

Urology

Incontinence products: Information for patients and carers

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

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. However this does not mean that it will be permanent. There are many things that can be done to treat, cure, or alleviate it. Whilst you are in hospital the nursing staff will assess the extent of the problem and what the causes might be, but we may have to concentrate on your illness first. If a full continence assessment is not possible in hospital it will be done when you return home.

The products currently used in this hospital are from the TENA 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 the skin very quickly. The urine is then changed into a gel inside the product so that it can not come back onto your skin as wetness even when you sit down and put your full weight on it. The pads are very absorbent and can hold more than one leakage so it is not always necessary to change the product even if you know that you have passed urine into it.

There is a yellow line or maybe two yellow lines on the outside of the pads which are called wetness indicators. The pads do not need to be changed until the yellow line has turned two thirds blue. This is how the pads are designed to work.



Patient Information

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.

The excessive use of oil-based creams and talc is not advised when you are wearing a continence product 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 product 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.

If you also have a bowel problem and suffer from faecal incontinence then the pad should be changed as soon as possible after your bowel movement. This is because the pads are only designed to absorb liquids.

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.

If you think you will require pads at home and were not using them before your stay in hospital, please ensure your carer/relative has bought pads ready for your return home until you are visited by the community nurse. You can also purchase your own products from your chemist or most supermarkets.

A referral to the community nurse will be made on discharge from the hospital by the nurses on the ward. This will enable the community nurse to visit you to do a thorough continence assessment. You may be offered treatment and other ways of managing the problem apart from wearing pads.

If you do not fit the criteria for pads from the community continence service, you may be directed to buy your own products from local chemists or by mail order. The products used by the community continence service are not the same as the ones you will be given in hospital, so your new product may look different, but it will work in the same way.

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

Patient Information

Useful numbers:

University Hospital – 024 7696 4000

St. Cross Hospital – 01788 572831

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5295 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History

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