



SANITARY PROTECTION

Despite commercials you see on television, choosing the right protective pad is not the only treatment for urine leakage! Please keep in mind that there are a variety of treatments for uncontrollable urine leakage. Absorbent products are helpful aids, and some women may choose them as a treatment option.

There are a number of reliable products on the market to absorb uncontrollable urine leakage. We will describe the different types of products. Just as you had a preferred brand or type of menstrual product, it will take some experimenting to find the product that best meets your needs.

Menstrual Products

The majority of women purchase these products for their incontinence because they're more familiar with them from past use, or they don't realize that urinary incontinence products differ from menstrual products. Some women find it more acceptable or less embarrassing to purchase these products rather than a "diaper" for bladder control problems. Panti-liners can be worn by women who occasionally have a drop or two of urine leakage, or fear they may leak. There are a variety of "thin" pads that claim absorbency (for menstrual flow) and may be useful for women with mild urine leakage or stool soiling. Maxi pads or over night pads may help women with mild leakage. Please remember that these products are not specifically designed to absorb urine associated with bladder control problems.

Protective Products

These products include inserts, pads with straps, pants/briefs and diapers. Almost every variety of absorbent product is available in both disposable and washable versions. There are many choices on the market. Please either view the manufacturers' websites - most are very user friendly and some offer coupons or free samples to try - or ask for our handout of various product lines. (See next page to view information for sanitary products)

Inserts - These are the smallest, least absorbent product and are contoured for good fit. They are primarily used by women with stress incontinence. Most of these products are held in place by adhesive strips that attach the insert to close-fitting panties. A waterproof backing is standard.

Liners - These have basically the same design as the inserts but are generally a little larger and more absorbent for slightly larger volumes of urine leakage. Many of these products also

incorporate an odor control agent in the pad. Shields are usually 4 ½ inches wide and 13 inches long and are designed for lighter incontinence. Guards are more compact and discreet with more absorbency than a shield, and look more like a maxi pad.

Adjustable waist straps - This product holds a larger pad which absorbs greater volumes of urine and is useful for urge or functional incontinence. The pad usually has a waterproof backing. Belted undergarments generally come in a package of 30 undergarments with 2 washable, reusable elastic belts that can be pulled up. The belts are 8 ½ inches long and one-size-fits-all.

Pants and briefs - look much like normal undergarments. These products are sized by weight, hip or waist measurements. (Women usually purchase them by the hip size.) Most of these products have a washable brief and a disposable liner or pad. Different styles have elastic at the waist and/or legs and may be a pull-on style, or can be fastened with snaps or Velcro. For women with minor incontinence who enjoy wearing slacks, there is a nylon panty with a waterproof crotch that has a very thin, highly absorbent, flushable pad that is less bulky and conspicuous. Some panties look quite feminine.

Diapers or briefs - are much more absorbent and typically used for people with large volumes of urine leakage and for fecal incontinence. All have plastic outer covers and may be washable or disposable. Most of the disposable styles attach with adhesive tape tabs. The reusable ones may be held in place with pins, Velcro, snaps, or elastic.

Generally, disposable products are not designed to be flushed in a toilet and are not recyclable. The newer incontinence products have greater absorption capacity, and come in many shapes and sizes. *Most women will find a product to suit their needs, but should have a medical evaluation to learn of alternatives before resorting to these products.*

Protective under pads or "chucks" are used to protect furniture or bedding. Most have an absorbent inner layer, often with a polymer gel to draw fluid away, a waterproof backing, and a soft, non-irritating layer. The reusable or washable under pads are usually made of layered cloth with a waterproof backing. Typically, under pads for beds are 16 x 24 inches, and under pads for chairs are 16 x 18 inches.



SANITARY PROTECTION (cont'd)

This list is provided for your convenience. Most websites are quite user-friendly, and offer coupons or samples for your consideration. If you do not have access to a computer, we have provided the address and toll free telephone numbers of the various vendors of sanitary products, specifically for urinary and/or fecal incontinence.

www.humanicare.com

link to products, then to products for women. The site offers washable protective underwear and reusable pads, plus disposable pads, liners and guards. Some panties are quite feminine looking.

Humanicare International, Inc.
P.O. Box 477
East Brunswick, NJ 08816

1-800-631-5270

www.kimberly-clark.com

link to consumers – this takes you to a screen requesting the amount of leakage, and to a guide of suggested products based on your response – click on each and find a description. Included at this website are Depends and Poise products.

Kimberly-Clark Corporation
Dept INT
P.O. Box 2020
Neenah, WI 54957-2020

1-888-525-8388

www.attends.com

select North America, then products, then product description based on the easy to use incontinence grid. This site offers pads, underwear and pads, liners, cloths, and wet and dry washcloths in their product line.

PaperPak
P.O. Box 3240
545 West Terrance Drive
San Dimas, CA 91773

1-800-4-ATTENDS

www.tranquilityproducts.com

Select consumers / products, then select for description. This site is not quite as easy to use, but does offer a sample kit.

Principle Business Enterprises, Inc.
Pine Lake Industrial Park, P.O. Box 129
Dunbridge, OH 43414-0129

1-800-467-3224

www.tena-usa.com

select products – then full line of products – then select the individual product description. In addition to a full line of pads, liners and briefs, they also offer cloths and cream.

SCA Incontinence Care
500 Baldwin Tower
Eddystone, PA 19022

1-800-992-9939

www.serenity.com

select DriActive Line, then select the product for description. They claim to offer a thin, discrete, and efficient line of pads and liners for urine leakage.

SCA Incontinence Care
500 Baldwin Tower
Eddystone, PA 19022

1-800-992-9939

www.xpmedical.com

They offer briefs but are more like diapers. Because they are an online retailer, they give pricing information.

XP Medical
1682 East Ocean Avenue
Ventura, CA 93001

1-888-485-2268