



Home Incontinence Care



COVIDIEN



Committed to Comfort and Dignity

Even though much progress has been made into the research and treatment of incontinence, it remains a relatively common condition, impacting an estimated 30 million Americans. People who suffer from incontinence often resist discussing the issue with their doctor or families, due to feelings of shame, embarrassment or the fear of losing their independence. With the proper care, incontinence can usually be effectively managed and often improved. Covidien is committed to providing the appropriate products, programs and educational assistance to help ensure each individual achieves his or her optimum continent state.

Understanding Incontinence

Incontinence is defined as an involuntary loss of urine and/or bowel motion at an inappropriate time or in an inappropriate place. Incontinence is not a disease, but a symptom of an underlying disorder.

Incontinent episodes can range from infrequent, involuntary discharge of large volumes of bodily waste to constant or intermittent dribbling of small amounts of urine.

Although incontinence is not considered part of the normal aging process, age-related changes are predisposing factors and do make incontinence more likely in older people.

Other factors that can cause incontinence are spinal cord injuries, dementia, birth defects and child bearing.



Types of Incontinence

Stress Incontinence

Involuntary loss of urine that occurs during physical activity, such as coughing, sneezing, laughing or exercise. Causes: Weakening of muscle in pelvic floor.

Overflow Incontinence

Leakage of small amounts of urine from a bladder that is always full. Occurs due to excessive urine in the bladder. Causes: Obstructed airflow, damage to central nervous system, prostate problems, back injuries.

Mixed Incontinence

Combination of stress and urge incontinence. Not only does the individual leak when they cough, laugh or sneeze, but they also have the constant urge to urinate.

Transient Incontinence

Causes: Drugs, such as diuretics and antidepressants; urinary infection, acute confusion or delirium; restricted mobility; severe constipation.

Urge Incontinence

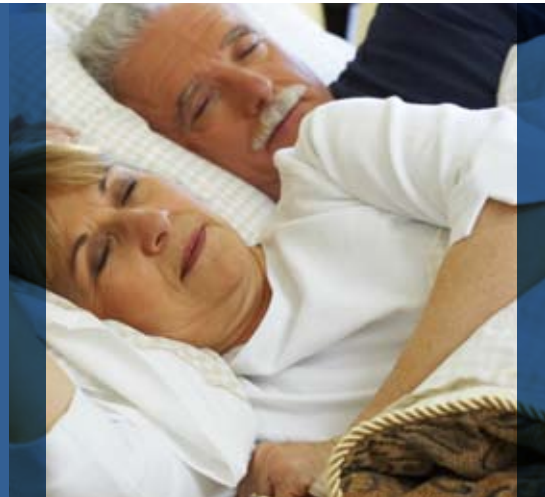
Involves a strong, sudden need to urinate followed by a bladder contraction, resulting in involuntary loss of urine. Causes: Illness, damage to central nervous system.

Reflex Incontinence




No voluntary control emptying the bladder and may not feel the urge to urinate. Causes: Damage to nerves, spinal cord or brain.

Determine Absorption/Capacity Needs

Stress	Overflow	Mixed	Transient	Urge	Reflex
Light	Light to Moderate	Moderate to Super	Super to Maximum	Super to Maximum	Maximum



Choosing the Appropriate Product

Absorption/Capacity	Product	
Light	Presence™ Bladder Control Pads <ul style="list-style-type: none">• Effective, yet discrete protection.• Features high performing Blue Dryness Strip and Super Absorbent Polymer for increased dryness and odor control.	
Light to Moderate	Sure Care™ Guards for Men and Women <ul style="list-style-type: none">• Soft inner facing feels comfortable next to the skin.• Features high performing Blue Dryness Strip and Super Absorbent Polymer for increased dryness and odor control.	
Moderate to Super	Sure Care™ Protective Underwear <ul style="list-style-type: none">• Underwear-like look and feel, with cloth-like materials throughout for discrete protection and added comfort.• Features high performance moisture acquisition layer and Super Absorbent Polymer for increased dryness and odor control.	

Absorption/Capacity	Product
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Super to Maximum	Wings™ Choice Adult Briefs [A]
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Super to Maximum	Poly backing; trim mat design, traditional four tape tab fastening.
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Super to Maximum	Wings™ Choice Plus Adult Briefs [B]
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Super to Maximum	Poly backing; full mat design, traditional four tape tab fastening.
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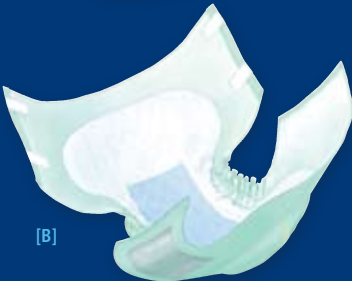
Super to Maximum	Wings™ Choice Plus Quilted Adult Briefs [C]
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Super to Maximum	Cloth-like backing; anatomically contoured mat design, hook fastening tabs attach anywhere on the back sheet.
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Super to Maximum	Features common to each of these briefs:
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|------------------|---|
| Super to Maximum | <ul style="list-style-type: none">• Combine Blue Dryness Strip and Super Absorbent Polymer for increased dryness and odor control.• Diamond Linear Channeling helps wick moisture for increased dryness.• Wetness indicator changes color when wet, indicating time for change. |
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Absorption/Capacity	Product
Maximum	<p data-bbox="375 391 878 423">Wings™ Quilted Overnight Adult Briefs [A]</p> <p data-bbox="375 428 911 529">Cloth-like backing, anatomically contoured mat design, hook fastening tabs attach anywhere on the back sheet, maximum absorbency.</p> <p data-bbox="375 572 703 604">Wings™ XXL Adult Briefs [B]</p> <p data-bbox="375 609 1089 673">Poly backing; full mat design, traditional four tape tab fastening with frontal tape for easy adjustment/reattachment.</p> <p data-bbox="375 716 886 747">Features common to each of these briefs:</p> <ul data-bbox="375 753 948 822" style="list-style-type: none"> • Combine Blue Dryness Strip and Super Absorbent Polymer for increased dryness and odor control. <div data-bbox="1154 301 1490 572">  <p data-bbox="1182 497 1206 513">[A]</p> </div> <div data-bbox="1149 577 1498 859">  <p data-bbox="1182 806 1206 822">[B]</p> </div>

Food and Drugs May Affect Incontinence

Please consult with your physician or health care provider for complete details.

Food

The following foods can irritate the bladder and should be avoided by individuals suffering from incontinence:

- **Alcohol:** Liquor, wine, beer, wine coolers
- **Caffeine:** Coffee, tea, cola, Mountain Dew[®]*, herb teas (including decaffeinated), chocolate, cough medicines and over-the-counter medications (check labels). Substitute with low salt broth and white chocolate.
- **Acid Fruits or Fruit Juices:** Citrus, orange, grapefruit, lemon, lime, mango and pineapple. Substitute with grapes, apples, pears and papayas.
- **Spicy Foods:** Mexican, Thai, Indian, Korean, Cajun, and Southwest cooking.
- **Milk Products:** Milk, cheeses, cottage cheese, yogurt and ice cream.
- **Sugar:** Corn sweeteners, honey, fructose, sucrose and lactose.

Drugs

There are many prescription and over the counter drugs and medicines that can adversely effect incontinence. These include:

- Analgesics
- Antianxiety
- Antibiotics
- Anticonvulsants
- Antihistamines
- Antihypertensives
- Antidiarrheals
- Bronchodilators
- Calcium Channel Blockers
- Diuretics
- Hypnotics
- Sedatives



Sizing Guide



Instructions:

- Pinpoint the correct height and weight (lbs.) on the Sizing Grid
- Match the color on the grid to the color on the Key to obtain the appropriate Brief size

The Adult Brief Sizing Guide is to be used as a guideline only. Waist and/or hip measurements should be taken by caregiver, facility nursing personnel, or one of our Incontinence Care Nurse Consultants, to ensure proper sizing. Allowances must be made for gender, and certain conditions such as hernias, amputations, etc. Clinical assessment recommended for anyone over 250 lbs.

Note: sizing is extremely important. Inappropriate size or improper application can result in leakage.

BRIEF SIZING KEY			
Grid	Size	Waist	Brief color
Green	Youth	(20-31")	Green
Peach	Small	(20-31")	Peach
White	Medium	(32-44")	White
Blue	Large	(45-58")	Blue
Beige	X-large	(59-64")	Beige

Recommended Application Techniques

Standing Application



Fold brief in half with soft inner lining exposed, and leg ruffles folded out. With fold at top, place between legs.



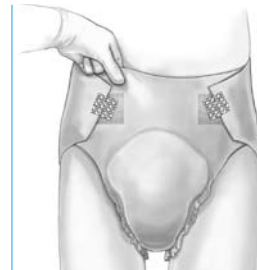
Open back of brief over buttocks. Position tab closure at waist and hold brief in position.



Bring front of brief across abdomen. Smooth out for a comfortable fit.



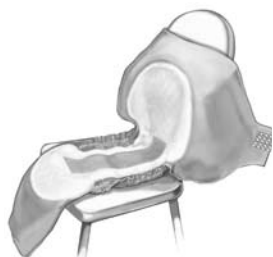
Hook & Loop: Fasten tab closure to landing zone on front of brief.
Adhesive: Fasten tab closure to front of brief.



Gently pull brief upwards until the crotch area fits snugly to the groin and inner leg. Re-adjust fastening tabs as required, applying pressure to the entire length and width of the tab.

Recommended Application Techniques

Seated Application



Place brief on chair with back open and slightly lower than waist level: front of brief closed with leg ruffles folded out.



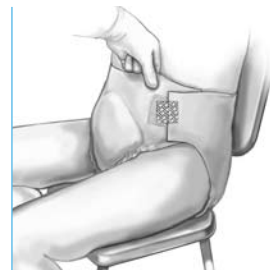
Bring front of brief through legs ensuring leg ruffles remain folded out.



Open across abdomen. Smooth out for a comfortable fit.



Hook & Loop: Fasten tab closure to landing zone on front of brief.
Adhesive: Fasten tab closure to front of brief.



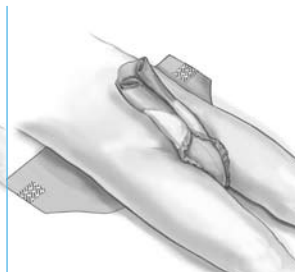
Gently pull brief upwards until the crotch area fits snugly to the groin and inner leg. Re-adjust fastening tabs as required, applying pressure to the entire length and width of the tab.

Recommended Application Techniques

Bed/Contractured Application



Roll individual onto side. Prepare brief by tri-folding edge closest to individual. Slide tri-folded edge under individual, ensuring proper positioning. Roll individual back onto the opened brief.



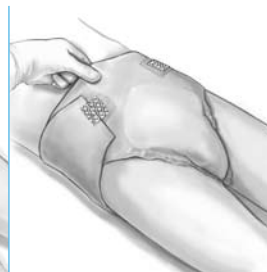
Roll front of brief with backing together into a "log roll". Bring the "log roll" of the brief through the legs.



Open and smooth across abdomen for a comfortable fit.



Hook & Loop: Fasten tab closure to landing zone on front of brief.
Adhesive: Fasten tab closure to front of brief.



Gently pull brief upwards until the crotch area fits snugly to the groin and inner leg. Re-adjust fastening tabs as required, applying pressure to the entire length and width of the tab.

Recommended Application Techniques

Removal and Trouble Shooting



Removal

Hold the front of the brief near the tape with one hand. Slowly peel the tab back with the other hand.

Wetness Indicator

Change the brief when the wetness indicator turns green.

Trouble Shooting Guide

Problem	Cause	Correction
Redness in groin area	<ul style="list-style-type: none"> Poor fit Leg ruffles not turned out away from skin 	<ul style="list-style-type: none"> Proper fit, with brief pulled up snugly in groin area Leg ruffles turned out away from skin
Redness in inner thigh area	<ul style="list-style-type: none"> Poor cleansing techniques Baggy, brief too large 	<ul style="list-style-type: none"> Keep skin clean and dry Use correct size brief
Redness in buttocks area	<ul style="list-style-type: none"> Infrequent changes Poor cleansing techniques 	<ul style="list-style-type: none"> More frequent changes Keep skin clean and dry
Blisters	<ul style="list-style-type: none"> Tape tab touching skin Plastic backing touching skin 	<ul style="list-style-type: none"> Secure tape tabs to backing Ensure proper application of brief—no plastic touching skin
Wet linen/clothing	<ul style="list-style-type: none"> Brief is saturated Brief not properly fitted/applied 	<ul style="list-style-type: none"> More frequent changes Snug fit, proper size



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