

Bladder Control Products

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Your guide to
Products for Bladder Control



Providence Care will lead the way in compassion and discovery.

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BLADDER CONTROL PRODUCTS

Absorbent products can be useful for people with temporary or long term incontinence. Finding the right product can be confusing.

1. Menstrual pads were not designed as a bladder control product. Panti-liners or “maxi” pads are made for menstrual blood and are not a good absorbent for leakage of urine.
2. There are a number of bladder control products on the market. Most pharmacies and grocery stores have a bladder control section with many brand names to choose from. Some brand names are:
 - ◆ Tena
 - ◆ Poise Pads
 - ◆ Depends
 - ◆ AttendsThere are many others, including store brands.
3. Incontinence products come in several styles:
 - ◆ Light protection
 - ◆ Moderate protection
 - ◆ Heavy protection in different sizes:
 - Small
 - Medium
 - Large

BLADDER CONTROL PRODUCTS

Light Protection

Products: pads, shields, liners

- ◆ Use if your symptoms include:
 - small loss of urine
 - usual dryness at nightUse especially when laughing, coughing, sneezing, straining

Moderate Protection

Products: guards, undergarments

- ◆ Use if your symptoms include:
 - inability to prevent urine leakage after feeling a strong urge to urinate
 - leakage occurs on the way to the bathroom
 - frequent leakage (small amounts)
 - moderate leakage (small amounts)
 - moderate loss of urine especially when laughing, coughing, sneezing, straining

Heavy Protection

Products: briefs, protective underwear, pads pant system

- ◆ Use if your symptoms include:
 - heavy or continuous leakage of urine
 - heavy leakage at night or when lying down
4. Disposable or washable mattress protectors are also available.
 5. Choose a style of product that suits your needs and keeps you dry.

***Keep your receipts as they can be included on income tax as a health care expense.*