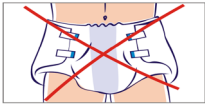


# To find the product that is best for your resident, think **seni**

## S is for size

Waist/hip measurement is very important. Weight will not give sufficient information to determine the right size.



Too Big  
Risk of leakages



Too Small  
Does not fit



Perfect Fit  
Safe and comfortable

If both measurements (waist and hip size) are in one range, pick the size this range indicates. See chart below:

If measurements are in two different ranges, defer to the larger size. See chart below:

Medium		Large / X-Large	
36"	WAIST	44"	WAIST
42"	HIPS	56"	HIPS
Underwear		Briefs	
Small	22" – 33"	X-Small	16" – 24"
Medium	31" – 43"	Small	22" – 31"
Large	39" – 53"	Medium	30" – 43"
X-Large	47" – 63"	Regular	40" – 50"
		Large	45" – 59"
		X-Large	55" – 67"

## E is for Essential Features, Evaluate Mobility and Ensure Correct Style

### Essential Features of Premium Quality Products



Fully breathable outer layer allows humidity to evaporate to promote a skin-friendly microclimate



Superabsorbent locks in moisture to prevent skin irritation. Locking urine inside the core also reduces bacterial growth and helps contain odor



Hydrophobic standing side gathers for better protection against leakage



Soft non-woven layer for quick and effective absorption

### Evaluate Person's Mobility



- Pads/Guards
- Underwear
- Shaped Pads



- Briefs
- Shaped Pads

### Ensure Correct Style

Pads, Active Underwear, and Shaped Pads Day are ideal for someone with light to moderate incontinence  
High Absorbency Underwear, Briefs, and Shaped Pads Night are ideal for someone with heavy/severe incontinence

- Underwear is a better style for dementia patients because they look and feel more like regular undergarments
- Man Fit guards are ideal for post prostate surgery
- Shaped pads are ideal for bariatric patients or those who fall in between sizes

## N is for Night versus Day products

Sleep is valuable! Restorative sleep will help reduce the risk of falls at night and residents will be more alert during the day.



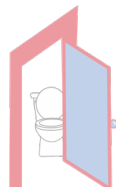
For daily use, choose products that are comfortable, easy to change, and at the right absorbency level.



For overnight, choose products with high absorbency to allow for uninterrupted sleep.

## I is for Improve patient continence whenever possible

Know the person and see what other factors may influence each person's product assessment.



Avoid blockages to and from the bathroom.  
Adjust the environment for easy access.



Recommend or perform Kegel exercises to strengthen pelvic floor muscles.



Create a personalized toileting schedule.

**Proper product selection will increase a person's overall quality of life!**