



# Improving dignity BY CHOOSING THE RIGHT PRODUCT

## Product choice and proper sizing are very important when dealing with incontinence

**Right Product:** Choosing the right product based on occurrence, flow and mobility improves dignity and quality of life.

**Right Size:** If a product is too big it will leak and cause skin irritation. Incontinence products should fit snug in the groin area to ensure proper fit without leakage. If you wear a 4-Tab Brief or Underwear, see reverse side to determine your correct size.

*If you are Bowel incontinent a 4-Tab Brief is recommended.*



Please see chart below if you have urinary incontinence.



Daytime/Nighttime: Choose the flow that best describes your urinary incontinence

Light Flow  A few drops?	Moderate Flow  More than a few drops?	Heavy Flow  Steady flow?
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Mobile? (Mobile means you can get to a toilet or bedside commode or bedpan)	✓	✓	✓	✓
Not Mobile?	✓		✓	✓
Recommended Product For You:	 Underwear Liners	 Underwear Liners or Underwear	 4-Tab Brief	 4-Tab Brief

Please note: It is important to discuss incontinence with your physician.

[See Reverse Side For Sizing Help](#)

**Experiencing Leakage?**  
Call our eNurse™ at 888-728-5674

## Double Stacking Doesn't Work

A common myth is that using multiple disposable products at the same time will offer better leakage protection. But the truth is that products are not designed to be stacked on top of each other and may cause more leakage and possible skin infection.



Waterproof layer prevents liquid from flowing into the next product.

### Negative Impact of Stacking



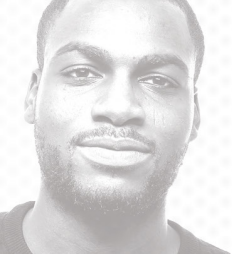
**More Leakage**  
Protection only from lighter product.



**Increase Risk of Infection**  
Promotes bad cleaning habits.

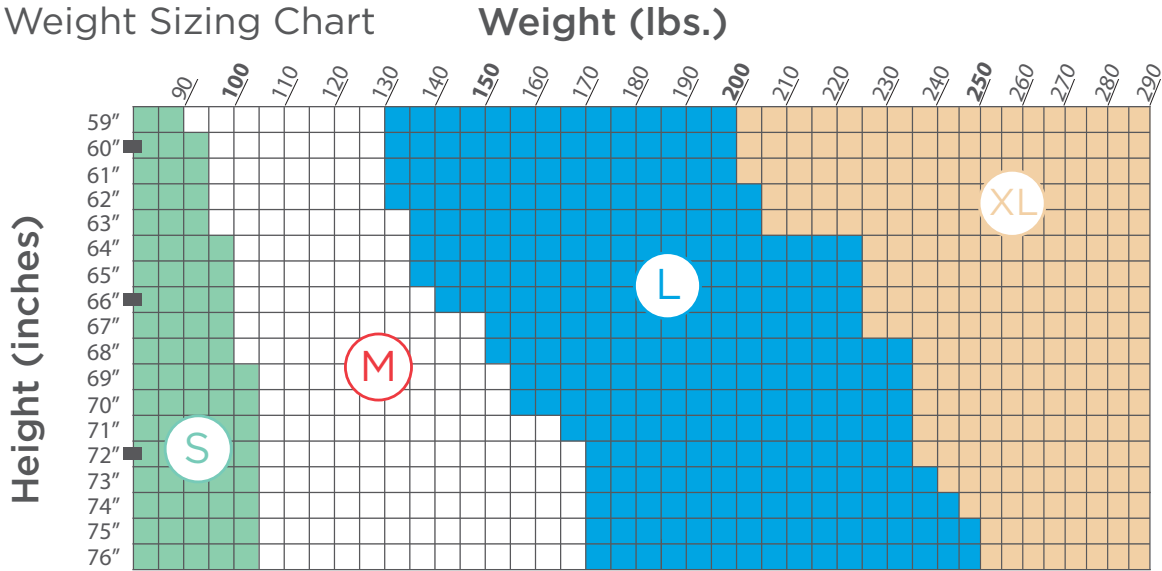


**Moisture Build-Up**  
Can lead to skin irritation.



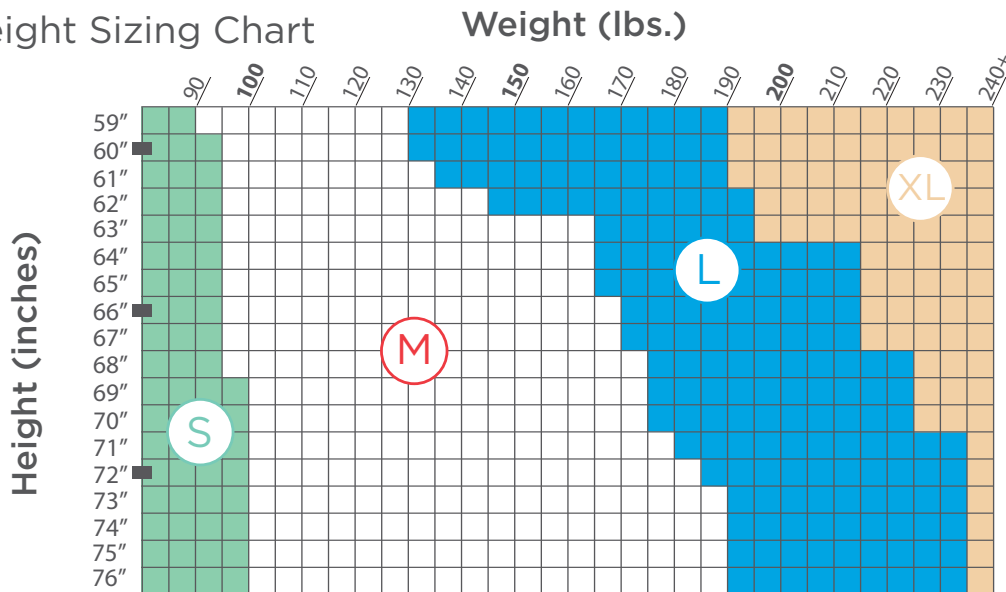
# USING YOUR CURRENT HEIGHT & WEIGHT WILL HELP YOU FIND THE APPROPRIATE PRODUCT SIZE

## Prevail 4-Tab Briefs Height & Weight Sizing Chart



59"=4'11"	62"=5'2"	65"=5'5"	68"=5'8"	71"=5'11"	74"=6'2"
60"=5'0"	63"=5'3"	66"=5'6"	69"=5'9"	72"=6'0"	75"=6'3"
61"=5'1"	64"=5'4"	67"=5'7"	70"=5'10"	73"=6'1"	76"=6'4"

## Prevail Underwear Height & Weight Sizing Chart



59"=4'11"	62"=5'2"	65"=5'5"	68"=5'8"	71"=5'11"	74"=6'2"
60"=5'0"	63"=5'3"	66"=5'6"	69"=5'9"	72"=6'0"	75"=6'3"
61"=5'1"	64"=5'4"	67"=5'7"	70"=5'10"	73"=6'1"	76"=6'4"