to allow the hernia to retract, then measure your size by passing a tape measure around your abdomen, over the stoma and note the circumference in centimeters (cms). This will be your belt length.
2. The belt width you need is determined by the size of the hernia. Measure in centimetres the distance from the bottom of your hernia to the top.



### My measurements

Length ..... cms

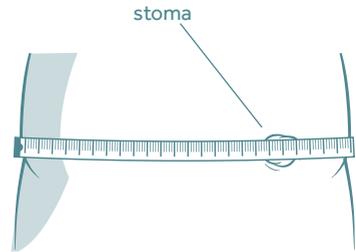
Width ..... cms

# How to measure for ladies underwear

On this page we'll show you how to measure yourself to determine what will be the right size underwear for you. You only need to take one measurement, the distance around your abdomen, to choose your support underwear.

## For those without a hernia

Pass a tape measure around your abdomen, over the stoma and note the circumference in centimeters (cms), which will give your waist measurement. Please advise of your dress size.



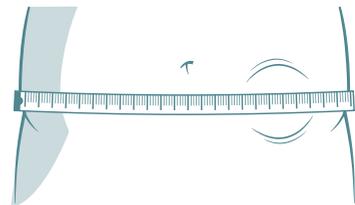
### My measurements

Length ..... cms

Dress size .....

## For those with a hernia

First, lie down for 5 minutes to allow the hernia to retract, and then pass a tape measure around your abdomen, over the stoma and note the circumference in centimeters (cms), which will give your waist size. Please advise of your dress size.



My measurements ..... cms

Length .....

Dress size .....

## Light, medium and firm support

There are three levels of support offered by our garments which you can find on our website:



### Level 1 – Light support

Light support garments are appropriate immediately and up until 3 months post-surgery. They support the abdomen and the stoma site whilst carrying out gentle core exercises and walking.



### Level 2 – Medium support

Medium support garments are appropriate for customers with or without a hernia. Wearing medium support enables the wearer to be active at work, in sports and moderate lifting whilst protecting the stoma. (not recommended for intense activity)



### Level 3 – Firm support

Firm support garments protect the stoma or hernia and allow the wearer to be more active. This garment should only be worn when active (not to be worn whilst relaxing) and is ideal for intense activity such as heavy lifting, manual labour, gardening and energetic / extreme sports.

Get in touch with our friendly customer services team on:



0800 220 300



0800 028 6848 (N.Ireland)



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