

## General Information

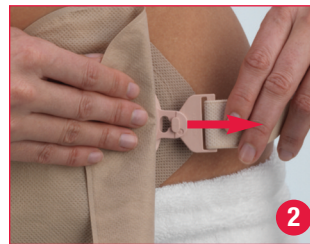
An ostomy belt can be used to help:

- Enhance pouching system adhesion.
- Provide a sense of security during regular wear or during activities.
- Establish more predictable pouching system wear times.
- Enhance the convexity of a convex barrier.

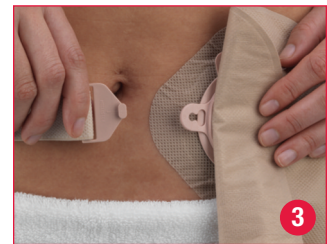
## Using the Adapt Ostomy Belt



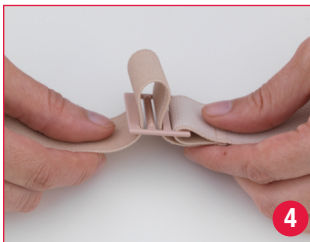
- 1 Attach belt to one belt loop with the belt tab facing away from your skin.



- 2 Pull belt and ensure tab is engaged in the locked position.



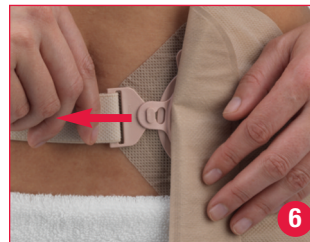
- 3 Wrap the belt around the back of your waist, so that it is about 1-1/2 to 2 inches (3.8 – 5 cm) away from the next belt loop when unstretched.



- 4 Adjust the length of the belt if needed.



- 5 Stretch the belt and attach it to the remaining belt loop, with the belt tab facing away from your skin.



- 6 Again, pull the belt and ensure tab is engaged in the locked position.



- 7 Wear the belt in line with the belt loop positions.

### Tips

- The belt should be snug but not too tight, as this can cause pressure areas.
- With the belt attached, you should be able to comfortably slide two fingers between the belt and your skin.
- If the belt “rides up” to your natural waistline, reposition as necessary.

## Frequently Asked Questions

**Q: What color and sizes of Adapt Ostomy Belts are available?**

**A:** Adapt Ostomy Belts are a discreet, beige color and are available in two sizes:

Stock Number	Size
7300	Medium: 23" – 43" (58 – 109 cm)
7299	Large: 34" – 65" (86 – 165 cm)

**Q: Can I wash my belt?**

**A:** Yes. Adapt Ostomy Belts can be hand-washed in cold water with a mild soap, and hung to dry. Gentle care will add longevity to your belt.

**Q: How often should I replace my belt?**

**A:** Adapt Ostomy Belts are made of elastic and will stretch out with repeated use. Belts should typically be replaced two to three times per year to help ensure their effectiveness. Most people have at least two belts — one to wear, and one for back-up.

**Q: Do Adapt Ostomy Belts contain latex?**

**A:** Adapt Ostomy Belts do not contain natural rubber latex.

**Q: How tight should I secure the belt?**

**A:** The proper belt tension is important to keep the pouch secure without excess pressure. With the belt attached, you should be able to easily slide two fingers between the belt and your skin.

**Q: Do I have to wear a belt?**

**A:** No. Wearing a belt is often a matter of personal preference. Some choose to wear a belt all of the time. Some only wear a belt at specific times (e.g., during exercise). Others never wear a belt. Your WOC/ET Nurse may recommend that you wear a belt to help establish more predictable pouching system wear times.

**Q: Are there also belts available for children with ostomies?**

**A:** Yes. Hollister offers a pediatric ostomy belt that is designed to be used with the **Pouchkins** two-piece pouching system.

Stock Number	Size
3774	10" – 17" (25 – 43 cm)



Adapt Ostomy Belt  
Stock No 7300 (23" – 43")  
Stock No 7299 (34" – 65")

*Hollister gratefully acknowledges the assistance of Jo Hoeflok, RN, BSN, MA, CETN(C), CGN(C), St. Michaels Hospital, Toronto, Canada in the development of this piece.*

For product questions, sampling needs, or detailed clinical questions concerning our products call **1.888.740.8999**

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Libertyville, IL USA

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Aurora, Canada  
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