

Sizing Guide

Two quick measurements make sure your Ostopaix system fits well: one for the band and one for the flange (2-piece pouches only). It takes about five minutes.

Step 1: Measure for the Band

Measure your abdomen near the top of where your bag usually sits. Everyone's stoma location and body shape is different, so the band has varying widths to fit all body types.

1. **You'll need:** a cloth tape measure. No tape? Use a piece of string, then measure the string with a standard tape.
2. Wrap the tape around your abdomen near the top of your bag.
3. Read the measurement in **inches**. This is **not** your pants size.
4. Choose the band size that matches your measurement on the order page.



Belly Band Size Chart

Measured Width	Band Size
28" to 31"	Small
31" to 34"	Medium
34" to 37"	Large
37" to 40"	X-Large
40" to 43"	XX-Large
43" to 47"	3X-Large
47" to 52"	4X-Large

Tip: Measure your abdomen at the approximate location of your stoma.

Which side goes on top?

Once your band arrives, try it both ways to see what's more comfortable. As a general guide:

- **Flatter stomach:** smaller diameter on top.
- **Curvier shape:** larger diameter on top.

Prefer to watch? See the How to Measure video at ostopaix.com/how-to-measure.

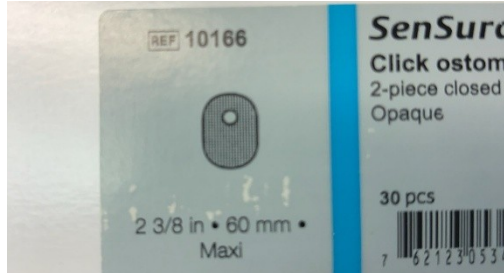
Step 2: Measure the Flange (2-piece systems only)

If you use a **1-piece** pouch, skip this step. The Standard Kit works with all 1-piece systems.

If you use a **2-piece** pouch, you need the inner diameter of the flange (the plastic ring).

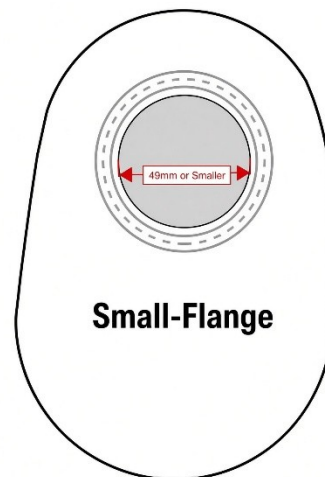
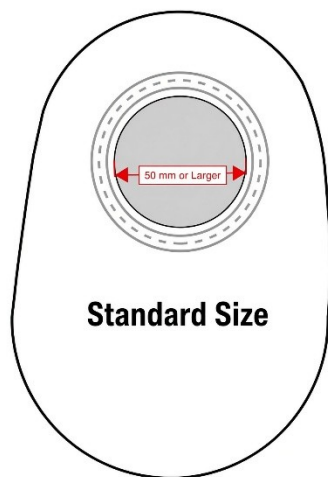
Option A: Read it from the box

Most pouch boxes list the flange size on the side or label. Look for the diameter in mm or inches.



Option B: Measure it yourself

5. Take the pouch or the flange in your hand.
6. Measure from side to side across the plastic ring.
7. Measure the **inside edges** of the ring.



Which kit do I order?

Your pouch	Inner flange diameter	Order this kit
1-piece system	Not needed	Standard Kit
2-piece system	Over 49 mm (1 7/8")	Standard Kit
2-piece system	49 mm (1 7/8") or smaller	Small-Flange Kit

Note: Small-flange pouches are less common. If your box doesn't show a size and you're unsure, email us before ordering.

Still Not Sure?

We're happy to help you choose. Email Support@Ostopaix.com with your abdomen measurement and your pouch brand and type, and we'll recommend the right kit. Not ready to commit? Start with the \$22 Trial Kit.