



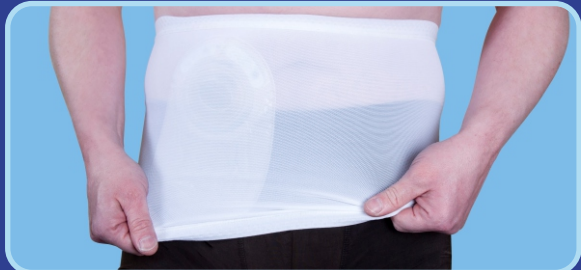
Measuring and Fitting Guide



1 Place your **tape measure** around the **torso** at the **centre point** of the stoma or the ideal central point for the depth of belt to be chosen (see Depth options). Take this measurement and choose the correct size within the CUI belt size bandwidths on page 4 of our brochure or via our website (for the Standard Belts) & page 5 of our brochure/or website (for the 'Mesh' Belt) of the CUI Wear brochure or CUI 'Adjustable Hole Belt' from the separate product insert sheet. See also depth options point 9.

All information is also available on the cuiwear.com web page.

2 When using the CUI 'Multi-size measuring belt' take the size indicated from the belt bandwidths by simply wrapping this around the torso - without over stretching it. Refer to our guide for the codes that correspond with the size and depth of belt required and then indicate the colour of choice (Black/White/Beige).



3 When using sample belts choose an estimated size you think will be best and put this on to ascertain if this is correct or not. Then proceed to go 'up or down' a size to gain the correct fit. Different depths of belts could also be used in the same way to gain a better feel for where the top and bottom of the belt sits in relation to the torso shape or position/drop of the stoma pouch (if one is used).

The depth of the belt chosen is often determined by personal preference, shape of torso or the kind of activity the individual will be doing. Some people prefer a wider coverage across the entire pouch area and some like partial coverage. If there is a hernia present then this will also be a factor in gently 'moulding' the material around the shape and position of this to get the most comfortable and best support/fit.



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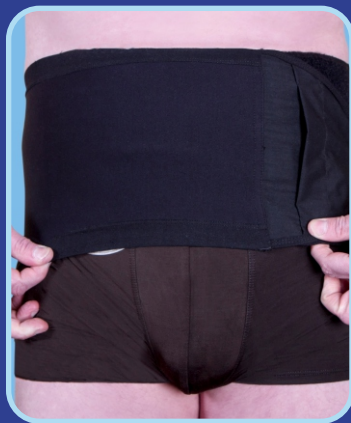
The belt should sit comfortably around the torso with the Velcro fastenings sitting square in place.

This will also allow for a fist to be made inside of the 'fulcionel' fabric part of the belt in the abdomen area.

The velcro should sit to one side this being the opposite side to the stoma (if there is one) or to the side so that the supportive/yielding material is across the front of the abdomen. This allows an even support but also the comfortable movement this part of the body requires.

This 'making a fist' inside the belt will indicate the tension is correct to allow sufficient/even distribution of support over the pouch whilst allowing the pouch to operate as intended.

The square fit of the Velcro will then provide sufficient room for the belt to be adjusted slightly looser or tighter as the day progresses and natural body shape alters which we find through eating, bloating, emptying or through activity and rest and so on.



5

If there is a stoma present then the glove should have the hand of the stoma side location in it to put the belt on. ie right sided stoma then right hand in glove.

The other hand should then gently hold the Velcro fastening on the opposite side to this roughly in position for the mid-point of where the belt will eventually sit.

Pushing the hand in the glove out on front of the torso first and then across to fasten as square onto the Velcro will then allow some adjustment as required to allow the belt to sit in the optimum position and make comfortable.



Some patients even prefer to position the velcro fastening by their back by putting it on as previously indicated and then and then gently twisting it around into the ideal resting place. This is a personal preference of course and may be determined by the kind of activity or work being performed. Access would be by rolling up the front of the belt or by pulling back the velcro fastening to the side when required.



The Velcro fastening itself has been designed to be strong to stay in place but also to be easily removed when need be. The profile/depth of this is also very shallow and therefore whilst not worn at the front of the body or stoma (if present) it doesn't impose or impede as one might initially expect. The velcro has intervals which also means that it will effectively collapse to yield in line with movements such as bending or stretching making it also a feature that allows comfort during support.



6 If there is no stoma then the Velcro fastening area is still low profile and does yield albeit not as much as the fulcra material area – and therefore this can be worn to the side or even twisted around to sit around the back by the spine.

This of course is a personal preference.

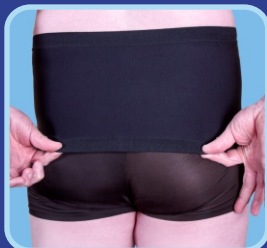


7 The Velcro area should not be located across a stoma pouch however.



8 The **Depth of belt** is determined by the individual requirement to ultimately ensure comfort to the wearer. Body shape or location of the stoma (if present) will also be a determining factor in this decision. If there is a hernia present already then the depth can help mould the material around the area to provide better compliance and support.

Whilst many patients like some of the belt/material to sit above and below (etc) a stoma pouch (say half or one inch perhaps) other patients may not so this is not an exact science and we can offer guidance or advice with general consensus of opinion often leading the way into the eventual choice made. A rounded torso or a long body area can determine deeper depth of belt whereas slight build or frame (or younger patient as an example) may wish to have much shallower or different depths at the front & back.



9 Belts can be a **shallower depth** than the **standard depths (of 20cm or 26cm)** or as **deep a depth** as required depending on the individual body shape and preference.

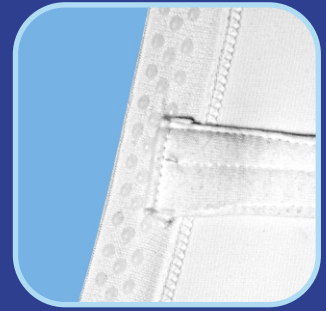
We can even make the depth at the back shallower than the front of preferred. In essence any form can be made but will need one of our team to measure this in order that it can be custom measured and made to fit especially.



10

Anti-Roll/Slip Elastic Silicon strips sit at the top and bottom of the belts but don't have to be included if you do not wish them to. **Soft Stays** can also be added if required designed to make the depth structure a little more rigid without digging in anywhere.

These will also need to be measured and especially made which is easy to arrange with one of our team.



11

All belts can be made in tubular forms rather than the Velcro/glove fastening/control version.

These do come in the standard sizes but are generally advised to be measured to ensure best and most comfortable fitting for future wear and benefit.



12

Access simply via glove or by rolling up the belt and then reapplying.



13

The 'Mesh' belt (brochure page 5 or via website) is the same sizing as the standard available in white and now black also. It is available in all the depths and as a tubular version if preferred. This is a lighter material and therefore support but in a fabric that is much more breathable – for sports or hotter climbs on holiday perhaps or even post operatively when the area may still be delicate.



14

- Hand in Glove (opposite stoma)
- If there is no stoma then which hand used to put the belt on is not as important. The material however should still cover the abdominal area at the front of the torso for ultimate support & comfort!
- Gently hold the Velcro fastening on the opposite side roughly mid point torso
- Push out with hand in glove
- And move across to secure Velcro on Velcro
- Micro adjust to centralise and position anti-slip silicon strips
- Fist' indicates yield of sizing to allow support but pouch function
- Quick Access via Velcro or fold up over stoma area
- Peg 'tip' Carrying around a clothes peg is a handy tip to keep clothing out of the way allowing 'hands free' or not having to hold clothing with your chin!



Belt 'Care' advice

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Wash on a normal cycle in your washing machine with your other washing. Ensure the Velcro is fastened for the wash however and a wash bag is suggested although not necessary. Hang to dry naturally – **DO NOT** tumble dry your garment/belt as this will reduce the effectiveness and longevity of the support.

Wash as you see fit or how you use your belt and generally with frequent daily wear it is generally suggested/advised that 3 belts are rotated wash/worn/dried and that this will generally give a lifespan of 12 months at which time they should be considered to be replenished (and maybe a good time to be re-measured/assessed etc!)



Normal wash cycle



DO NOT tumble dry



Fasten velcro
before wash

When should the support belt be used?

- During any form of activity however light or heavy duty this may be
- If there is any lifting, stretching or pushing – essentially whenever there is a strain put on the abdominal area regardless of how strenuous.
- Gardening, walking, shopping, playing or carrying children etc – any work, sport or leisure pursuit
- When you have a cough, cold or sneezing bout (hayfever etc) consideration should be given to wearing the support more frequently!
- There is lighter/gentler support for night times or after any exertion when there may be a dragging sensation or a concern that turning in bed might disrupt an area or pouch (see our seamless range page 9 of the brochure or via the website)

If there is any doubt or you need any advice then we have local support garment specialists that can answer your questions and offer advice. Their contact details can be obtained from our **Office Freephone 0800 279 2050** or via our website www.cuiwear.com/contacts

Standard Garments include:

CUI Fulcionel Support Belt

Firm but adjustable strength support in all sizes. Depths and choice of colours. This is designed to sit over the stoma pouch (if one is present) and the preferred option of most Nurse Specialists. Our support belts were originally designed for use by Ostomates with a Stoma however offer all the same benefits balancing support & comfort to protect the abdominal area after any surgery or procedure that leaves an underlying weakness. This evenly distributes the required support for periods of any activity with a blend of materials that allow normal pouch function. The belts balance support with comfort so that they are easy to put on, easy to wear and simple to adjust or gain access when required. A simple unique 'glove' design puts the control into the patients hands' – literally!



CUI Mesh Support Belt

Lighter and more breathable version of the standard belt above. Whilst the standard CUI Belt (above) has our fulcional material that is blended to provide 'firm' support that is comfortable & adjustable the 'Mesh' version of this belt is a lighter material that offers light/adjustable support with a more breathable fabric.

This might be worn during periods of warmer weather or if you live/work in a warmer environment perhaps? Some patients wear a Mesh Belt for shorter periods of activity during which they may sweat more and could benefit from this breathability - of course considering that the support level is slightly reduced!



We also find that the Mesh Belt is tolerated at an early stage immediately after surgery when the abdominal area is still delicate post operatively a support such as this that is lighter, breathable and can be accessed for assessment as easy as it can be adjusted can offer security and protection at this juncture. This is available in Black or White and in all sizes and depths.

Adjustable Hole Belt

This newer version of our belt is now a standard option immediately available in all sizes, depths and colours with a hole already 'cut' which can be adjusted to the size of the pouch used by way of a Velcro opening fastened within a range of sizes to best suit. This takes away the need to have the hole cut especially making this no longer a Bespoke custom made garment which speeds up the delivery for patient use and benefit. Furthermore with the Velcro opening there is no longer a need to feed the pouch through the hole which can be tricky in any case but often a chore when gaining access and/or changing etc.

Whilst the general consensus from Nurse Specialists is to opt for a standard belt with the blend of materials that allow even support distribution and yielding to allow pouch functionality there are many a valid reason why the belt/garment with a hole option is still required and the 'adjustable hole belt' meets this need whilst trying to overcome some challenges along the way such as standardising this form with the adjustability but also the application and access mentioned but also by gently reinforcing some of the pressure that is lost by the very fact a hole is present. This is achieved by a soft, inch wide, anti-slip horseshoe shaped material 'pad' inside the hole which aims to replace but not over-state the support pressure lost to the area.



Girdles/Corsets “Garments”

The same 2 way stretch laminated 'Fulcionel' material that provides support but allows room for a pouch to work and pave the way for the balance between comfort & Support is also used in the garment form of the range which is available in both Male and Female forms.

These are available in all sizes with high or low waist levels and with legs in softer fabric or in the brief style. As these are a defined size they do not possess the adjustability of the belts but can have many features incorporated to make them easy to get on or to gain access when required – or if a hole is needed or a discretion (lace) covering for a pouch situated outside of the garment is preferred then these simple additions can be included. A garment might be chosen as personal preference or the particular activity or if a hernia is present and support from a certain angle underneath from the garment helps with comfort and wear. The very nature of these needing to fit more precisely would warrant a call to one of our team and measurements/fitting to be arranged.



Light Support/Seamless



These are high waisted ultra-comfortable garments that have no seams in the abdominal area at all. They are available in Black, White or Beige and come in Unisex (with legs) or Female Briefs. These are often worn as early post-operative stages when the area of procedure is still delicate or on an on-going basis for night wear when perhaps the security of light comfortable support can reassure or take away a 'dragging' sensation or the fear that turning in your sleep might snag or catch a pouch for example.

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