

Products for incontinence: information for patients, relatives and carers

You/your relative would benefit from incontinence products – this may be a temporary measure or more long-term. This leaflet explains the different types available and tells you where to obtain them.

What is incontinence?

Incontinence is generally used to describe the involuntary leakage of pee or poo, or both (known as 'double incontinence'). While it may happen to anyone, urinary incontinence is more common in older people and in those who are unwell.

What products are available to help with incontinence?

A wide range of products and devices are available to help patients deal with and feel more comfortable with bladder and bowel incontinence. They include:

- Pads and pants
- Bed and chair protection
- Skin care and hygiene products

The most popular incontinence products are pads that are worn inside underwear to absorb urine leaks.

There is a wide choice of absorbent pads and pull-ups for men and women with all types of incontinence.

If you need any advice on what product is the right one to choose for either yourself or a relative/friend, then please speak to any of the staff on the ward or contact your GP.

Are you eligible for free pads?

You may be eligible to free incontinence pads if you have long-term incontinence or are experiencing new incontinence following a serious medical issue such as a stroke. If you would like any advice on whether you are entitled to free pads, then please speak to the staff on the ward who may be able to refer you to nurses in a continence advice service. They will complete an assessment with you to establish if you are eligible.

Once the assessment has been completed, they will inform you whether you are eligible and if so, what products you are entitled to. You may be limited to a certain number of products per day.

Please remember that it is your responsibility to buy incontinence products for yourself or family member until you have had an appropriate assessment completed by the continence nurses in the community.

Continence assessments

A continence assessment is completed by a nurse and aims to help you to establish a plan to meet your needs. A continence assessment will ask about the following information:

- Your medical history.
- How often you pee and poo.
- A rough estimate of the amount passed.
- Whether the leakage is pee or poo.
- Details of diet and how much fluids you drink.
- List of medications, including prescription and over-the-counter drugs.
- Any current health concerns.
- Self-care abilities – can you feed, dress and bathe on your own?
- Can you recognise the need to go to the toilet or remember the location of the toilet?

Tests or investigations may also be carried out; these include a urine test and an ultrasound of the bladder.

What product is best for you and where to find them?

Incontinence products can be purchased online and in-store of all supermarkets and pharmacies such as Boots and Lloyds.

Online providers include: Allaboutincontinence.com and Amazon.com

Keep a look out for **own brands** as they can be significantly cheaper than more well-known brands. These can be purchased in supermarkets like Asda, Tesco and also Boots.

You will find several examples of different products on the following pages. Please note that these prices are a guideline and are up to date as of July 2019. Prices may vary dependent on where purchased.

All-in-One Pads		
<p>Slip in pads such as these are perfect for people with moderate to heavy incontinence. This pad is also ideal for the less mobile or bed bound person.</p>		
<p><u>All About Incontinence (Online store):</u> Price: £8.50-£12.00 Packs of 15-28 Size: Small to X-Large</p>	<p><u>Tena – Tena Flex Price:</u> £20-£22 Pack of 30 Sizes: Small – Large</p>	<p><u>Boots – Stay Dry Slips:</u> Price: £9-£10 Pack of 10 Sizes: M/L – X-Large</p>
Bed and Chair Sheets		
<p>These are ideal for use on beds and chairs. They are perfect for people with light incontinence and they act as a barrier for people less mobile or who are confined to a bed or chair.</p>		
<p><u>All About Incontinence:</u> Price: £3-6 Pack of 30</p>	<p><u>Tena – Tena Bed:</u> £20-£22 Pack of 30 Sizes: Small – Large</p>	<p><u>Boots – Stay Dry:</u> Price: £4 Pack of 12</p>
Wipes		
<p>Wipes can be very useful for washing, cleansing and toileting. You can get dry and wet wipes that are especially gentle on the skin. Standard toilet or wet wipes can also be used.</p>		
<p><u>All About Incontinence:</u> £2.99</p>		
Cleansing sprays		
<p>Cleansing Sprays can be used with dry wipes while toileting. They are gentle on the skin and are designed for heavily soiled areas.</p>		
<p><u>Tena Wash Mousse:</u> £3.50</p>		<p><u>Vernacare Cleansing Foam:</u> £3.00</p>

Pull-up Pants		
<p>Pull up pads replicate normal underwear. They can easily be pulled up and down and have the additional protection of an incontinence pad. These are perfect for more mobile people that experience larger loss or a sudden need.</p>		
<p><u>All About Incontinence:</u> Price: £7.50-£10.00 Pack of: 14 Size: X-Small-X-Large</p>	<p><u>Tena:</u> Price: £8-£12 Packs of: 8-12 Size: Small to X-Large</p>	<p><u>Boots – Stay Dry:</u> Price: £7.99 Packs of: 10-12 Sizes: Small - Large</p>
Light Slip-in Pants		
<p>Light slip in pads are great for people who experience light to moderate incontinence and are more mobile.</p>		
<p><u>All About Incontinence:</u> Price: £5 Pack of: 28 Sizes: Normal and Maxi</p>	<p><u>Tena:</u> Price: £3-£7 Packs of: 6-16 Sizes: Standard and Long</p>	<p><u>Boots – Stay Dry:</u> Price: £3-5 Packs of: 10-24 Sizes: Standard and Long</p>

Useful contacts and further advice

- Continence Product Advisor www.continenceproductadvisor.org/ – they provide evidence based advice on how to choose and use suitable incontinence products.
- NHS UK www.nhs.uk/conditions/urinary-incontinence/incontinence-products/
- Age UK Incontinence www.ageukincontinence.co.uk/
- Bladder and Bowel Community www.bladderandbowel.org/
- Bladder and Bowel UK www.bbuk.org.uk/
- Trust website www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

Elderly Care OT, August 2019
Review due: August 2021