

## BABYGO 4 in 1 Pregnancy Support Belt

# BABYGO® 4 in 1 Pregnancy Support Belt User Manual

Brand: BABYGO | Model: 4 in 1 Pregnancy Support Belt

## 1. INTRODUCTION

The BABYGO® 4 in 1 Pregnancy Support Belt is designed to provide comfort and support throughout pregnancy and during postpartum recovery. This versatile belt adapts to your changing body, offering targeted relief for common discomforts such as back, pelvic, and hip pain. It is crafted from high-quality, breathable materials to ensure comfort and effectiveness.

## 2. PRODUCT OVERVIEW

The BABYGO® 4 in 1 Pregnancy Support Belt offers comprehensive support through its multi-component design, catering to different stages of pregnancy and postpartum needs.

- **Belly Band (12-20 Weeks):** Provides mild compression to ease discomfort and support your growing baby bump.
- **Support Belt (20-30 Weeks):** Offers increased support to improve mobility, ease sciatica, and assist with Pelvic Girdle Pain (PGP) and Symphysis Pubis Dysfunction (SPD).
- **Maternity Belt (30+ Weeks):** Lifts and supports the extra weight of your bump, preventing overextension of the lower back and reducing pressure.
- **Postpartum Recovery:** Aids in supporting core muscles and ligaments stretched during pregnancy, promoting muscle memory and assisting recovery from diastasis recti.



Figure 1: The BABYGO® 4 in 1 Pregnancy Support Belt in use.



12 Month Velcro  
Guarantee



Figure 2: Targeted pain relief areas addressed by the support belt.

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Figure 3: Illustrating the 360° support provided by the belt.



Figure 4: The belt's adaptability for various pregnancy stages.

### 3. SIZING GUIDE

To ensure optimal comfort and support, select the correct size based on your lower back circumference. Measure around your lower back, slightly above your pubic area. If you are measuring at the end of a size range during your second trimester, consider sizing up.

Brand Size	US Size	Lower Back Circumference (in)
Small	6 - 8 [80cm - 110cm]	31.5 - 43.3
Medium	10 - 12 [90cm - 120cm]	35.4 - 47.2
Large	14 - 16 [100cm - 130cm]	39.4 - 51.2
X-Large	18 - 20 [110cm - 140cm]	43.3 - 55.1
XX-Large	22 - 24 [120cm - 150cm]	47.2 - 59.1
XXX-Large	26 - 28 [130cm - 160cm]	51.2 - 63

XXXX-Large	30 - 32 [140cm - 170cm]	55.2 - 66.9
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Video 1: Guide on how to measure your belly size for proper belt fitting.

## 4. SETUP & WEARING INSTRUCTIONS

The BABYGO® 4 in 1 Pregnancy Support Belt consists of multiple adjustable components to provide tailored support. Follow these steps for proper fitting:

### 1. Step 1: Position the Main Belly Band (Belly Band / Support Belt)

- Place the widest part of the belt under your abdomen, ensuring the curved section cradles your lower belly.
- Wrap the ends around your back and secure the Velcro fasteners at the front for a snug, comfortable fit.

### 2. Step 2: Add the Upper Support Strap (Maternity Belt / Postpartum)

- For additional lift and back support, attach the narrower upper strap to the main belly band at the back.
- Bring the ends forward, over your bump, and secure them to the main belly band. Adjust for desired compression and lift.

### 3. Step 3: Adjust for Comfort

- Ensure the belt feels supportive without being overly tight or causing discomfort. You should be able to breathe and move freely.
- Adjust the tightness of both the main band and the upper strap as your pregnancy progresses or for postpartum recovery.

Video 2: Demonstration of how to wear the BABYGO Pregnancy Support Belt.

Video 3: General guide on wearing a maternity belly band.

## 5. CARE & MAINTENANCE

Proper care will extend the life and effectiveness of your BABYGO® Pregnancy Support Belt.

- **Washing:** The belt is machine washable. For best results and to preserve the integrity of the materials, hand washing is recommended. Use a gentle cycle if machine washing.
- **Drying:** Air dry flat. Do not tumble dry, iron, or bleach.
- **Velcro Care:** Always secure the Velcro fasteners before washing to prevent them from snagging on other fabrics or collecting lint, which can reduce their stickiness over time.

## 6. TROUBLESHOOTING

- **Belt feels uncomfortable or too tight:** Re-adjust the fasteners. Ensure the belt is positioned correctly, cradling the belly from below. If discomfort persists, check the sizing guide to ensure you have the appropriate size.

- **Velcro losing stickiness:** Over time, Velcro can accumulate lint or debris, reducing its effectiveness. Clean the Velcro by gently picking out any trapped fibers. Refer to the warranty section for information on replacement.
- **Belt rolls or bunches:** Ensure the belt is worn over a smooth layer of clothing, such as a tank top, to prevent friction and rolling. Proper sizing is also crucial; a belt that is too large or too small may not stay in place effectively.

## 7. SPECIFICATIONS

- **Material:** 50% polyester, 30% nylon, 20% elastic fiber, fluff cloth 100% nylon.
- **Care Instructions:** Machine Wash (hand wash recommended for longevity).
- **Available Sizes:** Small, Medium, Large, X-Large, XX-Large, XXX-Large, XXXX-Large (refer to sizing chart for detailed measurements).

## 8. WARRANTY & SUPPORT

BABYGO® offers a **12 Month Velcro Guarantee**. If your belt's Velcro loses its stickiness within 12 months of purchase, contact customer support for a free replacement.

For further assistance, questions, or support, please visit the official BABYGO® store or contact their customer service directly.

[Visit the BABYGO Store on Amazon](#)

## 9. IMPORTANT SAFETY INFORMATION

- Consult with your healthcare provider before using any maternity support product, especially if you have pre-existing medical conditions.
- Do not wear the belt too tightly, as this can restrict circulation or cause discomfort.
- If you experience any pain, numbness, tingling, or increased discomfort while wearing the belt, discontinue use and consult your doctor.
- The belt is designed for support and comfort; it is not intended to treat or cure medical conditions.