



**Attends**  
Dryness you can rely on

A close-up photograph of a healthcare professional's hands, wearing a white lab coat and a stethoscope, gently holding a patient's hands. The patient is wearing a blue hospital gown with a white polka-dot pattern. The image is used as a background for the entire page.

# Attends Resource Pack

A guide to promoting  
excellence in  
continence care



# Attends resource pack overview

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This resource pack is designed to help improve your understanding and ensure best practice in continence care. It is important to remember that incontinence can be treated, and in many cases can be eliminated entirely. Selecting the correct treatment for an individual can improve their overall quality of life.

This resource pack covers various aspects of continence care to help promote best practice including:

- **Urinary incontinence**
- **Types of urinary incontinence**
- **Faecal incontinence**
- **Skin care**
- **Attends product range**

In addition to this brochure Attends also offers an interactive online continence care training program, which contains relevant information for Healthcare Professionals, Pharmacists, Carers and End Users.

### Attends Online Continence Care Training

The Attends resource pack supports the e-learning program, which covers various aspects of continence care.

[Learning.attends.co.uk](https://learning.attends.co.uk)



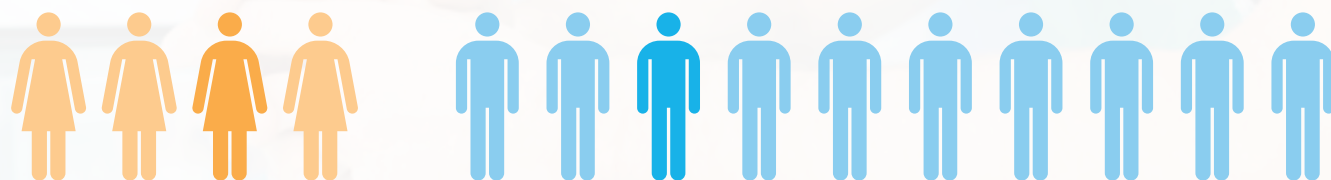


# Urinary incontinence overview

Urinary Incontinence affects **both** women and men but tends to be more common in women. It is thought that **one in four women** and **one in ten men** will experience some form of urinary incontinence in their lifetime.

The International Continence Society (ICS) defines urinary incontinence as:

“the complaint of any involuntary leakage of urine” (ICS 2005)



## The basic skills required to pass urine normally are the ability to:

- Recognise signals to pass urine.
- Pass urine at the appropriate time.
- Delay passing urine until there is a toilet nearby.
- Go to the toilet/ask for the toilet.
- Get to the toilet.
- Recognise the toilet.

## Urinary incontinence can be increased by the following factors:

- Pregnancy and vaginal births.
- Obesity.
- Family history, possible diseases or medical issues that can cause incontinence.
- Ageing process - please note that urinary incontinence is **not** an inevitable part of ageing and an assessment should always be completed to determine any underlying conditions/factors.

# Symptoms of urinary incontinence

If any of the following symptoms are experienced on a **regular basis** it is important to seek advice from a **Continence Nurse Specialist** or your **local GP**:

## Nocturia

Passing urine during the night due to decreased bladder capacity. It is considered normal to pass urine overnight from 60 years of age onwards.

## Nocturnal enuresis

Passing urine when asleep (bed wetting). This is more common in children but can/may continue into adulthood.

## Frequency

Abnormal frequent need to pass urine, often only passing small amounts of urine. Frequency is associated with passing urine more than 8 times a day.

## Urgency

An intense need to pass urine immediately, it is often associated with frequency.

## Dysuria

Abdominal discomfort or pain and burning or smarting sensation when passing urine.

## Incomplete bladder emptying with dribbles of urine

Passing small frequent amounts of urine (dribbles) but the bladder/abdomen feels bloated/distended.

## Inability to pass urine

Retention of urine, this can occur as a result of an obstruction in the bladder or urethra. It can result in not passing urine or only passing small amounts of urine, the abdomen will feel bloated and painful. It can occur after surgery or childbirth but this is usually temporary. It can also be related to neurological conditions e.g. Multiple sclerosis, Parkinson's disease and strokes.

# Types of urinary incontinence

## Stress Urinary Incontinence

Involuntary leakage (of urine) when you exert pressure on your bladder. Often associated with coughing or sneezing.

## Overflow Incontinence

Causes chronic urinary retention - symptoms are likely to be similar to stress and urge incontinence, plus a feeling of incomplete bladder emptying.

## Urge Urinary Incontinence

The urgent need to pass urine, sometimes causing leakage before going to the toilet.

## Functional Incontinence

Factors which can affect the person's ability to reach the toilet in time, e.g. poor mobility, dexterity problems and environmental factors e.g. toilet inaccessible.

## Mixed Urinary Incontinence

A combination of both stress and urge incontinence.

## Passive/Reflex Incontinence

Passing urine without warning.

# Assessment

A thorough continence assessment will ensure correct diagnosis and treatment. There are many continence assessment tools available. Contact your local continence service for advice.

## Clinical assessment

A continence assessment form should be completed to aid diagnosis and treatment:

### Urinalysis:

A simple urinalysis can reveal underlying conditions and should be considered an important part of the assessment process.

### Fluid intake/output:

Completion of a frequency volume chart/diary can help the assessor establish the voiding pattern of the patient. It can also help with diagnosing conditions e.g. if the person is passing small frequent amounts of urine when exercising - this may indicate stress urinary incontinence.

### Visual examination of the skin/perineum:

Consent must be gained to check the perineal area - skin conditions, atrophy, vaginal dryness, vaginitis, prolapses should be recorded and appropriate treatment sought.

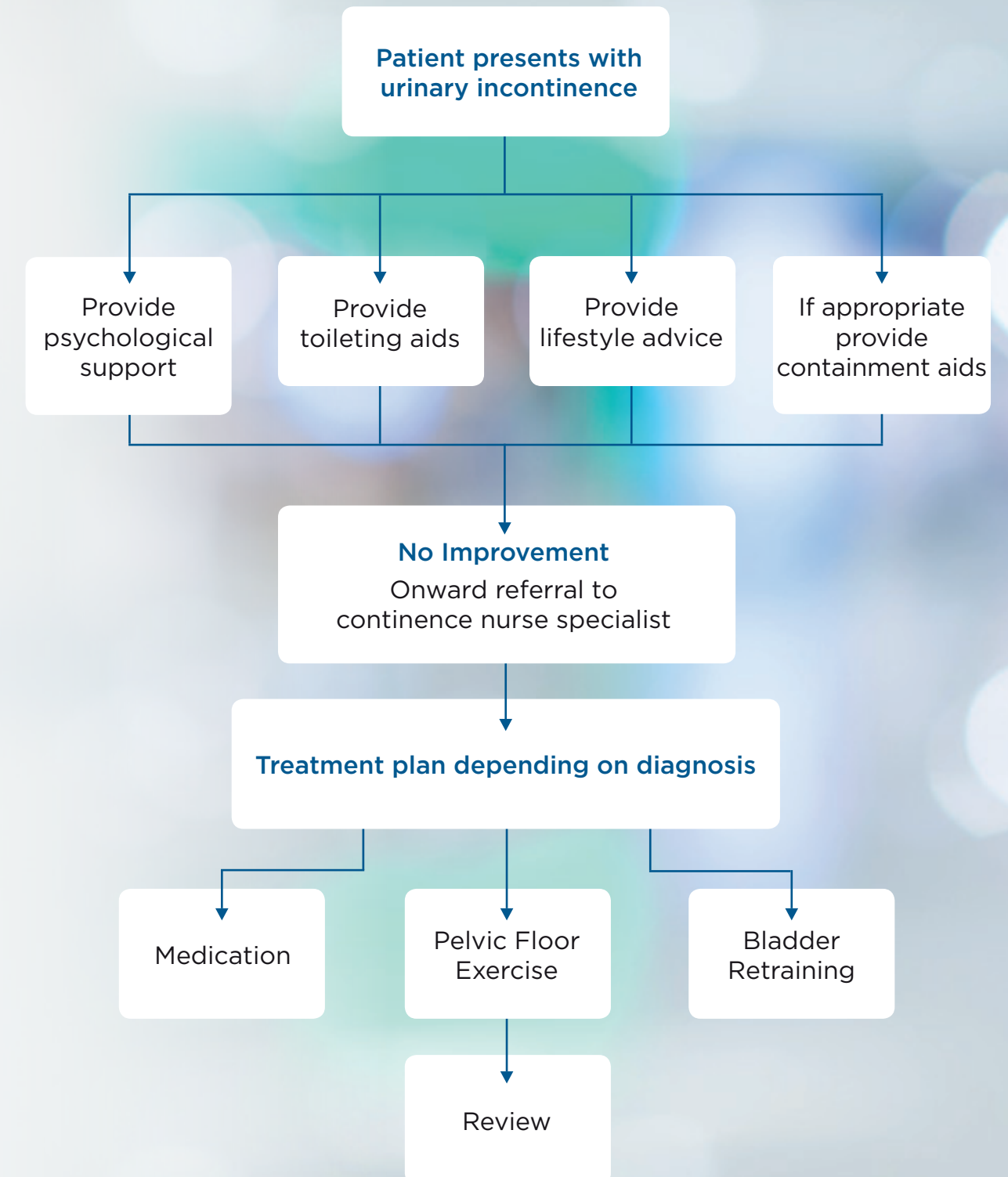
## Quality of life

Does the condition interfere with daily activities/social life, relationships (partner, family, friends, sexual relationships, embarrassment)?

## Environmental factors

Ability to get to the toilet unaided, recognise, locate toilet, toilet facilities, are toilet facilities clean, is there access for wheelchairs, are aids and appliances available for example; raised toilet seat, walking aids, buzzer etc. manual dexterity ability, ability to remove clothing undo buttons/zips etc./use of aids. Is enough time provided for toileting/privacy/toileting regimes/patterns.

# Urinary Incontinence Patient Pathway



Normal patterns of passing urine are difficult to define and vary from person to person. It is generally accepted that most adults will pass urine at 3-5 hour intervals throughout the day.



# Faecal incontinence overview

Faecal incontinence affects both women and men. It is thought that in the UK **one in ten** people have a bowel problem. A normal bowel habit can vary from person to person, however **3 times a day to 3 times a week** can be considered normal.

## Causes of faecal incontinence

### Constipation

In cases of severe constipation, a large, solid stool can become stuck in the rectum. This is known as faecal impaction. The stool then begins to stretch the muscles of the rectum, weakening them.

Watery stools can leak around the stool and out of the bottom, causing bowel incontinence. This is called overflow incontinence and is more common in elderly people.

Repeated straining caused by constipation or faecal impaction can also lead to rectal prolapse, when part of your lower intestine falls out of place and protrudes from the bottom. Rectal prolapse may also lead to bowel incontinence.

### Diarrhoea

It is difficult for the rectum to hold liquid stools (diarrhoea), so people with diarrhoea (particularly recurring diarrhoea) can develop bowel incontinence.

Conditions that can cause recurring diarrhoea, for example Crohn's disease and Irritable bowel symptoms.

### Haemorrhoids

Haemorrhoids (piles) are enlarged blood vessels inside or around the bottom (the rectum and anus).

In severe cases haemorrhoids may lead to bowel incontinence.

### Sphincter muscles damage

The sphincter muscles at the bottom of the rectum control the bowel. Bowel incontinence happens if this muscle becomes weakened or damaged e.g. childbirth, injury and bowel or rectal surgery.

Nerve damage

Bowel incontinence can be caused by damage to the nerves connecting the brain to the rectum. There may be no control of the sphincter muscle or no awareness that a stool is in the rectum

Damage to these nerves is related to a number of conditions, e.g. diabetes, multiple sclerosis, stroke, spina bifida and spinal injuries.

Faecal incontinence may be divided into:

#### Faecal Incontinence

Any involuntary loss of faecal material.

#### Flatus Incontinence

Any involuntary loss of gas (flatus).

#### Anal Incontinence


Any involuntary loss of faecal material and/or flatus.

Factors that may influence faecal incontinence:

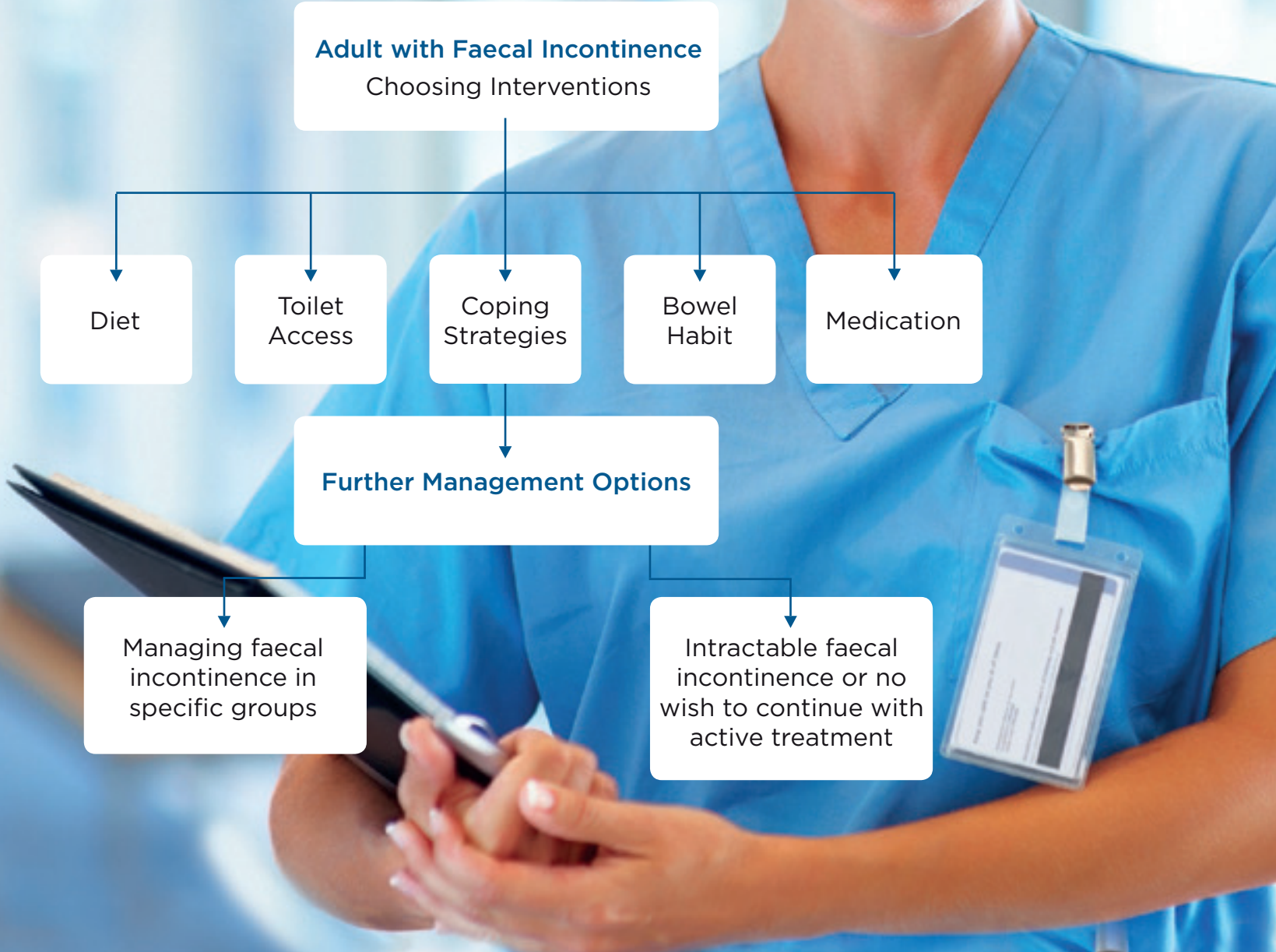
- Medical history – medication, surgery, obstetric, previous bowel problems.
- Bowel habit – difficulty passing, pain, bleeding, diarrhoea, consistency.
- Mobility and manual dexterity.
- Environmental/social factors contributing to faecal incontinence.
- Poor fluid and dietary intake.
- Age.

## Bristol Stool Chart

The Bristol stool scale is an aid, designed to classify the consistency of human faeces it has seven categories with 3 and 4 being classed as the ideal stool.

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on the surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces, entirely liquid

# Faecal Incontinence Patient Pathway



## Skin Care

Urine and faeces can damage the skin, causing redness and irritation. It is important to ensure that skin is kept clean and dry.

### Skin Care Hints and Tips

- Wash the skin with a **soap-free cleanser**.
- **Pat dry** carefully – **do not rub**.
- Ensure continence products are the **correct absorbency** and/or **size** and that they are **changed regularly**
- **Avoid:**
  - **Talcum powder** as it can interfere with the absorbency of continence pads.
  - Solutions which contain **alcohol** or **disinfectant** as this can dry the skin out.
  - **Oil based moisturisers**, as they can interfere with the absorbency of continence pads. If required apply sparingly.

Attends Professional Care is a range of professional skin care products with essential ingredients developed for sensitive skin.

For more information and to see the full range of Attends professional care products please see page 19





To ensure correct management and treatment for skin issues, it is important to understand the difference between pressure ulcers and moisture lesions.

# Attends Skin Excoriation Tool

The excoriation tool is an guide on types of excoriation and treatment plans.

## Pressure Ulcers

A **pressure ulcer** is identified as damage to an individual's skin due to the effects of **pressure** together with, or independantly from, a number of other factors such as **shearing, friction** or **moisture**.

## Moisture Lesions

**Moisture lesion/Incontinence** or **Acquired dermatitis** (excoriation). Lesion is caused by **irritant fluid**.

	Pressure Ulcer	Moisture Lesion
Cause	Pressure and/or shearing must be present.	Moisture must be present. e.g. Shiny, wet skin caused by urinary incontinence or diarrhoea.
Bony Prominences	A wound which is not over a bony prominence is unlikely to be a pressure ulcer.	A moisture lesion may occur over a bony prominence, however pressure, shear and friction should be excluded as casues and moisture should be present. Peri-anal redness/irritation is most likely to be a moisture lesion.
Shape	Limited to one spot, normally circular or regular shape.	Diffuse, different, superficial spots.
Skin damage	From non-blanching erythema (Grade 1) to extensive destruction, tissue necrosis, or damage to bone or supporting structures (Grade 4).	Superficial partial skin loss, however can become deeper if infected.
Necrosis	A black necrotic scab over a bony prominence is a pressure ulcer (Grade 3 or 4).	No necrosis.
Edges	Regular shape/edges are distinct (defined).	Diffusely scattered with irregular shape.
Colour	Grade 1 - Can be red or blue/purple in darkly pigmented skin. Wound bed is red/yellow/black.	Redness but not uniformly distributed. Pink or white surrounding skin due to moisture/maceration.
Depth	Can vary in depth from unbroken non-blanching erythema to full thickness tissue loss extending to tendon or bone.	Superficial/partial thickness - skin loss.

### 0 Healthy Skin

Healthy intact skin. No erythema (redness).

Clean with skin cleanser



### 1 Mild Excoriation

Erythema (redness) of skin only.  
No broken areas present.

Use durable barrier cream



### 2 Moderate Excoriation

Erythema (redness) of skin with less than 50% broken skin.  
Oozing and/or bleeding may be present.

Use barrier film spray



### 3 Severe excoriation

Erythema (redness) of skin with more than 50% broken skin.  
Oozing and/or bleeding may be present.

Seek advice from Tissue Viability Nurse where available for local guidelines/guidance.



#### Pressure ulcer management:

Please refer to the NICE guidelines - <https://www.nice.org.uk/guidance>

# Introduction to Attends Products

Attends are a leading provider of continence products worldwide to consumers, retail and the NHS. Offering a full range of products for all levels and types of incontinence. The products are designed to provide outstanding leakage protection, skin dryness, odour protection and comfort.

## It's Official ...

We are pleased to announce that the skin tolerability of Attends products are dermatologically approved by proDERM Institute for Applied Dermatological Research.

Look around and you will see the proDERM seal on more products. The seal will tell you that the product lives up to the highest quality standards.



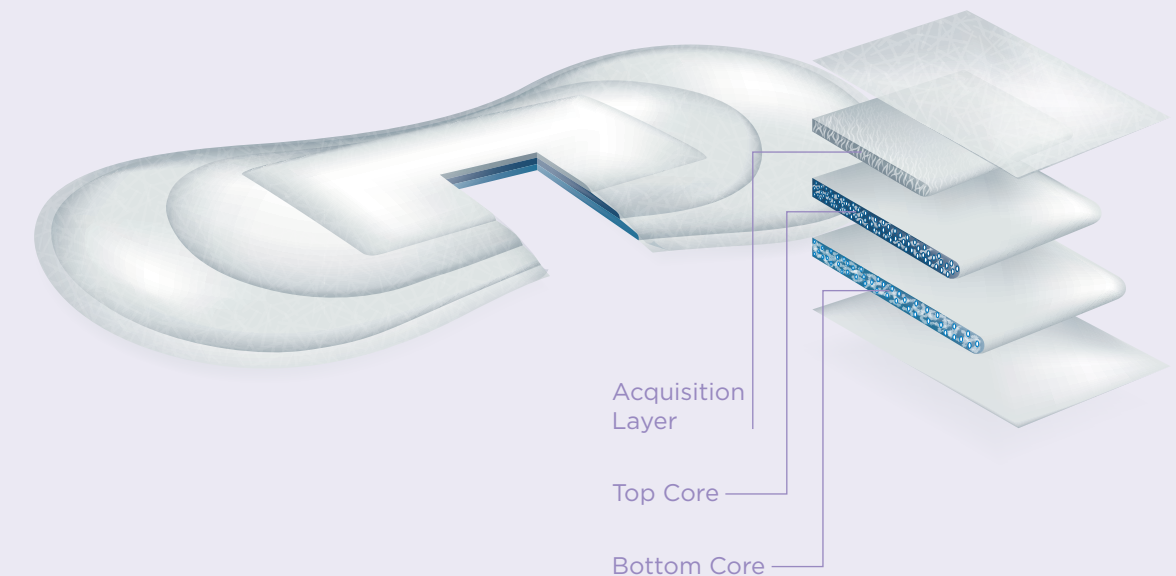
## Attends Easy To Use Numbering System



The Attends products are numbered from 0 to 10, where 0 is the lowest and 10 is the highest level of absorbency. Within the numbering system there are different categories of products, e.g. Shaped Pads (Soft and Contours), Pull-Ons, All-in-ones (Slips Flex, Adjustable).

Attends offer a selection of products to meet individual needs. The product designs, absorbency levels and fixation methods ensure a wider range of choice for healthcare professionals and end users. e.g. For light incontinence Attends offer - Attends Soft 0-3, Pull-ons 3 (small, medium and large) and for Attends For Men levels 0-3.

## Attends Technology



## Attends products provide excellent leakage protection and skin dryness for the user

Attends designs and manufactures its products according to the latest core technology. This means the products in general have a dual core with acquisition layer. The acquisition layer is the layer under the top sheet of the pad, which first comes into contact with the urine. It supports the urine to be absorbed and distributed quickly to the storage cores below. The acquisition layer distributes the urine to the front and back of the pad and provides improved leakage protection due to a reduced amount of urine on the surface of the pad. It has the ability to handle several gushes of urine without affecting its ability to absorb.

The dual core is composed of a top and bottom core which both contain fluff and superabsorbent. The top core has a higher amount of superabsorbent and a lower amount of fluff which provides a higher absorbency in the mid 50 area of the pad where it is really needed. The bottom core has a higher amount of fluff and less superabsorbent but still provides means the product can absorb and lock away wetness throughout the whole of the core.



# Attends Product Range

Attends products are numbered from 0 to 10, where 0 is the lowest, and 10 is the highest level of absorbency.

## Attends® For Men

1 2 3 4

Body shaped shields and pads specifically designed for men with light/moderate bladder weakness.

The male range have a soft breathable textile backsheet and a fixation tape which allows the product to be worn with the users own close fitting underwear. The products are discreet and comfortable to wear, keeping the skin dry and providing protection against leakage and odours.



## Attends® Soft

0 1 2 3 3+ 4 5 6 7

A range of small body shaped pads with a breathable back sheet, designed to manage very light to heavy urinary incontinence. The fixation tape allows the pad to be worn with close fitting underwear for extra discretion and comfort. The pad has an absorbent core to help reduce the risk of leakage, provide odour protection and skin dryness.



## Attends® Contours Regular

4 5 6 7 8 9 10

A range of body shaped pads with a poly back sheet designed to manage moderate to heavy urinary and/or faecal incontinence.

The pad has an absorbent core to help reduce the risk of leakage, provide odour protection and skin dryness.

For maximum performance and comfort Attends Contours 6-10 should be worn with Attends Stretch Pants Regular, Attends Stretch Pants, Stretch Fit Pants or Stretch Pants Comfort. The wetness indicator aids good nursing practice and acts as a guide to when the pad requires changing.



## Attends® Contours Air Comfort

4 5 6 7 8 9 10

A range of body shaped pads designed to manage moderate to heavy urinary and/or faecal incontinence. The pad has a breathable back sheet for improved skin health and comfort, and an absorbent core to help reduce the risk of leakage, provide odour protection and skin dryness. For maximum performance and comfort Attends Contours Air Comfort 6-10 should be worn with Attends Stretch Pants, Stretch Fit Pants or Stretch Pants Comfort. The wetness indicator on the back of the pad aids good nursing practice and acts as a guide to when the pad requires changing.



## Attends® F6

6

A body shaped pad especially designed to manage faecal incontinence only. The leakage barriers provide improved containment and reduce the risk of leakage. For maximum performance and comfort Attends F6 should be worn with Attends Stretch Pants, Stretch Fit Pants or Stretch Pants Comfort.



## Attends® Pull-Ons

3 S, M, L, XL  
5 XXS, XS, S, M, L, XL  
8 S, M, L, XL

A range of absorbent pants designed to manage light to heavy urinary and/or faecal incontinence. The pants have a flexible shape designed to fit close to the body, and an absorbent core to help reduce the risk of leakage, provide odour protection and skin dryness. The pants have a white textile back sheet and side panels that can be opened easily for removal. It is important to choose the correct size, to do this measure the hips and waist and select the larger of the two measurements. The wetness indicator on the back of the pad, aids good nursing practice and acts as a guide to when the pant requires changing.



## Attends® Slip Active

8 M, L 9 M, L 10 M, L

An all-in-one product designed to manage heavy bladder and/or bowel incontinence. The product has a poly back sheet, positioning tapes and two re-sealable fixation tapes for ease of fitting. The pad has an absorbent core to help reduce the risk of leakage, provide odour protection and skin dryness. It is important to choose the right size, to do this measure the hips and waist and select the larger of the two measurements. The wetness indicator on the back of the pad aids good nursing practice and acts as a guide to when the product requires changing.



## Attends® Slip Regular

8 M, L 9 XS, S, M, L 10 S, M, L, XL

An all-in-one product designed to manage heavy bladder and/or bowel incontinence. The product has positioning tapes and four re-sealable fixation tapes for ease of fitting and a breathable textile like back sheet for added discretion and comfort. The pad has an absorbent core to help reduce the risk of leakage, provide odour protection and skin dryness. It is important to choose the right size, to do this measure the hips and waist and select the larger of the two measurements. The wetness indicator on the back of the pad aids good nursing practice and acts as a guide to when the product requires changing.



## Attends® Slip Regular Plus

10 M, L, XL

An all-in-one product designed to manage heavy bladder and/or bowel incontinence. Attends Slip regular plus has four re-sealable fixation tapes to secure the pad in place and a poly back sheet for added protection. The pad has an absorbent core to help reduce the risk of leakage, provide odour protection and skin dryness. It is important to choose the right size, to do this measure the hips and waist and select the larger of the two measurements. The wetness indicator on the back of the pad aids good nursing practice and acts as a guide to when the product requires changing.



## Attends® Adjustable

10 M, L

An all-in-one product for heavy bladder and/or bowel incontinence. The product offers you a variety of ways to fit the pad. The re-sealable fixation tapes can be placed anywhere on the front panel and can be opened, closed and readjusted making sure that the product fits closely to the body. The product has a breathable textile like back sheet for improved skin health and comfort, and a super absorbent core to help reduce the risk of leakage, provide odour protection and skin dryness. It is important to choose the right size, to do this measure the hips and waist and select the larger of the two measurements. Attends Adjustable has soft elasticated wings which can be adapted to give a personal fit for improved leakage protection, comfort and discretion. The wetness indicator on the back of the pad aids good nursing practice and acts as a guide to when the product requires changing.



## Attends® Flex

8 S, M, L, XL 9 S, M, L, XL 10 S, M, L, XL

An all-in-one belted pad designed to manage heavy bladder and/or bowel incontinence. It has a flexible fixation system which allows the belt to be fitted snugly around the waist before fitting the pad. The product has a breathable textile like back sheet for improved skin health and comfort, and a super absorbent core to help reduce the risk of leakage, provide odour protection and skin dryness. It is important to choose the right size, to do this measure the hips and waist and select the larger of the two measurements. The wetness indicator on the back of the pad aids good nursing practice and acts as a guide to when the product requires changing.



## Attends® Cover-Dri

<b>Plus</b>	40x60cm	60x90cm	80x170cm
	60x60cm	80x90cm	
<b>Super</b>	60x60cm		
	60x90cm		

A range of under pads that are available in different sizes and absorbencies to provide protection for beds, chairs and wheelchairs. Attends Cover-Dri has a non-slip waterproof backing and a soft top sheet. The super absorbent core and all round leakage barrier provides improved leakage protection, skin dryness and odour protection.





## Attends® Inserts

A range of rectangular pads which can be used with a washable pouch pant or as a booster pad for additional absorbency or faecal smearing.

**Deoplus** – A rectangular pad with an absorbent core for improved leakage prevention, odour protection and skin dryness. The nonwoven back sheet allows liquid to pass through to the primary pad if the product is being used as a booster pad.

**Coldex Endless** – A continual roll of 30 pads which can be cut to size to better meet individual needs. Has a fluff core which allows liquid to pass through the core quickly into the primary pad.

**Coldex Insert** – A rectangular pad with a fluff core which allows liquid to pass through the core quickly into the primary pad.



## Attends® Bibs

Designed to protect the users clothing. The bib has fixation tapes on the shoulders to keep the product in place during use. The top sheet quickly absorbs any liquids and the pocket can be turned inside out to reduce the risk of spills.



## Attends® Stretch Pants

Attends offer a range of fixation pants which can be used with our shaped pads to ensure that the product stays securely in place and close to the body to minimise the risk of leakage. It is important to choose the correct size, to do this measure the hips and waist and select the larger of the two measurements.

### Stretch Pants S, M, L, XL, XXL

White pants with a soft elasticated material and short legs for improved comfort and fit. Can be washed up to 25 times.

### Stretch Fit Pants S, M, L

White pants that look and feel like normal underwear, the soft elastic material provides a close, comfortable fit. Can be washed up to 50 times.

### Stretch Pants Comfort S, M, L, XL

White pants with an ultrasoft elastic material and longer legs for improved comfort and fit. Can be washed up to 75 times.



## Attends® PROFESSIONAL CARE



Attends Professional Care is a range of professional skin care products with essential ingredients developed for sensitive skin.

### Protective Cleansing



#### Washing Lotion

Mild, soap free washing lotion designed to gently cleanse skin.



#### Cleansing Gloves

Soft disposable skin cleansing gloves



#### Cleansing Foam

Dry wash foam designed to gently cleanse skin.



#### Dry Cleansing Wipes

Soft, strong and disposable dry cleansing wipe.



#### Wet Wipes

Pre-moistened washcloth designed to gently cleanse and refresh skin.

### Essential Skin Care



#### Body Milk

Soft formula to lock in moisture and deliver long term skin hydration.



#### Hydrogel

Liniment based formula designed to be massaged in to the skin.



#### Care Cream

A rich body cream that helps alleviate skin irritation and chaffing. To be applied to dry and/or irritated skin.

# Hints and tips

## Pads

Body shaped pads that can be worn with your own close fitting underwear or Attends Stretch Pants.

### Selection

- Choose the absorbency of the pad required according to individual assessment.
- Choose stretch pants according to hip/waist measurements.

### Fitting

- Attends Soft range should be worn with close fitting underwear.
- Shaped pads (Attends Contours Regular 6-10 and Attends Air Comfort 6-10) should be worn with stretch pants. Measure the hips and waist, take the larger of the two measurements to ensure that the correct size of pant is chosen.
- Apply stretch pants, then pull them down to just below the knee and fold the waist band downwards.
- Open the pad fully making sure that the back sheet is on the outside and the soft white lining is next to the skin.
- Gently fold and cup the pad lengthways to ensure that the leakage barriers stand up.
- Place the pad between the thighs, if possible from front to back with the larger area of the pad to the back of the body.
- Smooth out the pad and pull up the stretch pants high into the groin to ensure a snug fit.
- Adjust the pants to cover the pad and ensure that the back sheet is not folded inwards.
- Finally check that both the pad and stretch pants are fitted snugly.
- The user's own close fitting underwear can be worn with products up to Contours Regular 5.

### Changing

- Check the wetness indicator – if the wetness indicator has disappeared over half the length of the pad (60%), the product requires changing. If it has not the pad can be reapplied.
- Remove soiled pads from the rear where possible.
- Avoid oil based creams if possible and powders should not be used at all – they will both block the pores of the pad. If creams are necessary please apply sparingly.

### Leakage

- Check all aspects of fitting and assessment.
- Check that you have the correct size stretch pants.
- Only increase the absorbency of the pad when you have checked it is not a fitting issue and following clinical assessment.

### Disposal

- Roll up the pad and dispose as per the clinical waste policy.
- Stretch pants are re-usable, launder as instructed.
- Do not flush down toilet.

## All-In-Ones

All-in-one products with fixation tapes on the side that keep the pad fitted close to the body.

### Selection

- Before selecting an Attends Slip product, Attends shaped pads with fixation pants should be considered as they offer much greater discretion.
- Choose the Slip according to hip/waist size - whichever is the largest.
- Choose the absorbency based on the volume of urine passed.

### Fitting

- Open product fully and position the end with the wings and fixation tapes to the back, ensuring that the wings are fully opened, making sure that the back sheet is on the outside and the soft white lining is next to the skin.
- Gently fold and cup the pad lengthways to ensure that the leakage barriers stand up.
- Ensure that you keep the ruffles on leg gathers on the outside of the pad, this will keep waterproof backing away from the skin.
- Ensure that the pad is close to the body then secure as directed. Use the wetness indicator to help position and centre the pad.
- **Slip Active** - use the blue positioning tape to pre-apply the product on both sides, then fasten the fixation tapes firmly onto the pad. When removing the pad lift the white tape off the blue tape. The white tape can be re-sealed on the blue tape several times.
- **Slip Regular** - fasten the bottom tapes first in an upwards direction and then the top tapes in a downwards direction, ensure that tabs are pressed firmly to secure. Tabs can be re-adjusted several times to ensure a comfortable fit.
- **Slip Regular Plus** - fasten the bottom tapes first in an upwards direction and then the top tapes in a downwards direction to give a comfortable fit. When removing the pad, lift the white tape off the blue tape. The white tape can be re-sealed on the blue tape several times.
- **Flex** - Position the belt around the waist using the blue hook to secure the pad in place. Smooth out the pad and pull it up towards the waistband. Secure the product in place by attaching the blue hooks to the waistband
- **Adjustable** - Gently pull the wing around to the front of the pad. The fixation tapes can be placed anywhere on the front panel. Press the tapes firmly on the pad to secure the pad in place. The fixation tapes can be readjusted as required to give an individual fit for the user and can be opened, readjusted and resealed.

### Changing

- Check the wetness indicator – if the wetness indicator has disappeared over half the length of the pad (60%) the product requires changing. If it has not the pad can be reapplied.
- Remove soiled pads from the rear where possible.
- Avoid oil based creams if possible and powders should not be used at all – they will both block the pores of the pad. If creams are necessary please apply sparingly.

### Leakage





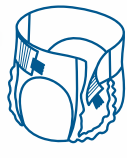
- Check all aspects of fitting, sizing and assessment.
- Only increase the absorbency of the pad when you have checked it is not a fitting issue and following clinical assessment.

### Disposal

- Roll up the pad and dispose as per the clinical waste policy.
- Do not flush down toilet.



# Product Selector

Type of Incontinence		<b>Pad</b> Body shaped pads with tapes that can be worn with your own underwear or with Attends Fixation Pants. 	<b>Pant*</b> Absorbent pant that can be pulled up and down like normal underwear. 	<b>Slip*</b> All-in-one product with fixation tapes on the side that keep the pad fitted closely to the body. 	<b>Flex*</b> All-in-one product with an elasticated belt which the pad is fitted onto. 	<b>Adjustable*</b> All-in-one product with an elasticated waistband and readjustable tapes which allows a truly personalized fit. 
Men	<b>Light</b> Loss of a few drops of urine. Often occurs after urination.	For Men 1, 2, 3 Soft 2, 3, 3+	Pull-Ons 3 Pull-Ons Discreet 3			
	<b>Moderate</b> Small, sometimes larger gushes of urine. Do not always reach the toilet in time. Can have an urgent desire to pass urine.	For Men 4 Soft 4, 5 Contours 4, 5	Pull-Ons 5			
	<b>Heavy</b> Pass large amounts of urine. Do not reach the toilet in time. Limited or no bladder control.	Soft 6, 7 Contours 6, 7, 8, 9, 10 Contours Air Comfort 8, 9, 10	Pull-Ons 8	Slip Active 8, 9, 10 Slip Regular 8, 9, 10 Slip Regular Plus 10	Flex 8, 9, 10	Adjustable 10
Women	<b>Light</b> Loss of a few drops of urine, sometimes even a small gush. Can be associated with coughing, laughing sneezing or exercise.	Soft 0, 1, 1L, 2, 3, 3+	Pull-Ons 3 Pull-Ons Discreet 3			
	<b>Moderate</b> Small, sometimes larger gushes of urine. Do not always reach the toilet in time. Can have an urgent desire to pass urine.	Soft 4, 5 Contours 4, 5	Pull-Ons 5			
	<b>Heavy</b> Pass large amounts of urine. Do not reach the toilet in time. Limited or no bladder control.	Soft 6, 7 Contours 6, 7, 8, 9, 10 Contours Air Comfort 8, 9, 10	Pull-Ons 8	Slip Active 8, 9, 10 Slip Regular 8, 9, 10 Slip Regular Plus 10	Flex 8, 9, 10	Adjustable 10

\* These products are available in a range of bodysizes, from XXS to XL.

## Additional Products:

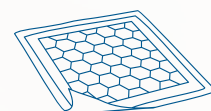
### F6

For faecal incontinence only.



### Surface Protection

Cover-Dri Plus, Super and Special Care



### Stretch Pants

Regular, Stretch Pants, Stretch Fit and Stretch Pants Comfort



### Skin Care

A range of cleansing and caring products for sensitive skin







# Attends Extensive Support Package

Attends are committed to working closely with customers to ensure that we deliver and support best value in continence care. As part of the Attends support package you will be allocated a dedicated Product Advisor to meet individual needs, supported by our committed Clinical, Retail and Customer Service Support Teams.

## Product Support

- Dedicated Product Advisor
- Dedicated Customer Services
- Product training
- Product samples
- Client audits
- Product evaluations
- Product assessment tools
- Individualised product prescription forms and formularies

## Literature Support

- Fact sheets
- Fitting guides
- Client letters
- Product selector guides
- Marketing materials

## Digital Support

- 3D product videos
- E-learning
- [www.attends.co.uk](http://www.attends.co.uk)

## Commercial Support

- Dedicated Commercial Manager
- Dedicated Product Advisor
- Implementation/installation plan
- Product review meetings - promoting cost savings



# Attends Online Continence Care Training

Attends online training program covers various aspects of continence care and enables Healthcare Professionals and Caregivers to complete training at a time that is suitable for their individual needs.

**[learning.attends.co.uk](http://learning.attends.co.uk)**



**0845 601 3272**

Monday to Friday 8:30 - 17:00



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