

Fact Sheet For Selecting the right continence pad

If you are experiencing bladder or bowel leakage problems, you need the most appropriate absorbent and secure pad or pant to draw leakage away from the skin, keeping your skin dry and free from rashes.

Step 1: Calculate the volume of your urine loss

Working capacity is the volume of urine a pad will hold before it is likely to leak and become uncomfortable to wear.

A useful technique is to weigh your absorbent product when it is dry. Prior to changing your product, place it in a plastic bag and weigh with a digital scale in millilitres before disposal. This reading will provide you with an indication of what volume the pad needs to hold.

Urine Loss (leakage)	Working Capacity	Pad packaging shows*
Minor	Less than 100ml	½ – 3
Light	250ml – 500ml	3 – 4
Light to Moderate	500ml – 1000ml	5 – 6
Moderate	1000ml – 1500ml	6 – 7
Moderate to Heavy	1500ml – 2000ml	7
Heavy to Severe	>2000ml	8 – 10

*Indicative as drop and bar levels vary by manufacturer

Step 2: Calculate your size

	XS	S	M	L	XL	2XL	3XL+
Waist (cm)	49-74	56-75	72-122	92-144	133-163	163-178	173-243

Note: Not all products require this measurement



Step 3: Choose products to match your urine loss requirements

Leakage	Recommended for Women/Girls	Recommended for Men/Boys
Minor	<ul style="list-style-type: none"> Disposable liners 	<ul style="list-style-type: none"> Disposable shields and guards
Light	<ul style="list-style-type: none"> Washable briefs Disposable pads 	<ul style="list-style-type: none"> Washable briefs Disposable pads Disposable shields and guards
Light to Moderate	<ul style="list-style-type: none"> Disposable pads Booster pads Washable briefs 	<ul style="list-style-type: none"> Disposable pads Booster pads Washable briefs
Moderate to Heavy	<ul style="list-style-type: none"> Washable pads Washable briefs Disposable pull up pants Disposable belted undergarments 	<ul style="list-style-type: none"> Washable pads Washable briefs Disposable pull up pants Disposable belted undergarments
Heavy	<ul style="list-style-type: none"> Washable briefs and pads Disposable pull up pants 	<ul style="list-style-type: none"> Washable briefs and pads Disposable pull up pants
Heavy to Severe	<ul style="list-style-type: none"> Disposable 2-piece system (pad and stretch pants) Disposable all-in-one (nappy style) Disposable flex style 	<ul style="list-style-type: none"> Disposable 2-piece system (pad and stretch pants) Disposable all-in-one (nappy style) Disposable flex style



Independence Australia offers a wide range of free disposable pad or pant samples for adults or children to try in the comfort of your own home.
To order call 1300 788 855

Product checklist

- Working capacity**
For pads, is the choice based on your volume of urine loss or bowel leakage?
- Duration**
How long does the product need to be worn?
- Mobility**
Can you change the product on your own or will you need help?
- Gender**
Are there male or female options available which better contour to your body shape?
- Personal preferences**
Does the product match your needs for comfort, size, colour, style etc?
- Cost**
Have you chosen products that match your budget and suit your needs?
- Fit**
For pants, is it a firm yet comfortable fit around the waist and legs to effectively absorb and contain leakage and not rub on your skin as you move?

Funding

You may be eligible for government funding assistance to help with the purchase of continence products. Call the National Continence Helpline on 1800 330 066 to discuss your eligibility.

Usage tips

1. Only change your absorbent product when necessary e.g. when it feels damp to touch, and not at a set time. Typically, people use around 4 pads per day.
2. Do not reuse disposable continence pads and pants, as they are designed for single use only.
3. Dispose used pads in a small bag or nappy sack and then discard in your regular household garbage bin. Never attempt to flush any incontinence pads down the toilet.
4. Replace reusable pads and pants every 6 to 12 months to prevent odours from developing.
5. All washable and reusable continence products must follow the manufacturer's washing and drying instructions to maintain the absorbency and life of the product.
6. Use barrier creams sparingly to ensure the absorbency of the continence product is not adversely affected.
7. You can use more than one type or style of pad or pant for different situations e.g. for overnight, a social occasion or sport.
8. Continence pants and all-in-one wrap around (nappy style) products should always fit comfortably around the upper leg to prevent leakage.
9. Continence products must be changed very soon after a bowel motion to prevent skin rashes and irritations occurring.

Independence Australia specialises in continence aids and products.

Visit store.independenceaustralia.com or call **1300 788 855**