



University Hospitals Birmingham
NHS Foundation Trust



Incontinence pads

– Information for patients and carers

Building healthier lives

UHB is a no smoking Trust

To see all of our current patient information leaflets please visit
www.uhb.nhs.uk/patient-information-leaflets.htm

This leaflet is designed to give you information about the incontinence products you or your relatives have been given to wear whilst in hospital.

Definition of incontinence

Incontinence is defined as loss of bladder or bowel control (National Association for Incontinence, 2010)

Continence assessment

Sometimes even if you have not had an incontinence problem before, an illness could have an effect on your continence for a number of reasons. This does not mean that it will be permanent, however; there are many things that can be done to treat, cure, or ease it. Whilst you are in hospital the nursing staff will assess the extent of the problem and what the cause might be. Following the assessment you will be provided with the most suitable incontinence pads.

Which incontinence products are used at the Queen Elizabeth Hospital, Birmingham?

The pads currently used in this hospital are from the TENA™ (SCA) range which has many different products to suit your needs. They are made up of a one-way top sheet which takes the urine away from skin very quickly. The urine is then changed into a gel inside the pad so that it does not make your skin wet, even when you sit down and put your full weight on the pad.

The pads are very absorbent and can hold more than one leakage so it is not always necessary to change the pad even if you have passed urine into it. Your skin should not become sore as the urine is not against it and it will not smell because the urine is locked away inside the pad.

TENA™ Pads	Recommendation for use
TENA Comfort Mini Extra TENA Comfort Mini Super	For the management of light incontinence
TENA Comfort Normal	For the management of moderate urinary incontinence and/or faecal smearing
TENA Comfort Plus	For the management of moderate to heavy urinary incontinence and/or faecal smearing
TENA Flex Plus Small 60 – 110cm TENA Flex Plus Medium 70 – 90cm TENA Flex Plus Large 85 – 125cm TENA Flex Plus Extra Large 105 – 155cm	A control product for the management of both urinary and faecal incontinence in less mobile/ bed bound patients

How many times should I change my pad?

Dependent on the pad type and absorbency you will be directed by whoever assesses you as to how many times a pad needs to be changed in a 24 hour period. This will take into account the medication you take, your fluid intake and how often you manage to go to the toilet normally. You may require a more absorbent product at night than in the daytime. The wetness indicator also supports the decision when to change the pad, however, if you also have a bowel motion and suffer from faecal incontinence the pad should be changed as soon as possible after the event. This is because the pads are only designed to absorb urine.

Sometimes my incontinence pad leaks; why does this happen?

The use of oil based creams and talc is not advised when you are wearing a pad as they tend to make it more difficult for the urine to be absorbed by the pad.

If you are incontinent it is generally better to wear a pad like this than to let the air get to the skin, as urine can make the skin very sore if it is not taken away from the surface quickly.

You should feel dry and comfortable whilst wearing the pads – if you do not please let your nurse know this so they can find out why. It is usually due to poor fit or incorrect size of the pad.

Skin care

Early intervention to treat skin infections and gentle, preventive personal skincare routines can help minimise the risk of incontinence related skin conditions.

Ageing skin can be at particular risk because it is fragile to pressure and friction and heals slowly. It is also sensitive to on-going exposure to moisture.

Healthcare professionals agree that consistent personal skincare routines are essential to help control odour, maintain the skin and the well-being of individuals with incontinence.

At the Queen Elizabeth Hospital, Birmingham we use TENA Wash Cream, this is a non-rinse, 3-in-1 solution, designed to cleanse, restore and protect your skin. The gentle formulation is suitable for even delicate and fragile skin types, and is ideal for everyday use.

Replacing traditional soap and water and other conventional skin cleansing products, TENA Wash Cream is a mild, soap-free product that will help restore and protect the moisture balance of your skin and is simple to use. With TENA Wash Cream there is no need for rinsing and drying.

TENA Wash Cream has been developed especially for frequent cleansing of intimate areas of skin when changing incontinence pads, but it is also suitable for whole body cleansing. The cream has

moisturising and protection properties and can be left on the skin without rinsing. If the product has been applied correctly the skin should feel dry and soft.

In the unlikely event of a skin reaction, usage should be discontinued immediately and advice sought from your healthcare professional.

How many incontinence pads will I be provided with on discharge?

For patients who will require referral to the Community Continence Team or District Nursing Service the ward staff will provide you with a minimum of five days' supply of pads. You may need to purchase additional supply, while waiting to be assessed by the Community Health Care Professional.

You will be given information about how to manage the interim period by the hospital staff. Usually by purchasing your own products from a chemist, supermarket or by mail order (please refer to useful contacts).

What will happen after I am discharged?

The community nurses will contact you and a further continence assessment may be required. It may take a few weeks for them to contact you. When they have completed your assessment they may offer you treatment and other ways of managing the problem apart from wearing pads.

Please be aware light incontinence may not meet the criteria for pad product prescription from the community teams, in which case, you may be directed to buy your own pads from a chemist, supermarket or by mail order, and you should be offered continence promotion advice to help alleviate your symptoms if this is appropriate.

The pads used by the community service may not be the same as the ones you received in hospital so they may look different, however they will work in the same way.

Pad disposal at home

As long as incontinence pads are double wrapped they may be disposed of with your domestic waste.

We hope you find this information useful. If you would like further information please ask your nurse.

Useful contacts

Birmingham Community Healthcare Continence Service.

This is a strictly confidential service and you can self-refer by contacting the services below:

South, Central & West Birmingham

Tel: 0121 466 4230

North & East Birmingham

Tel: 0121 465 2599

Heart of England NHS Trust – Solihull Community Continence Service

Tel: 0121 704 2381

TENA Direct Mail Order

Tel: 0800 393431

www.tenadirect.co.uk

Bladder & Bowel Foundation

www.bladderandbowelfoundation.org

TENA

www.tena.co.uk



The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk/health-talks.htm

Urology Department
Queen Elizabeth Hospital Birmingham
Mindelsohn Way, Edgbaston, Birmingham B15 2GW
Telephone: 0121 627 2000
