

Continence Pads - Frequently Asked Questions

Q1. How many products can I have in 24 hours?

Products are allocated depending on a person's continence needs. The maximum number of pads allocated in a 24 hour period is THREE. Additional products can be purchased at cost price by contacting Hartmann directly or other suppliers via a supermarket / chemist.

Q2. What sorts of products are available?

Products are allocated depending on a person's continence needs. BCH has a contract with Paul Hartmann to provide the products. The 3 main products that are available are:

- **Molimed**- shaped products with a plastic backing and a sticky adhesive strip. Need to be worn in close fitting underwear. For lighter urinary incontinence.
- **Moliform**- shaped products with a plastic back; there is no sticky adhesive strip. Need to be worn in close fitting underwear. There is a range of absorbencies. Suitable for light to heavier urinary incontinence / faecal incontinence.
- **Molicare**- wrap around products with a plastic backing. They have sticky tabs to secure the product.
- There is a range of sizes and a range of absorbencies and samples are usually tried to ensure the right product is selected.
- Incontinence sheets are not provided.
- Pull up style products are no longer available through BCH.

Q3. Can I have two different types of pads?

If necessary, different types of pads will be allocated for a 24 hour period. For example, in the daytime a lighter pad may be required and overnight a higher absorbency or wrap around style product may be needed.

Q4. How will I receive my products?

After your assessment has been completed and it is necessary for you to have products, arrangements are made for them to be delivered to your home and ongoing supply instructions are given on first delivery.

Q5. How should the products be stored?

Pads need to be stored in a dry room. They should not be stored in the bathroom. As the pads are vacuum packed in the packet, the manufactures recommend that the products are taken out of the packet at least half an hour before use. This allows the fibres to 'fluff up' and work more effectively. We advise to remove your daily supply the night before and store these in a dry place such as a wardrobe or drawer. Never shake the product – it damages its internal fibres.

Q6. How often should I change the product?

The wetness indicator gives a guide to know when to change the pads; you should change when you can only see 2 solid blocks of the indicator. The products can be protected from faecal soiling by using a cloth liner (such as a nappy style liner) they can be quickly removed

and replaced if needed. This will also, allow the pad to continue to offer full absorbency. The use of two pads at one time or 'double padding' is strongly advised against. Always wash your hands with anti-bacterial soap under running water and dry thoroughly after any visit to the toilet or any change / adjustment to a continence product.

Q7. How do the products keep me dry?

There are neutralising granules inside the products that are not only highly absorbent but they also work to reduce unpleasant odours. There are also leg cuffs on certain styles, which ensure the product does not leak.

Q8. Can I use powders and creams (i.e. talc and barrier creams) with the pads?

Talc should never be used in the genital area. Only recommended creams should be used in a thin layer. Powders and creams can form a gritty paste which harms skin and blocks the pores of the product which could reduce the effectiveness.

Q9. How do I dispose of used products?

Products must not be placed down the toilet. Used pads should be wrapped in newspaper, liner bag or nappy sacks (which can be purchased) and put in to your household waste. If you feel that you need a larger wheelie bin to deal with the amount of waste, please contact Bristol City Council on 0117 9222100, who will arrange a Waste Doctor to visit you at home to assess your needs. To keep your wheelie bin clean and to prevent odours, it is recommended that you use a cleaning company to wash out the bin. This is usually carried out every 3 weeks and costs around £3. Details of cleaning companies can usually be found on the internet.