

Fitting an Incontinence pad



Infection control procedures apply

Always wear suitable protective equipment – apron and gloves

- Always make sure that the correct size of pants are worn with pads
- Ensure correct absorbency of pads used
- Never double pad, this is **ineffective and expensive**
- Hold pad lengthways to create natural bowl shape
- Ensure pants are put on with seams on the outside and pull up to mid thigh area
- Insert the pad from front to back – make sure you put the wider end of the pad at the back
- Pull pants and pad up ensuring the pad is smooth out front and back
- Check that the pad is as close to the body as possible and that the bowl shape is maintained
- Ease pants legs up to crease of the groin to prevent skin marking and to ensure pad is held securely
- Make time to check the pad is well fitted and comfortable – a bad fitted pad will leak and create more work

REMEMBER: Talcum powders and creams must be avoided as they reduce the pads ability to absorb urine.