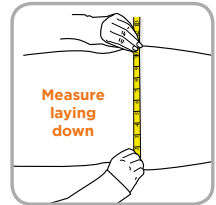
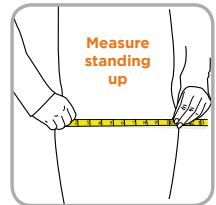


Support Belt Measuring Instructions

Measuring the width of a support belt

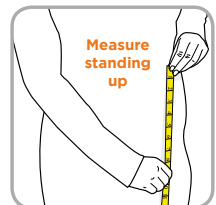
Measure both lying down and standing up. The smaller of the two should be used for required level of compression.

1. Place the tape around the widest part of the body where the belt is to be worn/support is needed. This is normally over the hernia/stoma pouch if relevant. Keep the tape measure fairly tight.

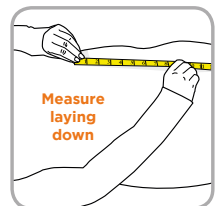


Measuring the depth of support belt

1. Establish where the top of the belt needs to be positioned
 - a. This will normally be above the top of the pouch by at least 3cm or above the hernia by at least 3cm whichever is the highest.



2. Once the top position has been established, put the tape in a straight line down the body to where the customer would like the belt to finish, this will need to fully cover the hernia/abdomen area without digging into groin/legs.



Please note: This is only a visual and written guideline to assist you.

If you require further assistance, do not hesitate to contact us on

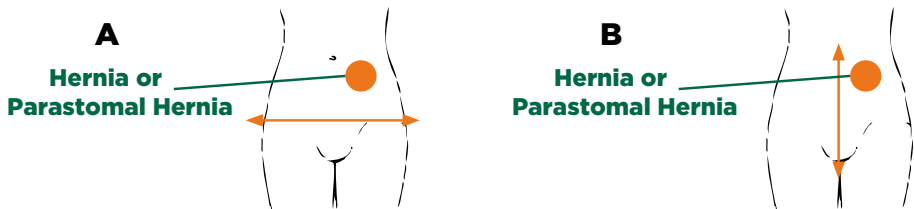


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Support Girdle Measuring Instructions



Measuring the width of a support girdle

1. Place the tape around the widest part of the body where the brief is to be worn/support is needed. This is normally over the hernia/stoma pouch if relevant or around the hips on a lady. Keep the tape measure fairly tight.
2. The required size can be established by referring to the size/code chart.

Measuring the height/depth of a support girdle

1. Measure from the centre of the crotch (between legs) in a straight line up the body to where the garment needs to come up to.
 - a. This will normally be above the top of the pouch by at least 3cm or above the hernia by at least 3cm whichever is the highest.

Measurements

Width:

Height/Depth:

Please note: This is only a visual and written guideline to assist you.



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