

## Product Fitting Instructions – Fitting them while laying down

DEPEND® Undergarments are specially designed to provide superior protection and a comfortable fit for moderate to heavy bladder control problems. Elastic straps with buttons hold DEPEND® Undergarments securely in place and let you put on the product without completely taking off your clothes.

### Important Tips

- Button straps are individually wrapped and are located inside the undergarment package.
- Clean the groin and buttocks thoroughly after removing an undergarment.
- Dispose of soiled undergarments in a sanitary manner. Do not flush.
- Wash hands after handling soiled undergarments.
- Seek professional advice from your physician or health care professional if you or someone you care for is experiencing bladder control problems.

### Step 1

Identify the inside and outside of the product.

- The inside (side placed against the skin) has a blue absorbent layer.
- The outside of the undergarment has a cloth-like outer cover and green buttonhole reinforcement tape.

Note: The front and back of the undergarment are the same.

### Step 2

Attach the elastic straps to the back button holes of the undergarment. Insert the buttons from the inside of the undergarment so they show on the outside of the undergarment – away from the skin.

### Step 3

Move the person onto his or her side.

### Step 4

Place the inside of the undergarment (the blue absorbent layer) against the buttocks. Align the end with the elastic straps with the person's back waistline.

### Step 5

While holding the undergarment in place, roll the person onto his or her back so they are centred on top of the undergarment. Bring the front of the undergarment up between the legs. Make sure that the straps are not twisted and fasten them in front. Again, insert buttons from the inside of the undergarment so they show on the outside of the undergarment.

### Step 6

- Position for a close fit by pulling the elastic straps toward the waistline, making sure heights on the front and back of the undergarment are equal.
- Elastic straps should be angled slightly upward, over the hips.
- Make sure the straps are not twisted.
- Move any folds of skin – especially on the inner thigh – to prevent leaking and chafing.
- Save elastic straps for reuse. To clean elastic straps, hand wash in mild detergent and hang to dry. Packages of Depend Undergarments include one pair of elastic straps.

Note for men: be sure that the penis is pointing down into the undergarment.

#### STEP 1



#### STEP 2



#### STEP 3



#### STEP 4



#### STEP 5

