

## Prescribing of Elastic Belts Position Statement

**Hertfordshire and West Essex ICB recommends a maximum of six elastic belts to be prescribed per patient annually.**

Elastic belts are not support belts. They attach to stoma appliances and can add security and help prevent leakage from a stoma appliance.

For the position statement on stoma support wear (including hernia belts), please use the following [link](#).

### Recommendations

- Maximum quantity of six elastic belts to be prescribed per patient annually.
- New patients should only be prescribed an elastic belt after an assessment by a stoma care nurse.
- Existing patients should be referred to their local stoma care nurse for review, if ordering in excess of six elastic belts per year.

### Rationale

- Elastic belts will stretch out over time and with repeated use.
- Machine washing in a pillowcase, hand-washing, using mild soap, cold water, and drip drying are suggested to add longevity.
- Despite good care, the belts will still need to be replaced throughout the year to ensure effectiveness.

### Background

- An elastic belt may help to pull the pouching system towards the abdomen, thereby preventing lifts and leaks.
- Elastic belts are often prescribed with convex stoma appliances where a stoma is flush or difficult to manage.
- There may be occasions where elastic belt use is appropriate with a flat stoma appliance.
- An elastic belt is usually only compatible with the same brand of stoma bag, as they are designed to work together. Therefore, there is no preferred formulary choice for elastic belts.

### Stoma Care Nurse Team Contact Details:

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References:

1. PrescQIPP Prescribing Guidelines for Stoma Appliances and Accessories
2. Prescribing Guidelines for Stoma Appliances and Accessories, Warrington Clinical Commissioning Group
3. Prescription Management of Stoma and Continence Related Products, Lancashire Medicines Management Group

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<b>Review date</b>	The recommendation is based upon the evidence available at the time of publication. This recommendation will be reviewed upon request in the light of new evidence becoming available.

