

INCONTINENCE

practical information & tips



Determine the degree of incontinence
Choose the proper size
Product placement or application
When to change the product

Take your copy from the inside






3 steps to choose the right product



1

determine incontinence degree

Incontinence degree is calculated on the base of amount of urine lost within 4 hours.
The simplest division of incontinence degrees is into light, moderate and heavy, as follows:

Degrees of incontinence	LIGHT	MODERATE	HEAVY
			
Volume of urine involuntarily passed /4h	up to 3 fl oz / 100 ml	3-7 fl oz / 100-200 ml	over 7 fl oz / 200 ml

To determine the degree of incontinence one should conduct a bladder diary for a few days and collect 3 most important pieces of information:


1. daily liquid intake 2. number of visits to the toilet 3. amount of urine passed there

example of bladder diary filled

	1. VOLUME OF FLUID INTAKE	2. VOIDING BLADDER IN TOILET	3. VOLUME OF URINE PASSED
12:00 p.m. – 01:00 a.m.			
01:00 – 02:00 a.m.			
02:00 – 03:00 a.m.			
03:00 – 04:00 a.m.			
04:00 – 05:00 a.m.			
05:00 – 06:00 a.m.			
06:00 – 07:00 a.m.		x	xx
07:00 – 08:00 a.m.	8 fl oz		
08:00 – 09:00 a.m.			
09:00 – 10:00 a.m.			
10:00 – 11:00 a.m.	4 fl oz		
11:00 – 12:00 a.m.	4 fl oz	x	xx
12:00 a.m. – 01:00 p.m.	4 fl oz		
01:00 – 02:00 p.m.	10 fl oz		
02:00 – 03:00 p.m.			
03:00 – 04:00 p.m.			
04:00 – 05:00 p.m.	8 fl oz		
05:00 – 06:00 p.m.		x	xx
06:00 – 07:00 p.m.			
07:00 – 08:00 p.m.	8 fl oz		
08:00 – 09:00 p.m.			
09:00 – 10:00 p.m.	4 fl oz		
10:00 – 11:00 p.m.			
11:00 – 12:00 p.m.			

LEGEND: volume of fluid intake: ● cup ≈ 8 fl oz volume of urine passed (subjective feeling): ● x – little ● xx – moderate ● xxx – a lot

calculation example

liquid intake	50 fl oz
about 80% is excreted as urine amount of urine passed	$80\% \times 50 \text{ fl oz} = 40 \text{ fl oz}$
number of visits to the toilet	3
amount of urine released	5 fl oz $= 3 \times 5 \text{ fl oz} = 15 \text{ fl oz}$
amount of urine lost per 24 hour	$40 \text{ fl oz} - 15 \text{ fl oz} = 25 \text{ fl oz}$
incontinence degree (per 4 hours)	$25 \text{ fl oz} / 6 = 4.2 \text{ fl oz}$  moderate incontinence

2

determine physical activity of the patient



patient is mobile, able to use toilet and needs discreet products providing highest dignity



patient is mobile, but needs some assistance or help when going to the toilet (e.g. walker, walking cane, wheelchair)



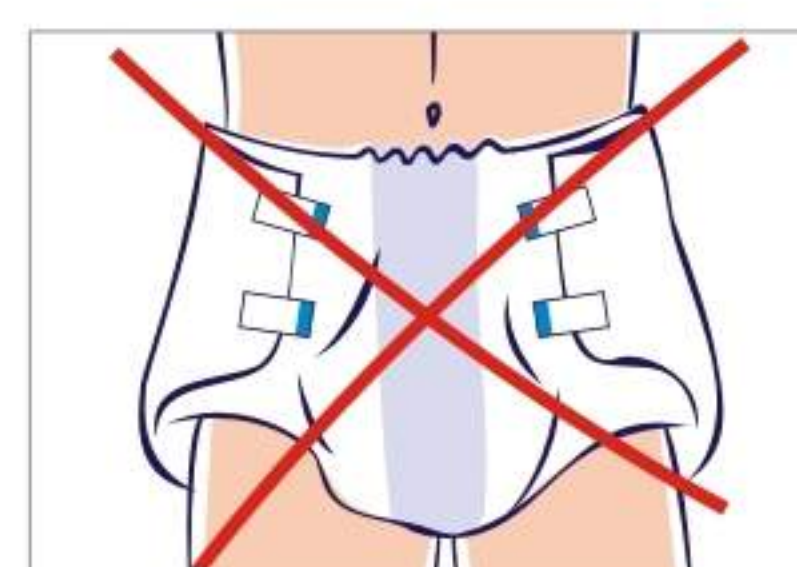
patient is immobile (bedridden), spending most time in lying position

People who are completely bedridden often have heavy or severe incontinence. They are not able to go to the toilet themselves and doomed to pass urine into an absorbent product. The more time the patient spends lying down, the more protective a product should be. Mobile people, on the other hand, can use the toilet and have a product that allows them to stay dry throughout the day and is easy to wear.

3

select the proper size

Proper size of the product is very important to have products well fitted and to prevent leakages (which occur when product is too big, too loose) or irritations (which occur when product is too tight).



too big
risk of leakages



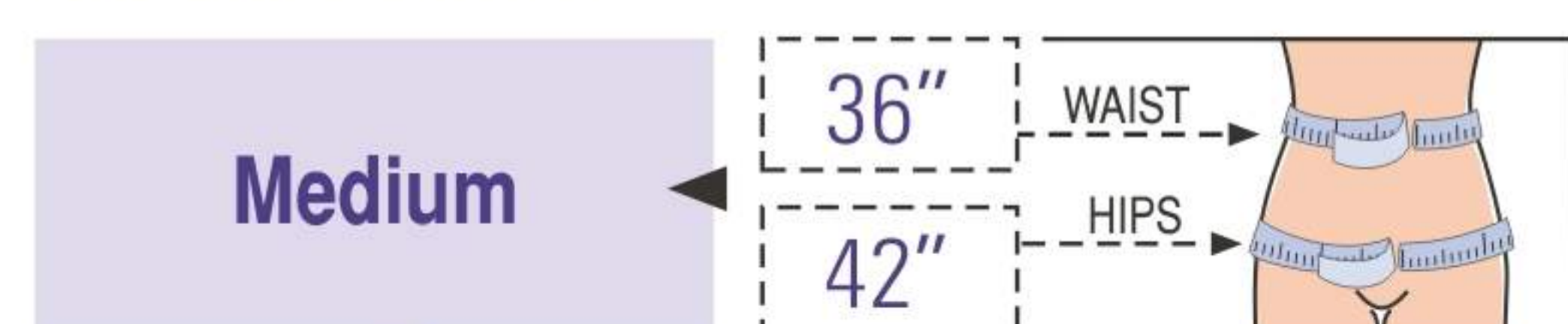
too small
irritations possible



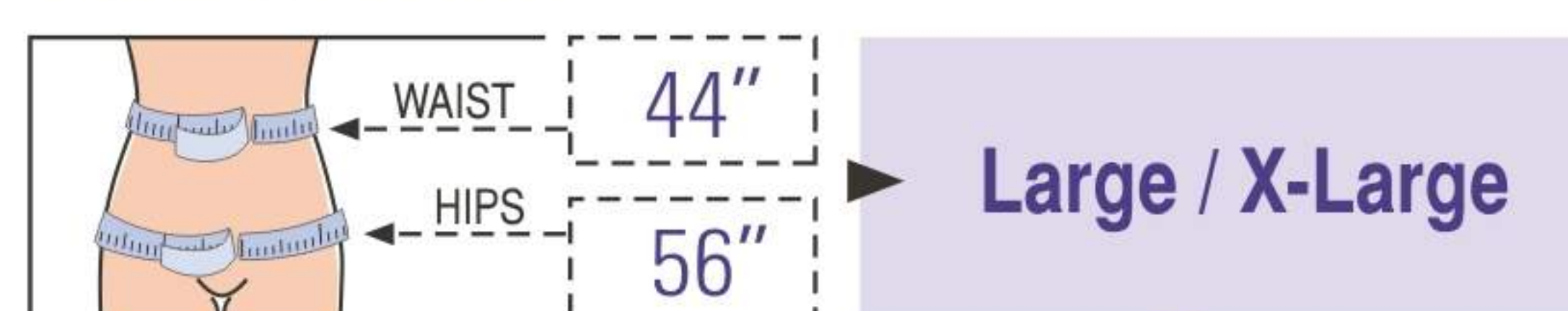
perfect fit


The measurement of waist and hips should be taken with the use of a tape measure.


If both measurements (waist and hip size) are in one range, pick the size this range indicates. See chart below:



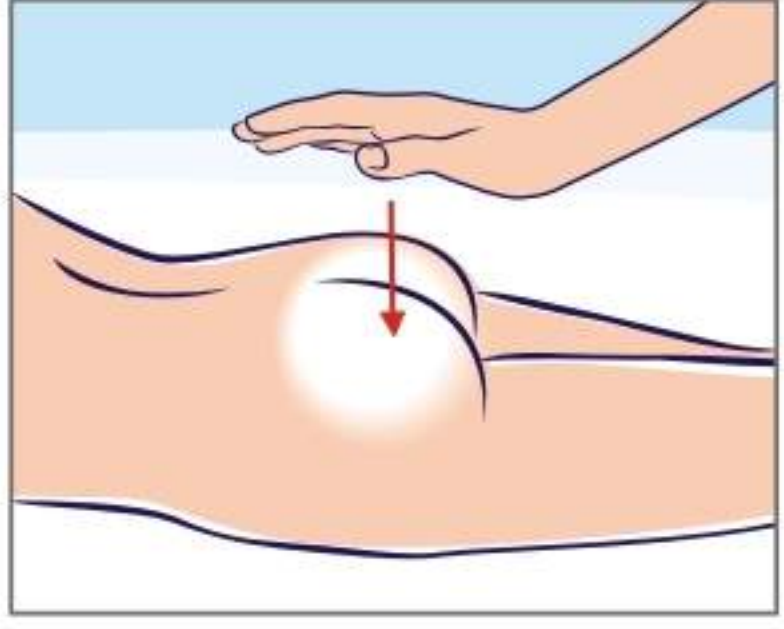
If measurements are in two different ranges, defer to the larger size. See chart below:



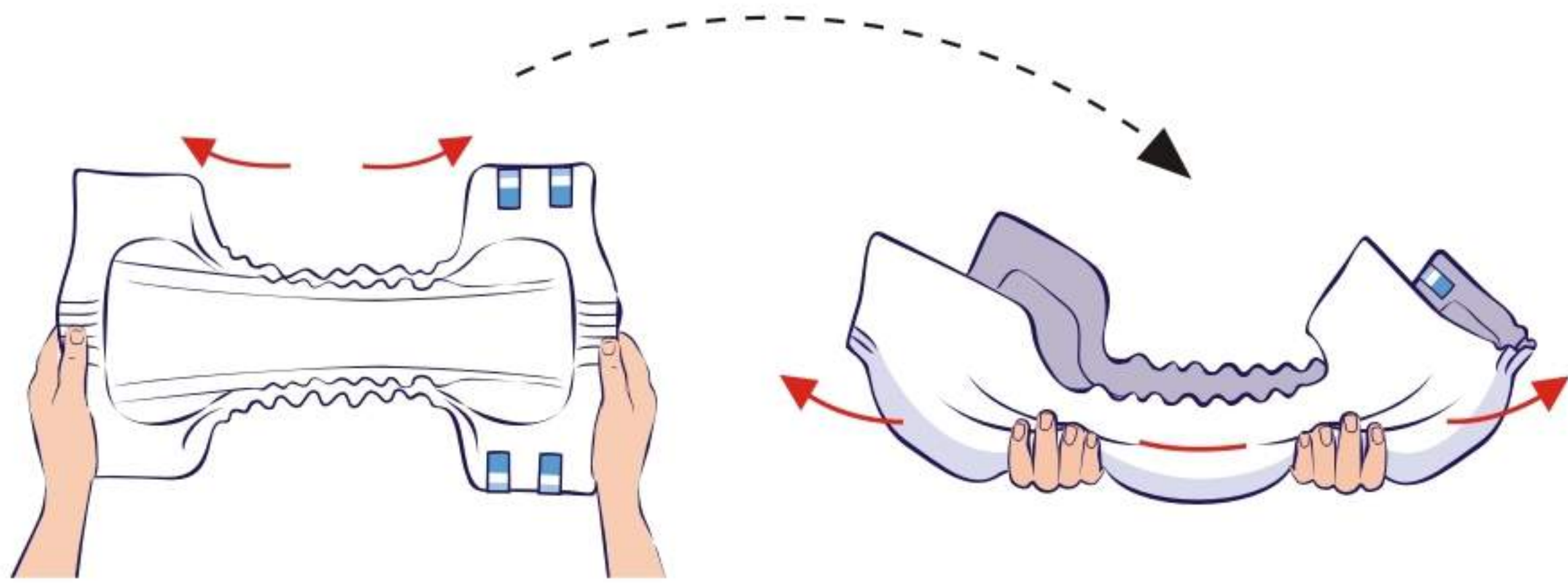
	SENI ACTIVE UNDERWEAR	
Small	22" – 33"	
Medium	31" – 43"	
Large	39" – 53"	
X – Large	47" – 63"	

	SENI BRIEFS		
X-Small	16" – 24"		
Small	22" – 31"		
Medium	30" – 43"		
Regular	40" – 50"		
Large	45" – 59"		
X – Large	55" – 67"		

applying the product



Assess the skin prior to placing the product.



For optimal performance activate the brief before use to improve absorption (unfold, stretch and fold in length). Briefs should be boat-shaped after activation.



1 Stand at the edge of the bed and bend one leg at the knee. Bend the leg that is further from you.



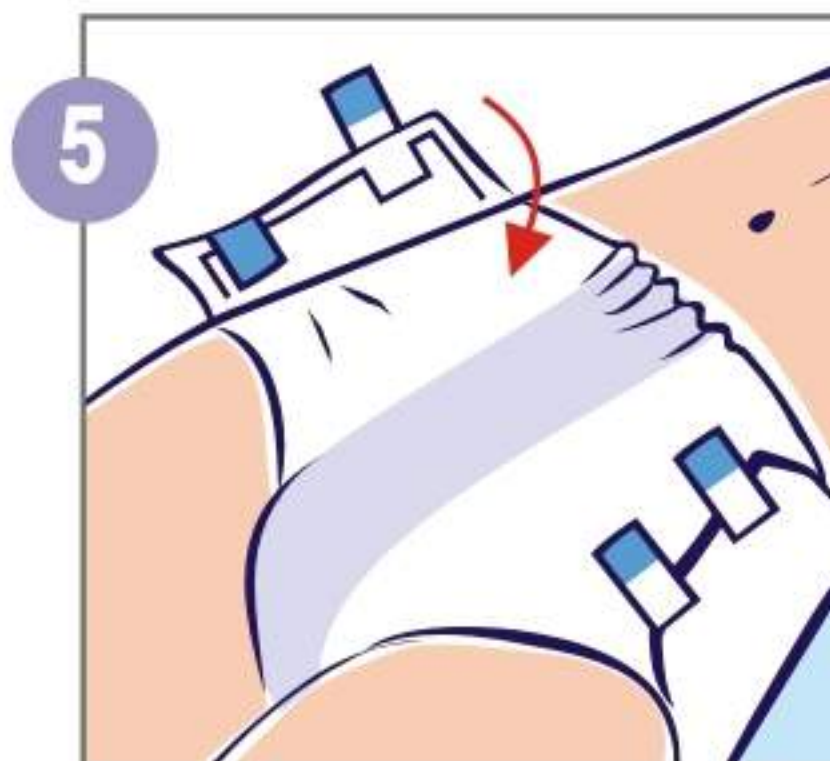
2 Hold the patient by the knee, gently turn the patient towards you.



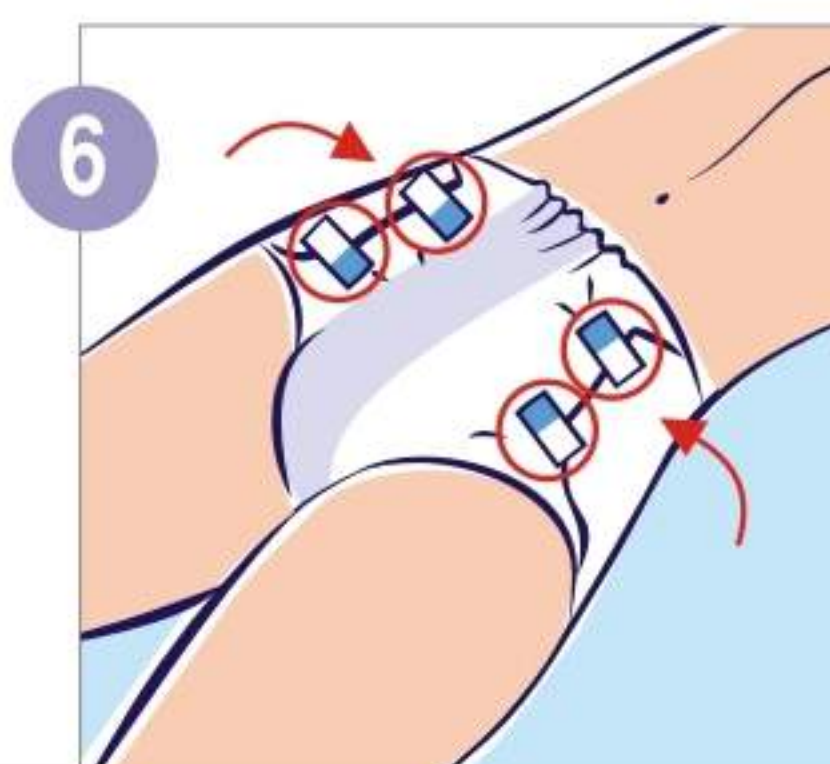
3 After cleansing the skin and using protective cream, place the activated briefs under the patient.



4 Gently roll the patient on their back, straighten their legs and pull out the folded wing of the brief. Pull out the front of the boat shaped product and adjust it to the crotch. Make sure that the gathers are not folded to the inside and the wetness indicator is aligned with the spine.

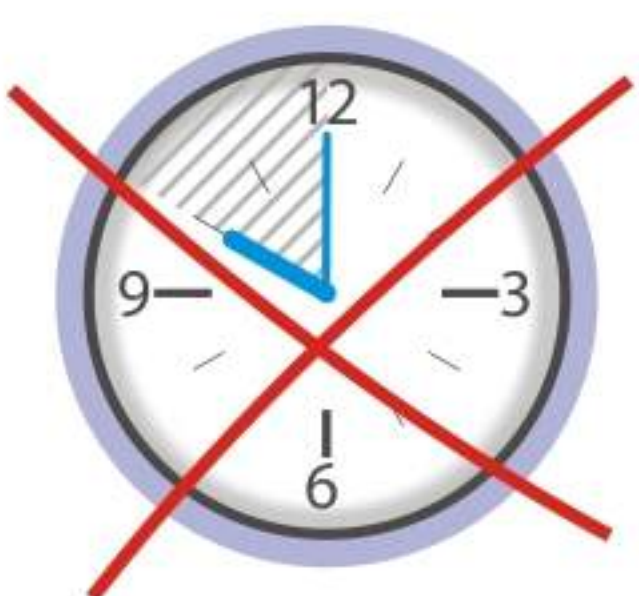


5 Use the elastic tabs to fasten the briefs; start with the bottom fastening tabs sticking them on slightly upwards (this will prevent leakage). After fastening the bottom tabs fasten the top ones adjusting the briefs to the waist.



6 After fastening the briefs make sure that it is secure and fits well.
TIP: Run your finger between the brief and the skin to make sure it's not too tight.

time to change the product



Seni absorbent products perform very well and **there is no need to change them every 2 hours**. Typically they can stay in place longer. This always depends on the individual needs of the patient (e.g. products can be used for 4-6 hours; up to 8 hours for products with high absorbency or "night products").

NOTE

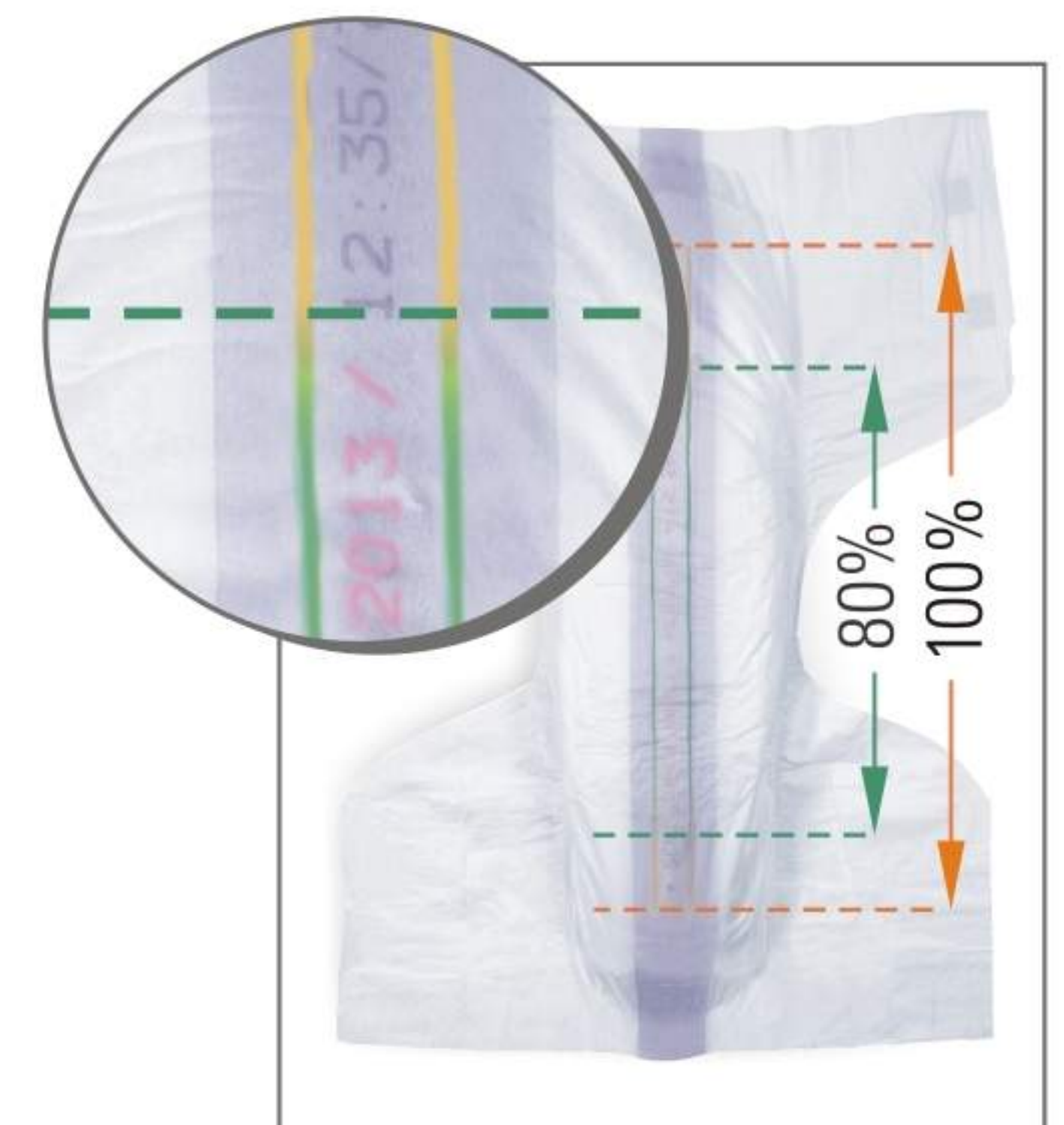
You can provide better care if you ensure comfort, help maintain dignity and not disturb the patient's sleep when unnecessary.

To find out what is the proper time to change the soiled product and avoid leakages **observe the wetness indicator performance** – yellow stripes and/or inscription along the briefs or pads. When the stripes get green/blue and the inscription fades, the product is soiled. **When 50-80% of wetness indicator has changed the color, it is time to change the product.**

The only situation when the absorbent product should be changed immediately – without looking at the indicator – is the release of feces.



before use



after use



absorbent products



Patient is mobile **or** patient is moving with some assistance
(e.g. with walking cane or walker, on wheelchair)



Patient is bedridden, immobile

LIGHT

SENI LADY®

Moderate Pads Long
Maximum Pads Regular



SENI MAN™

Active Guards



SENI LADY®

Ultimate Pads Long*



SENI MAN™

Fit Guards*



SENI™

Seni Day Shaped Pads*



MODERATE

SENI LADY®

Ultimate Pads Regular
Ultimate Pads Long



SENI MAN™

Fit Guards



**SENI ACTIVE
FOR WOMEN™**



**SENI ACTIVE
FOR MEN™**



SENI ACTIVE CLASSIC PLUS™



SENI CLASSIC PLUS™



SENI ACTIVE SUPER™



SENI™

Seni Day Shaped Pads



Patient is mobile



Patient is moving with some assistance **or** patient is bedridden, immobile
(e.g. with walking cane or walker, on wheelchair)

HEAVY

SENI ACTIVE SUPER™



SENI ACTIVE SUPER PLUS™

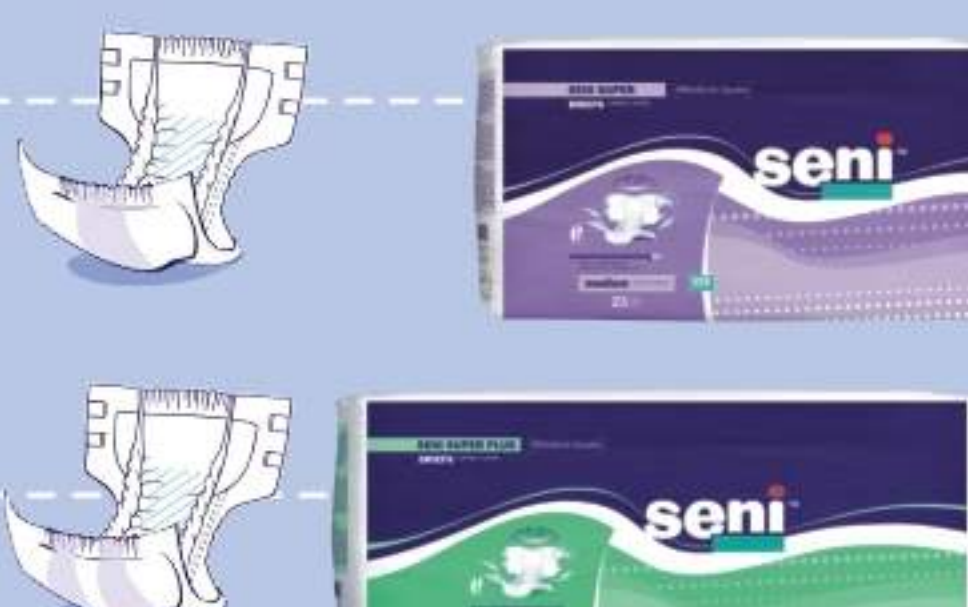


SENI™

Seni Day Shaped Pads
Seni Night Shaped Pads



SENI SUPER™



SENI SUPER PLUS™



SENI ACTIVE SUPER™ **



SENI ACTIVE SUPER PLUS™ **



SENI™

Seni Night Shaped Pads



* Bedridden people are highly improbable to have light incontinence. It's possible only if they use e.g. bedpans regularly

** Underwear is not recommended for bedridden people, as it's not as absorbent as briefs may be. However, if some patients refuse wearing briefs (e.g. patients with Alzheimer's disease), underwear can be a solution.

[PREMIUM Quality]
Features of Seni products:



Vapor permeable outer layer helps
the skin breathe easily



Soft non-woven layer for quick and effective
absorption and improved dryness feeling



Soft, delicate to the skin and discreet for increased confidence



Gentle hydrophobic standing side gathers for better protection
against side leakages

Supplementary offer for incontinence

SENI™

Seni Booster Pads



SENI SOFT™

Seni Soft Classic Dry
Seni Soft Super
Seni Soft Super with Wings
Seni Soft Super Dry



recommended as an additional insert for bowel incontinence or to increase briefs' absorbency

bed and bedding additional protection, available in versions with or without superabsorbent microbeads

For more information please contact us at office@tzmousa.com
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