



PRACTICAL GUIDE – INCONTINENCE PADS

There is an extensive range of incontinence pads available. The following principles can be applied to use of all pads and if followed optimum performance from the pads will be achieved.

PAD SELECTION – all bladder and bowel problems are individual, incontinence pads should be selected based upon individual symptoms, specifically to meet those needs. You need to consider how often leakage occurs, volume of urine lost, toilet access etc, level of independence or dependence of care

Bowel Incontinence – no pad absorbs faeces / stool / faecal matter but can help to contain faeces.

STORAGE – store in a dry place such as a chest of drawers or wardrobe.

Do not store pads in a bathroom or cellar as the dampness will affect the overall absorbency of the product leading to potential leakage, loss of dignity and skin related problems.

Pads can be removed from the packaging into a drawer, for example, up to 24 hours prior to use to aid activation of the fibres responsible for absorbing urine. Most pads are vacuum packed so it is good to let them breathe prior to application to aid comfort.

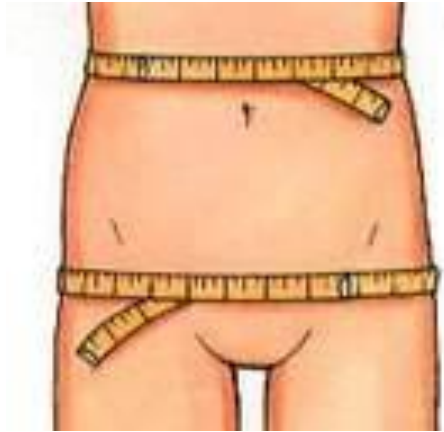


FITTING – the pads should be fitted as per manufacturers instructions, here are further hints and tips to aid fitting:

- If the pad **has an adhesive strip** these should be worn in close fitting underwear, eg Sloggi pants, with the strip removed and the pad attached to the gusset area of the pants
- If the pad **does not have an adhesive strip** these should be worn with close fitting underwear, as described above, or with fixation pants that can be sourced from all pad companies.

Underwear is important if pads are worn as a two piece system. If the pad is not held in place effectively there will be leakage and the pad will not hold the amount of urine it should.

For **all in one products** that fasten with side tabs these must be selected based upon hip and waist measurements as they should fit like a pair of pants. These are suitable if a two piece system has failed. For example, if an individual removes pads.



If the product fits at the waist but appears to leak from the leg area due to thin legs, for example, then fixation pants can be worn over the product to aid a better fit closer to the body to reduce leakage.

If more absorbency is needed it is worth considering looking for an alternative style of pad as going up a size to gain absorbency does not work. Leakage and poor fitting will occur

Most pads, with the exception of bedsheets, are body worn and therefore should be worn with close fitting underwear. Pads should not be placed under an individual a bed or chair as this will result in leakage and will not provide effective protection

BEFORE fitting any pad fold it lengthways as this aids close fitting to the body promoting better absorption of urine and containment of faeces whilst activating anti leak cuffs, if present.

WETNESS INDICATOR – if present this will be visible on the outside of the pad, should be used as a guide to assist with changing a pad when it is near to its absorbency capacity. Refer to the individual manufacturer guidelines to assist with this.

Bowel Incontinence: if a pad is soiled or contains faecal matter the pad should be removed as soon as possible and skin hygiene attended to immediately

CREAMS – should be avoided when pads are worn as much as possible.

Only prescribed creams should be used in the affected area and applied in a very thin layer. Water based creams should be used not oil based as these can greatly interfere with the absorbency of the pads by clogging the pores that assist absorption of urine

Do not use talc as this clogs the pad.

If all of the above good practice has been followed and the pad is leaking or you observe an skin related issue please consult with your local Continence Service to request an assessment of needs

If you would like further information please contact Bladder and Bowel UK National Helpline on 0161 607 8219 for a confidential and discreet discussion or email bladderandboweluk@disabledliving.co.uk