

## Useful contacts

Local Continenence Advisor:.....

District Nurse: .....

## The Bladder & Bowel Foundation

The Bladder & Bowel Foundation provides confidential advice from specialist nurses and can give information on local NHS continence advisors. You can contact the Bladder & Bowel Foundation using the following details:

Nurse Helpline: 0845 345 0165

Counsellor Helpline: 0870 770 3246

General Enquiries: 01536 533255

[www.bladderandbowelfoundation.org](http://www.bladderandbowelfoundation.org)

[info@bladderandbowelfoundation.org](mailto:info@bladderandbowelfoundation.org)

## SCA Hygiene Products

The leading manufacturers of quality continence products. Please call 01582 677400 for the latest information on our products and services or visit the TENA website: [www.tena.co.uk](http://www.tena.co.uk)



## Recognition

2009

SCA was named as one of the 100 most sustainable companies in the world for the fifth year in a row by Canadian Corporate Knights

2008

SCA was named one of the world's most ethical companies by the Ethisphere Institute, USA

2007

SCA was named the world's second greenest company by Eiris (Ethical Investment Research Services) and the British newspaper, The Independent

SCA was ranked as one of the world's 100 most sustainable companies by British consultant Innovest

SCA's sustainability reporting was ranked among the best by European paper companies in a survey conducted by the WWF

SCA received the best overall score among Swedish listed companies for its environmental efforts and work with human rights in a survey carried out by Folksam, a Swedish insurance company



# We lifecycle! Do you?

## How to get the best from your TENA pads



SCA HYGIENE PRODUCTS UK LIMITED,  
Personal Care, Southfields Road  
Dunstable, Bedfordshire LU6 3EJ  
Tel: 01582 677400  
[www.TENA.co.uk](http://www.TENA.co.uk)

**c/o Life** Because our products make life easier for you and for millions of people around the world. Because our resources and the way we work are natural parts of the global lifecycle. And because we care.



## How do my TENA pads work?

Your pads are developed and manufactured by the world leader in the field of absorbent pads to offer you the driest surface, the quickest absorption and the most comfortable shape.

Your pad is designed in layers with each layer having a special purpose:

- The Top Layer keeps you dry by letting the urine through quickly into the pad.

- The Second Layer helps draw the urine away from the skin into the bottom layers of the pad.
- Layers 3 and 4 are where the urine is absorbed and stored, keeping it 'locked away' from your skin.
- The Back Layer is made of a soft plastic that stops the urine passing through the pad whilst being comfortable and quiet when you move.

## How do I store my TENA pads?

- ✓ Keep pads in their packets.
- ✓ Store at room temperature.
- ✗ Do not keep your pads in the bathroom.
- ✗ Do not keep your pads near radiators or heaters.
- ✗ Storing pads in extreme cold or steamy rooms will affect their absorbency.



## How do I keep my skin healthy?

- ✓ Always wear the pad close to your skin by using the fixation pants or tight fitting underwear.
- ✓ Drink at least 6 cups of water a day.
- ✓ Eat a balanced diet.
- ✓ Wash your skin using an unscented soap.

- ✗ Do not use talcum powder.
- ✗ Do not use creams unless prescribed by the doctor and then use very sparingly. Creams can stop the pads absorbing properly.
- ✗ Do not fit one pad inside the other; this will not increase the absorbency and may make your skin sore.
- ✗ Never sit on open pads; you may suffer from sore skin if you expose urine to the air.

## How do I fit my TENA pads?

Wearing your pad properly will prevent it from leaking and becoming uncomfortable. Follow the guides shown here to ensure you achieve the best fit for your specific pad.

### TENA Flex – Assisted Application: Standing



Stand next to the patient and position the belt around the hips and secure it with the hook-in-line transfer.



Pull the pad forward and up between the legs, creating a bowl shape, to the front of the body.



Attach the hook-in-line fasteners that are on the pad, to the belt.

### TENA Flex – Assisted Application: Lying down



Lay the patient on one side, position the belt under and over the hip and sweep the pad between the legs.



Turn the patient onto his/her back, fasten the belt around the hips and secure the hook-in-line fastening band.



Pull the pad forward and up between the legs, creating a bowl shape, to the front of the body and fix the two hook-in-line fasteners to the belt.

### TENA Comfort



Fold pad in half lengthways before opening out to fit.



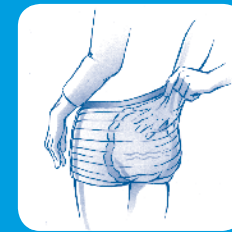
The front of the pad is the smaller area. Place larger area at back.



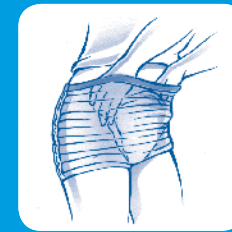
Pull pants to mid-thigh then turn waistband down to knees.



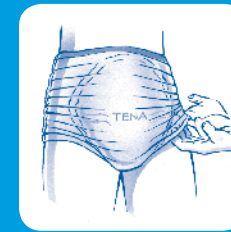
Press pad from front to back.



The wetness indicators are the yellow lines across the pad.



Pull pad up into position.



Ease leg elastics into groin area.

### TENA Slip



Fold pad in half lengthways before fitting.



The end with the fixation tapes is the back of the pad.



Place the pad between the legs from front to back.



Smooth out SUPERFIT BAND around the front.



Fit both bottom tapes to the SUPERFIT BAND first, slightly angled upwards



Fit top tapes, slightly angled downwards.



Check for comfort and fit. The pad allows for refastening and adjustment of tapes.

