

## Selection 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				
<b>Washing, disposing and personal choice</b>	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	✓	✓
<b>Putting on and changing on own</b>	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
<b>Absorbency</b>	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
<b>Remember:</b>	<b>Bulky products</b>	<b>Personal choice</b>	<b>Putting on: sitting only</b>		<b>Absorbency</b>		<b>Bowel leaks</b>	
	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.	Respect personal choice. Remember women and men's preferences may be different.	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.		When selecting absorbency, consider leak volume, frequency and where the leaks pool.		For bowel leaks, products that wrap around the hips help contain leaks and reduce odour.	
<p><b>How many products?</b> 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.</p> <p><b>Washables:</b></p> <ul style="list-style-type: none"> <li>• Change products after every leak</li> <li>• 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.</li> </ul> <p><b>Single use:</b></p> <ul style="list-style-type: none"> <li>• Change product after two or more leaks, or when product indicator changes colour</li> <li>• As a guide, supply half the number of changes to calculate the daily supply.</li> </ul>								