

When to change a continence aid?

Incontinence needs vary between individuals. When to change a continence aid will depend on several factors including the clinical needs of the person, the level and type of incontinence, also the style and absorbency of continence aid being used.

Person-Centred Care

A person-centered care approach is central to continence promotion. Understanding individual and clinical needs, as well as goals of care and care planning.

Faecal Incontinence

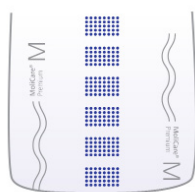
Continence aid requires changing as soon as possible after faecal incontinence. Use skin friendly cleansing and protection products before continence aid application.

Urinary Incontinence

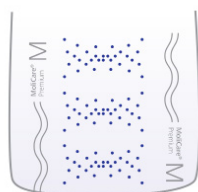
Urinary incontinence products vary in style, absorbency, and size to ensure maximum comfort and leakage protection. Refer to the guide below for recommendations on when to change continence aid based on urinary incontinence.

Products with Wetness Indicators

- **Wetness indicator is 75% blurred**
 - *Intact indicator means the product is still dry*
 - *Blurred indicator means the product has absorbed urine and requires changing when 3/4 blurred*



Intact Indicator



Blurred Indicator

- **If leakage is occurring**



Other indications to change a continence aid:

- If a person communicates the need to change.
- If leakage is occurring.

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