

























**PROMOTE DIGNITY  
AND CONFIDENCE.**

**Product Selection Guide**  
Individualized Continence Care

# Having the right protection is as easy as 1, 2, 3.

## 1. Pick the Product

Choose the most appropriate product, based on level of mobility and level of fluid output.

Mobility	Type	Symptoms	Causes	Light	Moderate	Heavy
	Stress Incontinence	Bladder leakage when you cough, sneeze, laugh, exercise or lift something heavy	Physical changes resulting from pregnancy, childbirth, menopause, prostate cancer treatment such as surgery or radiation therapy			N/A
	Urge Incontinence	Sudden or frequent emptying of bladder, getting up 2 or more times at night to urinate	Urinary tract infection, bladder irritants, bowel problems, Parkinson's disease, Alzheimer's disease, stroke, multiple sclerosis			
	Mixed Incontinence	Combination of both stress and urge incontinence				
	Overflow Incontinence	The feeling that you never completely empty your bladder, and when you urinate, you may produce a weak stream of urine	Damaged bladder, blocked urethra, nerve damage from diabetes			
	Functional Incontinence	Physical or mental disabilities that prevent you from reaching the bathroom in time	Mobility or manual dexterity issues, pain with movement, certain medications			
	Total Incontinence	Constant leaking of urine or the periodic uncontrollable leaking of large volumes of urine	Injuries to the spinal cord or urinary system, birth defects, severe trauma, neurological disorders	N/A		

Only one absorbent product should be worn at a time. Layering one product inside another can cause leakage and an improper fit.

## 2. Select the Size

Selecting the right size is critical for containment.

### Bladder Control Pads and Liner Sizing

One size fits all.

### Briefs, Protective Underwear and Knit Pant Sizing

For briefs, underwear and pant measure the hips or waist (select the larger of the two) as follows:

#### STEP 1:

Measure the largest area from hip bone to hip bone and over the abdomen (see illustration)

Example: Hip bone to hip bone = 19" (48.3 cm)

#### STEP 2:

Double the measurement in Step 1 and add two inches

Example: 19" (48.3 cm) x 2 = 38" (96.5 cm) + 2" (5 cm) = 40" (102 cm)

#### STEP 3:

Using this number, select the product size from the chart below

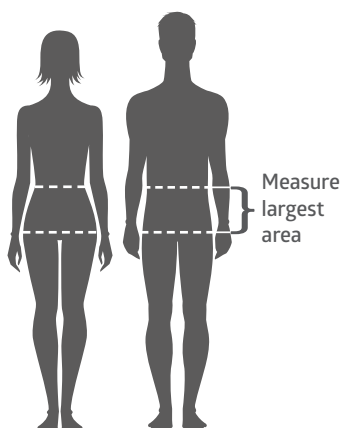
Example: 40" (102 cm) = medium or regular brief

### Brief Size Selection

- **SMALL** = 20"-32" (51-81 cm)
- **MEDIUM** = 32"-42" (81-107 cm)
- **REGULAR** = 40"-50" (102-127cm)
- **LARGE** = 48"-58" (122-147 cm)
- **X-LARGE** = 57"-66" (150-168 cm)
- **XX-LARGE** = 60"-69" (152-175 cm)
- **BARIATRIC** = 65"-90" (165-229 cm)

### Protective Underwear Size Selection

- **SMALL** = 20"-28" (51-71 cm)
- **MEDIUM** = 28"-40" (71-102 cm)
- **LARGE** = 40"-56" (102-142 cm)
- **X-LARGE** = 56"-68" (142-173 cm)
- **XX-LARGE** = 68"-80" (173-203 cm)



## 3. Apply Appropriately

Applying products properly helps ensure the best performance.

### Applying Briefs

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.
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 briefs contain leak guards.

# 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. Here are some strategies you can try to help relieve your symptoms.

## What can I do to relieve my symptoms?

**Pelvic floor muscle exercises** can help people who can follow directions and do these exercises to reduce stress and urge incontinence. Also known as Kegels, these exercises increase strength for preventing urine from leaking out.

**Avoiding bladder irritants**, such as caffeine, alcohol and carbonated beverages may decrease the number of incontinence episodes.

**Changing medications** can also affect bladder function. Speak with your physician about how your medication might affect incontinence.

**Scheduled voiding** can help individuals who cannot get to the bathroom on their own. The patient is put on a timed toileting schedule, typically every three to four hours, regardless if they have to void or not, in an effort to train the bladder.

**Prompted voiding** can increase an incontinent person's awareness of a full bladder. A caregiver prompts the patient to void with short notice. The patient must be able to delay voiding and cooperate with the prompting, or have an awareness of when there is a need to void and know when they are wet.

**Bladder retraining** can be used with individuals who are aware and able to control their urge to go to the bathroom. This includes a combination of scheduled toileting and working to control the urge to void.

## How long will my leakage last?

The majority of urine leakage cases can be greatly improved with the proper management.

## Tips for choosing incontinence products:

**Thicker isn't always better.** There are products available with superabsorbent polymers that are thin and discreet while offering excellent protection. Superabsorbent polymers are as tiny as salt crystals but can absorb and retain extremely large amounts of fluid relative to their mass.

### Bladder pads are not the same as feminine hygiene pads.

Bladder control pads have unique superabsorbent polymers that allow them to absorb urine quickly.

**Bladder pads are not for women only.** Men with light urinary incontinence can also benefit from products that are thin, discreet and absorbent. Today's bladder control pads are comfortable for both men and women, and the adhesive strips can be placed anywhere in the user's underwear.

Dignity and confidence  
come from using the right  
incontinence product.

*To learn more, contact your Medline representative,  
visit us at [medline.com](http://medline.com), or call 1-800-MEDLINE.*



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