

Living Confidently  
with Incontinence.

# Understanding Incontinence

Understanding the type helps you to choose the product that is best for you.

## Types of incontinence:

**Stress Incontinence.** Caused by pressure from sneezing, laughing, coughing, etc.

**Urge incontinence.** A sudden urge that can't be held long enough to get to a toilet.

**Mixed incontinence.** A combination of stress and urge incontinence.

**Functional incontinence.**

The inability to get to the toilet without assistance.

**Overflow incontinence.** A steady leakage from the bladder not emptying completely.

**Transient incontinence.** Temporary leakage that ends once the cause is treated.

**Fecal incontinence.** The loss of control of bowel movements.

## Living with Incontinence

Although incontinence is a common problem, it still can be embarrassing. For some, this can even cause withdrawal and isolation. With the right incontinence product and management strategy, however, you can enjoy the quality of life and the dignity that you deserve.

### Causes:

There are a variety of habits, conditions and physical problems that can lead to urinary incontinence.

#### **Everyday habits.**

Such as alcohol consumption or caffeine consumption.

#### **Underlying medical conditions.**

Such as urinary tract infection or pregnancy.

#### **Physical problems.**

Such as neurological conditions or an enlarged prostate.

An evaluation by your doctor can help determine what's behind your incontinence.

For more information on our Continence Care products, call 1-866-356-4997.

## WAYS TO RELIEVE SYMPTOMS

With proper management, incontinence can be greatly improved in most cases. Here are some strategies you can try to help relieve your symptoms:

**Pelvic floor muscle exercises.** Also known as Kegels, these exercises can increase your strength and help you avoid stress and urge incontinence.

**Avoiding bladder irritants.** Caffeine, alcohol and carbonated beverages can increase the number of incontinence episodes.

**Changing medications.** Ask your physician if your medication can cause incontinence and if an alternative is available.

**Scheduled voiding.** A timed toileting schedule, typically every three to four hours, can help you to relearn bladder control.

**Prompted voiding.** Having a caregiver prompt you to void with short notice can help increase your awareness of a full bladder.

**Bladder retraining.** This includes a combination of scheduled toileting and working to control the urge to void.

# 6

things you  
should  
know about  
Incontinence  
Products

- 1. Only one absorbent product should be worn at a time.** Layering one product inside another can cause leakage and an improper fit.
- 2. Thicker isn't always better.** Using new advanced technologies, products can be thinner and more discrete and can provide excellent protection.
- 3. The size is important.** Get the right size and fit for the best dryness and protection. Larger does not mean more absorbent.
- 4. A different product might be more effective.** Consider the type and severity of your incontinence, and your level of mobility.
- 5. Bladder pads are not the same as feminine hygiene pads.** Bladder control pads have unique superabsorbent polymers that absorb urine quickly.
- 6. Bladder pads are not for women only.** For light urinary incontinence, today's bladder pads are comfortable for both men and women, and the adhesive strip can be placed anywhere in the user's underwear.

# How to Apply Products.

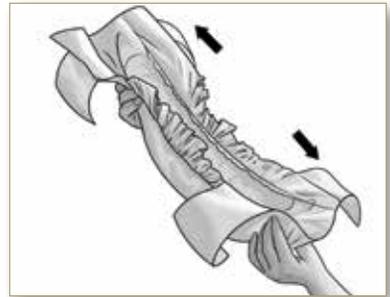
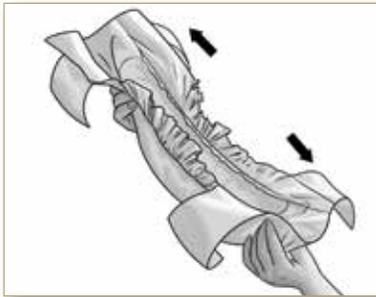
## Applying Briefs

LYING DOWN

STANDING

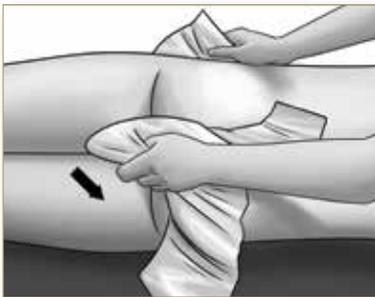
1

Unfold the brief and open up the side panels. Hold the front and back ends and gently tug in a snapping motion to activate the leak guards.\*



2

Fold the brief in half. Hold it on both ends (not on the side panels), and slide it up high between the legs, from the front to the back.



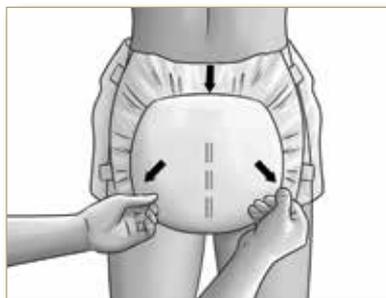
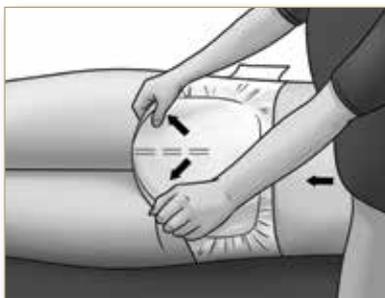
With proper product application, you can help ensure the best performance.

LYING DOWN

STANDING

3

Spread open the back and front of the brief to cover the person properly. Align the wetness indicator with the spine for a better fit.



4

Peel the top skin-safe closures, one at a time, and attach to the front with a slight downward angle. Push down on each closure for a secure fit. Proceed to peel the bottom closures, one at a time, and attach in an upward angle.



\*Not all products contain leak guards

# Sometimes Problems Happen

Tips for alleviating common concerns.

## Leakage

**If the incontinence products you selected are leaking, do the following:**

- » Make sure leg cuffs are placed snugly in the creases between the perineal area and the thighs
- » Ensure the appropriate product is being used and the size is correct
- » Confirm that the backsheet surface in the area of the leg elastics is facing outwards
- » Be sure the product is centered from front to back and side to side
- » Reduce usage of petrolatum moisture barriers
- » In males, ensure the penis is pointing downward
- » Evaluate absorbency by checking the change rate and consider a more absorbent product

## Skin Irritation

**If you encounter irritation, do the following:**

- » Make sure the leg cuffs are placed snug in the creases between the perineal area and the thighs
- » Ensure perineal care is being performed with each incontinent episode
- » Check that the product is the correct size
- » Be sure the backsheet is facing outward

## Blisters

**If you observe blisters, do the following:**

- » Ensure that all outside parts of the product are not touching the skin
- » Check application
- » Ensure that the side flaps are completely unfolded before applying the brief
- » Check and review application methods

## Other Concerns

### Product Is Not Comfortable

- » Make sure the product is the appropriate size

### Product Does Not Absorb Well

- » Do not use petrolatum-based products
- » Re-evaluate the level of absorbency

### Side Panels Tear

- » Do not pull on the side panels
- » Do not use the side panels for repositioning
- » When positioning the brief, use the middle of the front and back to pull up

### Skin-Safe Closures Detach from Brief

- » Firmly press on the closures to the front of the brief—rough side down
- » Rub the tab like a postage stamp
- » Once applied, give a gentle tug to ensure placement



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