

Select table: Absorbent products

Step 1: Select Select an absorbent product with the person, considering: how they will wash / dispose of the product, their choice, how they will put them on and off, and volume of leaks.			Washable			Single use			
			All-in-one	Two-piece		Wrap around	Belted	Pull on	Pad with pants
				absorbent layer folded	absorbent layer shaped				
Washing, disposing and personal choice	Prefer washable and can wash		✓	✓	✓				
	Prefer washable quick dry, can wash		x	✓	✓				
	Prefer single use and can dispose of					✓	✓	✓	✓
	Prefer least bulky		possibly	x	✓	x	x	✓	✓
Putting on and changing independently	Standing (<i>may sit, then stand to pull up</i>)		✓	x	✓	possibly	✓	✓	✓
	Sitting <i>only</i>		possibly	x	possibly	x	x	possibly	possibly
	Lying <i>only</i>		✓	✓	✓	✓	✓	✓	✓
	Difficulty using hands		✓	x	✓	x	✓	✓	possibly
	Put on in the same way as underpants (<i>good for people with difficulty thinking</i>)		possibly	x	x	x	x	✓	x
Absorbency	Light (less than 300ml)		possibly	x	✓	x	x	possibly	✓
	Moderate (300-600ml)		Check absorbency	x	Check absorbency	✓	Check absorbency	Check absorbency	✓
	Heavy bowel + bladder (more than 600ml)			✓		✓			x
	Bowel leaks		x	✓	x	✓	x	x	x
Remember:	Bulky products		People may choose a more bulky product at night for extra absorbency and a less bulky product in the day time and change more often. Generally, single use products are less bulky than washables.						
	Personal choice		Respect personal choice. Remember women and men's preferences may be different.						
	Putting on: sitting only		Products are difficult to put on when sitting. The person needs to be able to lean to one side and lift weight off their bottom						
	Absorbency		When selecting absorbency, consider leak volume, frequency and where the leaks pool.						
	Bowel leaks		For bowel leaks, products that wrap around the hips help contain leaks and reduce odour						
How many products? Typically, we go to the toilet 6-8 times per day. A person may experience leaks more or less frequently than this. Product changes can vary depending on: the type of product, volume of leak and a person's ability to change their own product.									
Washables:					Single Use:				
• Change products after every leak					• Change product after two or more leaks, or when product indicator changes colour				
• Supply double the number of changes to allow enough products for washing and drying. Remember, the outer layer may not need to be changed every time					• As a guide, supply half the number of changes to calculate the daily supply				