

## Further Information

Further useful information can be accessed on the NHS website:  
[www.nhs.uk](http://www.nhs.uk)

## Patient Experience Team contact details:

Phone: 0115 993 4542

Email: [complaints@nottshc.nhs.uk](mailto:complaints@nottshc.nhs.uk)

Write to: Patient Experience Team, Moorgreen House, Highbury Hospital, Highbury Vale, Bulwell, Nottingham NG6 9DR

This document is also available in other languages and formats upon request.

Su richiesta, questo documento è disponibile in altre lingue e in altri formati.

Sur demande, ce document peut être fourni en d'autres langues et formats.

Na życzenie, dokument ten można uzyskać w innych językach i formatach.

यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات اخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب

You may also find our other Specialist Continence leaflet series useful.

You can view or download them from the Trust's website at:

[www.nottinghamshirehealthcare.nhs.uk/continence-advisory-service](http://www.nottinghamshirehealthcare.nhs.uk/continence-advisory-service)

## Specialist Continence Services/Community Nurse contact details:



## Specialist Continence Advisory Service Local Partnerships



### Patient Information Leaflet Number 13 Shaped Pads

#### What is a shaped pad?

Shaped pads are body worn products. Designed to contain moderate to heavy urinary/faecal incontinence.

To work effectively always wear the pad close to your skin by using snug fitting pants or fixation pants.

## Features of a shaped pad

- ◆ Stay dry top surface - this keeps the skin dry
- ◆ Pulp and super absorbency layer - this locks the urine away
- ◆ Breathable backing - this keeps the clothing dry
- ◆ Elastication - this cups and shapes the pad to hold the urine
- ◆ Wetness indicators (higher absorbency pads only) change colour as the pad absorbs more urine. The wetness indicator line on the outside of the pad changes from yellow to blue, when 75% has changed colour this indicates the pad has reached its absorbency
- ◆ The front of the pad is the smaller area, the larger part is the back of the pad

## Selection of a shaped pad

A range of different absorbency shaped pads are available

- ◆ Your assessing nurse will identify the absorbency required to meet your needs
- ◆ If a 'high' absorbency pad is inappropriately used this could cause your skin to become dry and sore
- ◆ Pads are designed to absorb more than one void of urine, they do not need changing after each wetting episode
- ◆ Lower absorbency pads will be prescribed for faecal incontinence as the pads will need changing after faecal incontinence episodes

## How to fit a shaped pad

- ◆ **Fold pad in half lengthways** before opening out to fit, cup the pad, do not touch the pulp area & do not shake the pad
- ◆ Pull fixation pants to mid-thigh then turn waistband down to knees to form an area to place the pad on
- ◆ Insert pad from front to back and place into position
- ◆ Pull up fixation pants to secure, ease pants up into the groin (like high leg knickers) - this will support the weight of the wet pad more effectively
- ◆ Check the pad is smooth against the skin and in the correct position

## How to keep your skin healthy

- ✓ Wear the pad close to your skin
- ✓ Have enough to drink 7 - 8 drinks per day aiming for a total of 1.5 - 2 litres per day
- ✓ Eat a balanced diet
- ✓ Wash your skin using an unscented soap
- ✗ **Do not** use talcum powder
- ✗ Do not use creams unless prescribed by your GP and then use very sparingly. Creams can stop the pads absorbing properly
- ✗ Do not fit one pad inside the other; this will not increase the absorbency and may make your skin sore
- ✗ Never sit on open pads; you may suffer from sore skin if you expose urine to the air

## Removing soiled/used pads

- Always remove from the back/rear
- Dispose of by placing in disposable bag in general waste
- Report any skin soreness or concerns to your community nursing teams via Single Point of Access for your area

## Storage of continence products

- ✓ Keep pads in packets
- ✓ Store at room temperature
- ✗ Do not keep your pads in the bathroom
- ✗ Do not keep your pads near radiators or heaters
- ✗ Storing pads in extreme cold or rooms with high moisture levels such as bathrooms will affect their absorbency

If you still have an excess of products left when your next delivery is due contact your nurse as you may need a review of your order.

**If you have a problem with your continence products or your needs change contact your District Nursing Team at the back of this leaflet or your GP practice:**