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Nottinghamshire Healthcare
NHS Foundation Trust

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यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت در خواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات اخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب

You may also find our other Specialist Continence leaflet series useful.

You can view or download them from the Trust's website at:

www.nottinghamshirehealthcare.nhs.uk/continence-advisory-service

If you have a problem with your continence products or your needs change, contact the District Nursing Team (below) or your GP practice.

Specialist Continence Services/Community Nurse contact details:

:

www.nottinghamshirehealthcare.nhs.uk

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Specialist Continence Advisory Service

Local Partnerships



Patient Information Leaflet Number 12

How to get the best from your Continence Pads – for containment of urine/faeces

This leaflet gives information on:

- How the continence pad works
- How to keep your skin healthy
- How to store your pad
- Contact details for local Community Service – if you have a problem or need a reassessment

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How do the continence pads work?

Pads are designed in layers, each layer has a purpose:

- the top layer keeps the skin dry, it lets urine through quickly into the pad
- the second layer draws urine away from the skin into the bottom layer
- the third & fourth layers absorb the urine and “lock” it away from the skin
- the bottom layer is a breathable waterproof backing, this keeps the clothing dry
- The pads need to be snugly fitted to the body to work effectively. You will have had your hips/waist measured to identify the correct size.

If your weight changes you may need to be reassessed

How to keep your skin healthy:

- Always wear the pad close to the skin
- Aim to drink 7 - 8 drinks of 250mls per day including water(1.5 – 2 litres or 3 - 4 pints per day)
- Aim to eat a balanced diet containing whole grains, fruit and vegetables—5 portions a day
- Practice good hand hygiene, wash your hands after using the toilet/changing your continence pad
- Wash your skin daily with water and a non-perfumed soap
- Ensure faeces is not left in contact with the skin as the enzymes in the faeces can increase the risk of inflammation of the skin

- Do not use talcum powder
- Do not use creams unless prescribed by your GP practice and if prescribed use them sparingly. Creams can stop the pads absorbing properly
- Do not fit one pad inside another, this will not increase absorbency and may make your skin sore
- Do not sit on unsecured pads, you may suffer from sore skin if urine is exposed to air

If worn correctly the pads should not cause soreness to the skin but please check your skin regularly for signs of soreness or redness and if seen contact your Community Nurse.

Report any skin soreness or concerns via Single Point of Access for your area.

How to store your continence pads:

- ✓ Keep pads in the original packets
- ✓ Store at room temperature
- X Do not keep pads in the bathroom or areas with high moisture levels as the humidity will affect the absorbency
- X Do not keep your pads near radiators or heaters as this will cause the super absorbency powder to clump together

If you still have an excess of products left when your next delivery is due contact your nurse as you may need a review of your order

Disposal of used pads:

Place used pad in a plastic bag and secure disposing in general waste.

Further Information

Further useful information can be accessed on the NHS website:
www.nhs.uk