



TENA®



How to get the best  
from your TENA pads

Pad usage, fitting,  
storage and skin health.

BETTER CARE IS BETTER FOR EVERYONE

[tena.co.uk](https://tena.co.uk)

## 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 breathable backsheet that stops the urine passing through the pad whilst being comfortable and quiet when you move.

## How do I store my TENA pads?

- Store at room temperature.
- Pads can be removed from their packets up to an hour prior to use, to deliver optimum performance
- **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?

- If wearing TENA Comfort, always wear the pad close to your skin by using the fixation pant.
- Drink at least 6-8 glasses 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.

Measure around the hips for TENA Slip, Pant and Flex.

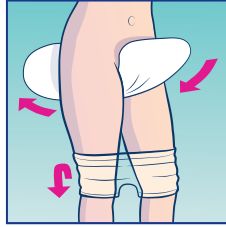
Measure around the waist for TENA Fix.

Follow the guides shown opposite to ensure you achieve the best fit for your specific pad.

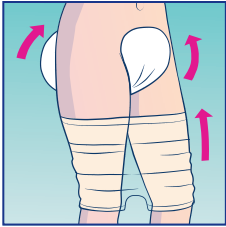
## TENA Comfort Fitting: Standing



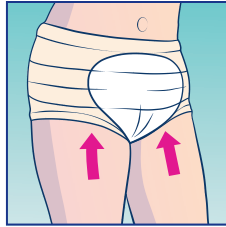
Fold the pad in half lengthways before opening it out to secure a bowl shape. The front of the pad is the smaller area. Place larger area at the back.



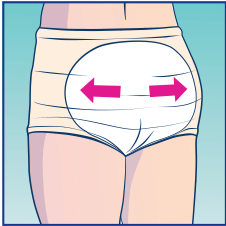
Pull fixation pants to mid-thigh then turn waistband down to the knees. Pass pad from front to back.



Pull pad up into position. The wetness indicators are the blue lines across the pad.



Ease leg elastics into the groin area for secure fixation and leakage security.

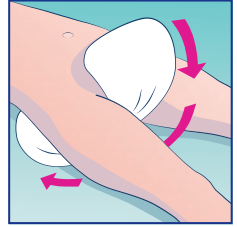


Fan-out the product to the sides (front and back) to ensure a close-body and comfortable fit.

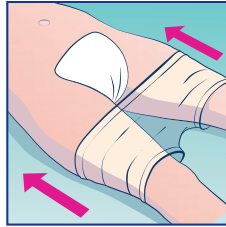
## TENA Comfort Fitting: Lying Down



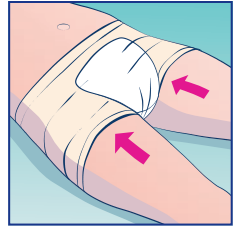
Fold the pad in half lengthways before opening it out to secure a bowl shape. The front of the pad is the smaller area. Place larger area at the back.



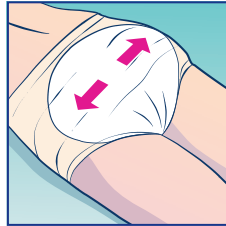
Pass pad from front to back. The wetness indicators are the blue lines across the pad.



Pull fixation pants up over the pad.



Ease leg elastics into the groin area for secure fixation and leakage security.

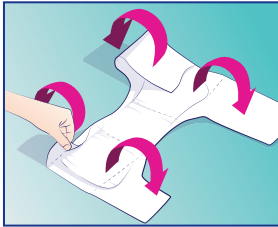


Fan-out the product to the sides (front and back) to ensure a close-body and comfortable fit.

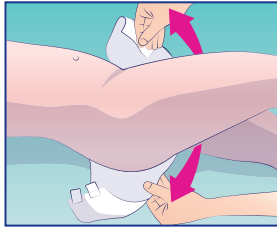


## TENA Slip Fitting: Lying Position

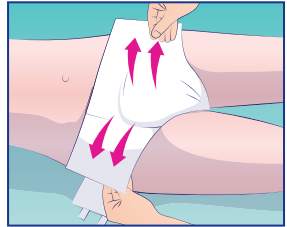
(Large size has arrows indicating where to open the product)



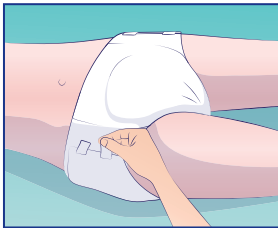
Remove the product from the bag and open the front and back side panel.



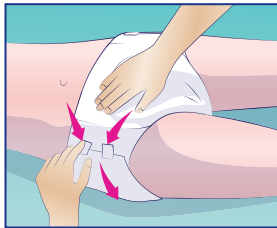
With the user lying on their side, centre and smooth out the pad in the back and slide the pad between the legs from back to front.



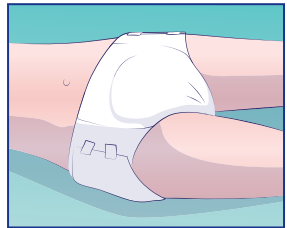
Make sure there is a good fit in the groin. Centre and smooth out the pad in front.



Fit the tapes, one at the time. The top tapes angled slightly downwards, and the bottom tapes angled slightly upwards. Check for comfort and fit. The pad allows for multiple refastening and adjustments of the tapes.



Gently press and smooth the tapes on to the textile-like back-sheet. Give a gentle pull to anchor the tapes into the fibres of the back-sheet. This ensures the secure fixation.

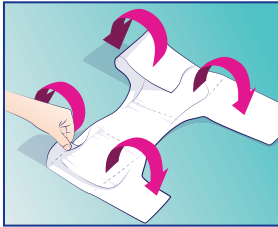


The final product fit.

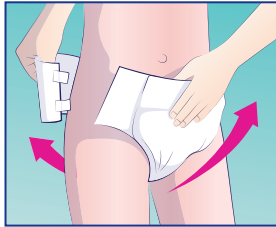


## TENA Slip Fitting: Standing Position

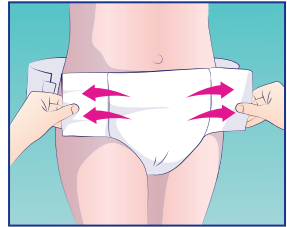
(Large size has arrows indicating where to open the product)



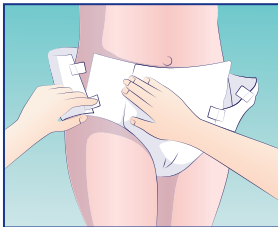
Remove the product from the bag and open the front and back side panel.



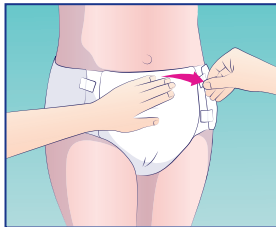
With the user standing, place the pad between the legs and ensure a good fit in the groin.



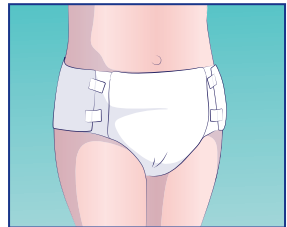
Centre and smooth out the pad in front and back.



Fit the tapes, one at the time. The top tapes angled slightly downwards, and the bottom tapes angled slightly upwards. Check for comfort and fit. The pad allows for multiple refastening and adjustments of the tapes.



Gently press and smooth the tapes on to the textile-like back-sheet. Give a gentle pull to anchor the tapes into the fibres of the back-sheet. This ensures the secure fixation. Ensure leg elastics are pulled out to ensure leakage security.



The final product fit.



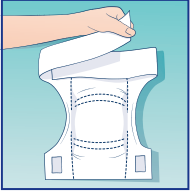
### TENA Slip Plus & Super (Medium & Large) sizes:

Two fitting options are available; one as per the instructions above, and the other alternative fit is to angle all tapes slightly downwards to tighten around the leg.

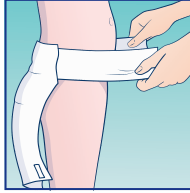
Please choose the most appropriate fit for increased comfort and security.



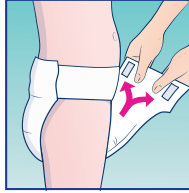
## TENA Flex Fitting: Standing



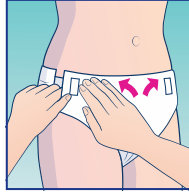
FingerLift™ makes it easy to find the belt opening and then open the pad. Fold the pad in half lengthways to create a bowl shape. Attach the bottom tabs together.



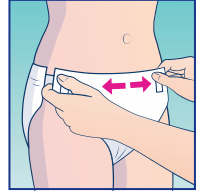
Slide the belt around the hips and secure at the front with the hook-in-line tabs.



With the user standing, pull the pad between the legs by stretching the hook-in-line tabs so that they reach the belt.

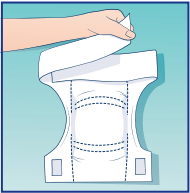


Stretch the front of the pad up towards the waist and out at each side. Attach the hook-in-line tabs to the belt with soft pressure.

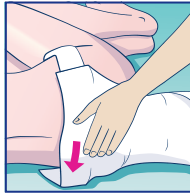


Double-check the hook-in-line tabs are fixed securely and that there's a close fit in the groin area. COMFISstretch™ easily adjusts to suit different body shapes for a comfortable fit and leakage security.

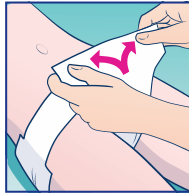
## TENA Flex Fitting: Lying Down



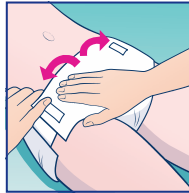
FingerLift™ makes it easy to find the belt opening and then open the pad. Fold the pad in half lengthways to create a bowl shape.



With the user on their side and the pad at the back, crumple the belt and slide it through below the waist.



With the user lying down, secure the belt at the front, pull the pad between the legs by stretching the hook-in-line tabs so that they reach the belt.

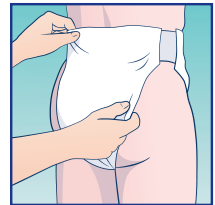
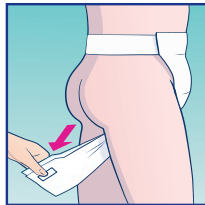
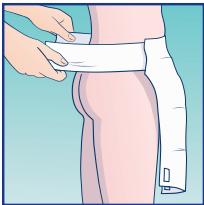


Stretch the front of the pad up towards the waist and out at each side. Attach the hook-in-line tabs to the belt with soft pressure.



Double-check the hook-in-line tabs are fixed securely and that there's a close fit in the groin area. COMFISstretch™ easily adjusts to suit different body shapes for a comfortable fit and leakage security.

## TENA Flex Fitting: Front and Back



TENA Flex can be applied from the front as well as the back. The ability to apply the product from the back can be more discreet and dignifying for the user. This versatile application is possible due to a symmetrically shaped core which absorbs equally well in both positions. COMFISstretch™ easily adjusts to suit different body shapes for a comfortable fit and leakage security. **If the product is fitted on the reverse it must be recorded in the individual's notes.**



# Useful contacts

Local Continence Advisor: .....

District Nurse: .....

## Bladder & Bowel UK

Bladder and Bowel UK provides a national service, working as part of Disabled Living, Manchester to improve the life for all people with bladder or bowel problems by offering product information, advice and practical solutions to both professionals and the general public.

### Contact Details

Helpline: 0161 607 8219

Email: [bbuk@disabledliving.co.uk](mailto:bbuk@disabledliving.co.uk)

Website: [www.bbuk.org.uk](http://www.bbuk.org.uk)

## Bladder & Bowel Community

The Bladder & Bowel Community is an independent and impartial body whose aim is to empower individuals, raise awareness and support the bladder & bowel community.

### Contact Details

Tel: 01926 357220 • Email: [help@bladderandbowelfoundation.org](mailto:help@bladderandbowelfoundation.org)

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

## Essity UK Ltd

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: [tena.co.uk](http://tena.co.uk)



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