Build-Your-Own Ostomy Support Product

• Your custom tailored item(s) will be made to your specific measurements and preferences to match the sizing of your appliance and, depending on the product, your body shape/measurements.

• This guide will assist in providing you the information needed to obtain the specific measurements required to make your order, fully from scratch, to fit you and your needs.

• You will need the following, prior to measuring:
  ○ a measuring tape or a ruler & yarn/string
  ○ the appliance that will be utilized with your support product

• What you need to know:
  ○ measurements should be taken while standing, & prior to activities that cause swelling, for the most accurate measuring information.
  ○ adding upgrades to some items may affect the measuring information needed. Please ensure that review of the upgrade information is completed prior to submitting your order.
  ○ the measurements being requested will not always match the information on the appliance box, or clothing sizing. Please measure as instructed in the measuring guide.
  ○ not all of the measuring information is needed for every product, and not every upgrade option will be available for every product.

Appliance Measurements

Ring Size: __________  Ring Placement: __________  Bag Width: __________  Bag Length: __________

The following lists can be utilized to gather your measurements/preferences, to reference when placing your order:

Belts / Bands

• Pocket Style: _______________________
• Bag Worn: _______________________
• Stoma Waist Size: _________________
• Stoma Location: ___________________
• Belt Closure (excluding Sleek): __________
• Optional Upgrades:
  ○ Upper Belt Extension (Simplicity & Sleek Only)
  ○ Lower Belt Extension (Simplicity & Sleek Only)
  ○ 360 Upgrade
  ○ Classic Upgrade
  ○ Sport Upgrade (Simplicity & Sleek Only)
  ○ Flex Upgrade (Simplicity & Sleek Only)

Wraps

• Bag Worn: _______________________
• Wrap Waist Size: _________________
• Hip Measurement: _________________
• Stoma Location: _________________
• Optional Upgrades:
  ○ Upper Wrap Extension
  ○ Lower Wrap Extension
  ○ Classic Upgrade

Pouch Covers

• Pocket Style: _______________________
• Type of Ostomy: _________________
• Optional Upgrades:
  ○ Shade Upgrade
Measuring guide information can also be found on every product page by clicking the 'measuring guide' selection in the option you want information on. Once clicked, the information can be reviewed as a product image.
Appliance Measurements

The following measurements will be taken directly from the appliance that will be utilized with your supports.

- Please do not use the measurements found on the box provided by the appliance manufacturer.
- Measurements less than a quarter inch different can be rounded to the nearest quarter inch or half inch.

❖ Ring Size

*This is not the size of the stoma opening.

To measure, lay the bag down on a flat surface, with the front of the bag facing you, and fold the left side of the bag towards the middle until unable to fold any further; this will expose the area where the bag and flange/wafer meet. Repeat for the right side of the bag and measure the diameter of the ring; from the fold on the left to the fold on the right:

Do not include tabs into the measurement. All product ring openings are flexible and will be able to stretch over any tabs while equipping.

*If your ring is oblong, or oval in shape, follow the steps to measure from left to right, then also measure from the top of the ring to the bottom of the ring, and specify the additional measurement in the 'Special Instructions' option.

❖ Ring Placement

This measurement refers to the amount of space between the top of the bag, and the top of the ring; to identify where the ring is specifically located on the bag.

To measure, lay the bag down on a flat surface, with the front of the bag facing you, and fold the top of the bag down towards the middle until you are unable to fold any further. Measure from the fold you created, to what was the top of the bag. This measurement will average around 1", sometimes a bit more or a bit less:
**Bag Width**

The bag width refers to the measurement from the left to the right, at the widest point of the bag. For bags that are kidney shaped, measure to and from the furthest edges, left to right:

![Image of bag width measurement](image1.png)

**Bag Length**

The bag length refers to the measurement from the top of the bag, to the bottom of the bag. Assure the bag is closed, like when worn on the body, prior to measuring. Fold & close any ends that are usually folded, or closed.

![Image of bag length measurement](image2.png)
Belts / Bands

Support belts and bands are heavy to moderate support to keep the bag from shifting during strenuous activities or activities with frequent abdomen movement:

- supports the flange/wafer, increasing bag wear time
- ideal for ostomates who experience leaking or hernia issues
- upgrade options include leak protection, hernia support, noise muffling, added flange/wafer support, &/or added belt discretion

Belt & Band Wear Styles Include:

- **Simplicity Belt**: adjustable; single-piece belt with an attached belt & pouch. *Recommended for first time buyers*
- **Sleek Band**: single-piece, non-adjustable band with attached belt & pouch. *Step into to equip; made to be seen*
- **Original Belt**: adjustable, double-piece belt that includes 1 belt & 1 pouch that combine to complete the belt. *Allows you to purchase/replace the individual pieces*
- **MultiWear Belt**: adjustable, triple-piece belt that includes 1 belt & 2 interchangeable pouches that combine to complete the belt. *Allows you to purchase/replace the individual pieces*

The following options include body measurements, support preferences, and optional upgrades.

❖ **Pocket Style**

Choose the shape of the pouch along with the type of closure for your pouch:

Pouch shape options:

- Round - round bottom, best for bags with a round shape &/or urostomy appliances that contain a drainage spout.
- Flat - standard flat bottom with curved edges, perfect for wide bottom bags, or appliances with clips or hard-bar closures.

Pouch closure options:
- Enclosed - ideal for close ended appliances. Will have no pocket & no opening at the bottom of the pouch.
- Flip-Out - standard, thin profile & most discreet under clothing. Pocket opened & closed via a fabric overlay.
- Zipper - pocket opened & closed via a zipper with a fabric overlay to keep zipper off the skin.
- Velcro - pocket opened & closed using velcro with a fabric overlay to keep velcro off the skin.
- Open Bottom - contains internal pocket, bottom of pouch remains open. Not recommended for horizontally worn bags.

**Bag Worn**

The direction the bag will be worn on the body, within the support product. Refer to the direction the drainage end of the bag is facing when looking down at your abdomen, taking into account the location of the stoma on the body.

*Equip the appliance in the direction the bag will be worn in the supports, prior to measuring, for the most accurate information. Diagonal wear is available only for belts & bands and is tailored at a 45 degree angle.*

**Stoma Waist Size**

The stoma waist size refers to the measurement from just below your stoma site, and around your body. To measure, place your measuring tape slightly below the stoma (not on top) and measure around the body, noting the size once the measuring tape meets.

For more accuracy, measure while standing up, and prior to any heavy meals or situations in which your abdomen would swell or change in size.
*This does not refer to your clothing waist size and may not be measured specifically on the waist, depending on the location of your stoma. Reductions, to account for the stretch in the materials, are made during tailoring; please do not alter measurements being entered. Belts will be form-fitting to ensure appropriate function.

❖ **Stoma Location**

The stoma location refers to the side of the body where the stoma is located. Looking down at your abdomen, note the side your stoma is located, using your belly button as a center point.

❖ **Belt Closure**

Choose your preferred belt closure to allow for adjusting the fit of your ostomy support belt.

*Excludes Sleek Bands.*

- **Hook & Eye Closures** - standard, most streamline & discreet under clothing. Preferred for ostomates with discretion as a priority
- **Velcro Belt Closures** - easy to use, adds slight bulk under clothing. Preferred for ostomates with dexterity difficulties
Belts / Bands - Optional Upgrades

❖ Upper Belt Extension
Added width to the top of the belt & pouch. Preferred for ostomates who need support for bulges or hernias above the bag area. *(Simplicity Belts & Sleek Bands only)*

*Any added width will be added to the top of the belt & pouch, above the standard 3”, to increase the width of the belt itself. *(example: a 2” upper belt extension will be a total of 5” wide around the body)*

❖ Lower Belt Extension
Added width to the bottom of the belt. Preferred for ostomates who need support for bulges or hernias below the belt area. *(Simplicity Belts & Sleek Bands only)*

*Any added width will be added to the bottom of the belt, below the standard 3”, to increase the width of the belt itself. *(example: a 1” lower belt extension will be a total of 4” wide around the body)*

❖ 360 Upgrade
Added support around the ring opening area to help prevent leaks. Ideal for ostomates who struggle with keeping the flange on the body, have uneven areas around the stoma, or have persistent leaking issues.
*This upgrade works best with two-piece appliances and will not be visible while wearing the belt.

❖ **Classic Upgrade**

Add an internal lining, within the belt pouch to reduce visible bag wrinkles, increase bag discretion under clothing, & helps to evenly distribute waste within the pouch. Noise muffling lining can also be added to dampen stoma noises.

*This upgrade will not be visible outside of the belt.

❖ **Sport Upgrade**

Added structure and re-enforcement to the internal lining of the belt to increase support around the flange/wafer area while engaging in extreme, high motion activities. *(Simplicity Belts & Sleek Bands only)*

*This upgrade will not be visible outside of the belt.
Flex Upgrade

Includes an internal band for added concealment of the belt. Ideal for ostomates who wear tighter, or more form-fitting, clothing. Further reduces the visibility of the belt/band under snug clothing. *(Simplicity Belts & Sleek Bands only)*

*The banding will not be visible while wearing the belt/band.*
Wraps

Support wraps provide light to moderate support that hold the bag snug against the body for more discretion & everyday wear:

- supports the weight of a filling bag, increasing bag wear time
- step into to equip, is worn as a band around the abdomen
- ideal for ostomates who experience minimal appliance issues and are primarily seeking additional discretion
- upgrade options include added bag discretion

Wrap Wear Styles Include:

- **CoverBand Wrap**: holds the bag snug against the body; has no pockets
- **CoverUp Wrap**: adds a lower pocket within the wrap to hold the bottom portion of the bag, keeping pointy bag ends off of the skin
- **Custom Wrap**: adds a complete pouch within the wrap to enclose the bag, keeping the whole bag off of the skin, to reduce skin irritation or sweating caused by bag on skin contact.

The following options include body measurements, support preferences, and optional upgrades.

❖ **Bag Worn**

The direction the bag will be worn on the body, within the support product. Refer to the direction the drainage end of the bag is facing, when looking down at the abdomen, taking into account the location of the stoma on the body.

*Equip the appliance in the direction the bag will be worn within the supports, prior to measuring, for the most accurate information.*

❖ **Wrap Waist Size**

The wrap waist size refers to the measurement from the upper most part of the bag, and around the body.

To measure, place your measuring tape slightly above the top edge of your bag and measure around the body, noting the size once the measuring tape meets. For more accuracy, equip the appliance how it will be worn within the support product, prior to measuring. Measure while standing up and prior to any heavy meals, or situations in which your abdomen would swell or...
*This measurement does not refer to the clothing waist size and may not be measured specifically on the waist, depending on the location & size of your appliance. If any upper extensions will be added to your wrap, measure from the location the extension will meet on your body. *(example: a 2” upper extension would be measured from 2” above the top edge of your appliance)* Reductions, to account for the stretch in the materials, are made during tailoring, do not alter measurements being entered. Wraps will be form-fitting to ensure appropriate function.

**Hip Measurement**

The hip measurement refers to the measurement from the bottom most part of the bag, and around the body.

To measure, place your measuring tape slightly below the bottom edge of your bag and measure around the body, noting the size once the measuring tape meets. For more accuracy, equip the appliance how it will be worn within the support product, prior to measuring. Measure while standing up and prior to any heavy meals, or situations in which your abdomen would swell or change in size.

*This measurement does not refer to the clothing size and may not be measured specifically on the hip, depending on the location & size of your appliance. If any lower extensions will be added to your wrap, measure from the location the extension will meet on your body. *(example: a 2” lower extension would be measured from 2” below the bottom edge of your appliance)* Reductions, to account for the stretch in the materials, are made during tailoring, do not alter measurements being entered. Wraps will be form-fitting to ensure appropriate function.

**Stoma Location**

The stoma location refers to the side of the body where the stoma is located. Looking down at your abdomen, note the side your stoma is located, using your belly button as a center point.
**Wraps - Optional Upgrades**

- **Upper Wrap Extension**
  Added material to conceal more of the body above wrap. Ideal for concealing tubing or bulges above the bag area.

  *If an upper extension will be added to your wrap, assure that the measurement for the 'wrap waist size' is taken from the location the added extension will meet on your body. *(example: a 2" upper wrap extension will be measured from 2" above the top edge of your bag)*

- **Lower Belt Extension**
  Added material to conceal more of the body below the bag area.

  *If a lower extension will be added to your wrap, assure that the measurement for the 'hip
measurement' is taken from the location the added extension will meet on your body. *(example: a 1" lower wrap extension will be measured from 1" below the bottom edge of your bag)*

- **Classic Upgrade**
  
  Add an internal lining, within the wrap to reduce visible bag wrinkles, increase bag discretion under clothing, & helps to evenly distribute waste within the bag.

  *This upgrade will not be visible outside of the wrap.*
Pouch Covers

Pouch Covers work as an accessory for your appliance, concealing the contents of the bag, keeping the bag off of the skin, and adding style & comfort to your every day wear:

- encloses the bag within the pouch, keeping the bag from touching the skin
- ideal for ostomates primarily seeking concealment
- upgrade options include added bag structure & discretion
- dozens of color, print, design, character, embroidered and sports fabrics to choose from

The following options include pouch preferences and optional upgrades.

❖ Pocket Style

Choose the shape of the pouch along with the type of closure for your pouch:

Pouch shape options:

- ROUND BOTTOM
- FLAT BOTTOM

Pouch closure options:

- Enclosed - ideal for close ended appliances. Will have no pocket & no opening at the bottom of the pouch.
• Flip-Out - standard, thin profile & most discreet under clothing. Pocket opened & closed via a fabric overlay.
• Zipper - pocket opened & closed via a zipper with a fabric overlay to keep zipper off the skin.
• Velcro - pocket opened & closed using velcro with a fabric overlay to keep velcro off the skin.
• Open Bottom - contains internal pocket, bottom of pouch remains open.

❖ Type of Ostomy

Note the type of appliance worn. This option refers to the style of your appliance:
• 1-Piece - an appliance with the flange/wafer pre-attached to the bag
• 2-Piece - an appliance with a bag that is paired with a separate flange/wafer

and its utilization: a colostomy, ileostomy, or urostomy appliance.

Pouch Covers - Optional Upgrades

❖ Shade Upgrade

Add structure and additional bag discretion. Recommended for ostomates seeking additional bag discretion.

This upgrade adds an internal lining to reduce bag wrinkles and provides structure for bags that 'droop' or fold over.

*This upgrade will not be visible externally.
Shower Covers

Shower Covers work to prevent your bag, and bag filter, from getting wet when you shower:

The following options include pouch preferences and optional upgrades.

❖ Cover Style

Choose the shape & style of the pouch:

- Round - enclosed round bottom, best for bags with a round shape & urostomy appliances with drainage spouts.
- Flat - enclosed flat bottom with curved edges, perfect for wide bottom bags, or appliances with wide clips or hard-bar closures.
- Open Bottom - contains an internal pocket, bottom of pouch remains open. Recommended for 1-piece appliances.

❖ Type of Ostomy

Note the type of appliance worn. This option refers to the style of your appliance:

- 1-Piece - an appliance with the flange/wafer pre-attached to the bag
- 2-Piece - an appliance with a bag that is paired with a separate flange/wafer

and it's utilization: a colostomy, ileostomy, or urostomy appliance.
Rush Manufacturing - Optional Upgrade

Rush manufacturing options can be applied to any custom tailored product, to include Belts, Bands, Wraps, Pouch Covers, or Shower Covers.

Choosing the rush manufacturing option will reduce the average time frame required to custom tailor the item(s). This does not include the shipping time for delivery of the item(s). Shipping time frames are applied after the item has completed manufacturing & has left the facility.

Available rush options & standard time frames may vary, please review all currently available options for the product when ordering, for the most up-to-date information.

*NOTE*: all invoiced items must have the same rush manufacturing option applied to qualify for rush manufacturing. Partial rush orders will not qualify for the rush option and any charges will be credited to your in-store account. If your requested manufacturing time frame is unable to be met, your rush manufacturing difference will be credited to your store account and the next available rush option will be applied automatically.

Due to the customization of all products, we are unable to guarantee any rush service. Please specify your 'need by' date on your invoice if applicable.

Please review the 'Shipping' page for further information.