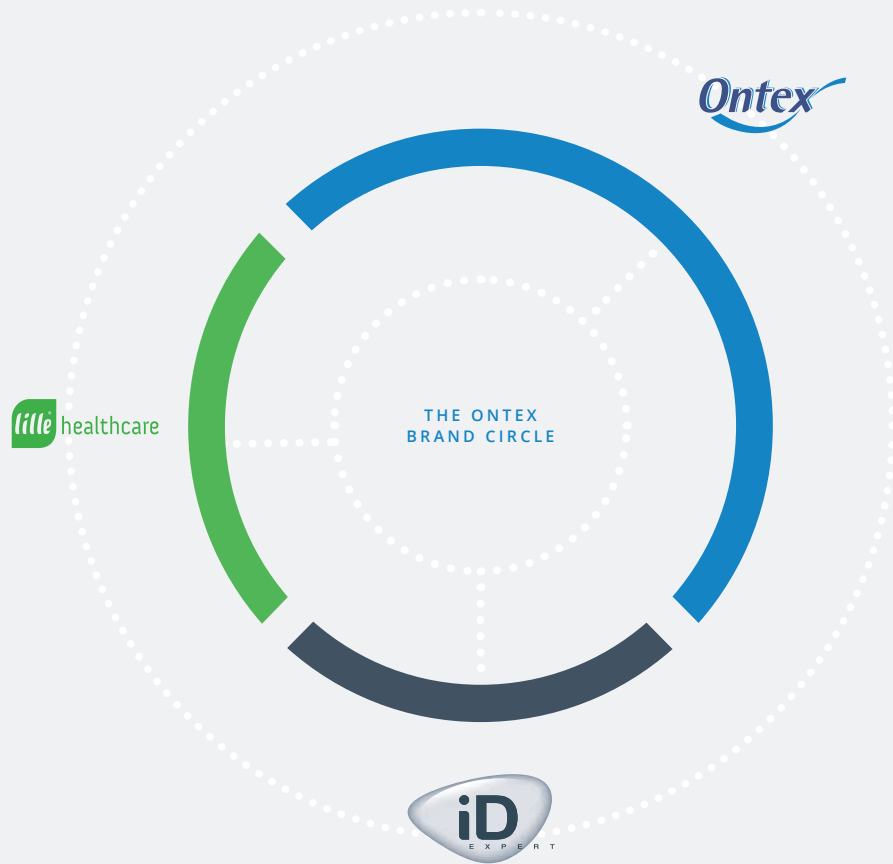




A PARENTS GUIDE

FITTING YOUR PRODUCT

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Ontex exclusively specialises in healthcare solutions for continence management, both at emotional and functional levels.

ontexglobal.com

The Ontex Difference

Smart solutions for all generations

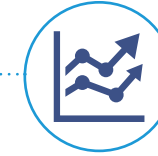


Ontex is a leading international manufacturer of personal hygiene solutions for customers of all ages.

Our quality, high-performance, best-value products are distributed in more than 110 countries and are manufactured across 17 different production sites, and our disposable continence care brands iD and Lille provide solutions for all types and levels of incontinence.



... it's only when you combine our capabilities, our solutions and the excellent service we offer our customers, that you truly **see what makes us different.**



Trusted Partnership

- With over **270 nurse advisors** Ontex is always available to help customers optimise care
- More than **750,000 patients** use our monthly home delivery service
- The Continence Institute is our fully **accredited, comprehensive eLearning** tool

Guarantee of Service

- We are **one international business** with sales in more than **110 countries**
- We have **19 production plants** and **25 logistics hubs** across Europe
- There are **27 Sales and Marketing** sites across the globe
- We have over **11,000 employees**

The Smart Solution

- We have a world class research and development team, who in the last three years have held **over 50 panel tests involving 2,700 patients**
- Ontex is flexible and able to offer the most **comprehensive** product range in the healthcare market
- We have an **industry leading supported and holistic approach** to the changeover of products to Ontex brands

Real Results

- By using product conversion in a group of **33 nursing homes** in Belgium (with approximately 3,000 residents), Ontex made a **22% saving** within three months, and with a **93% satisfaction rate***
- In a **buying group of 150 members** in France, product conversion was used to generate a **25-30% saving**, and also led to increased self-esteem and independence in patients**
- **80,000 patients** converted in 18 weeks with 600 training sessions (>6000 attendees)***



Our value proposition is to offer innovative and smart solutions adjusted to the needs of our consumers and healthcare professionals to improve their quality of life...

* Senior Assist, Belgium ** Grappin Drôme, France *** NHS Scotland

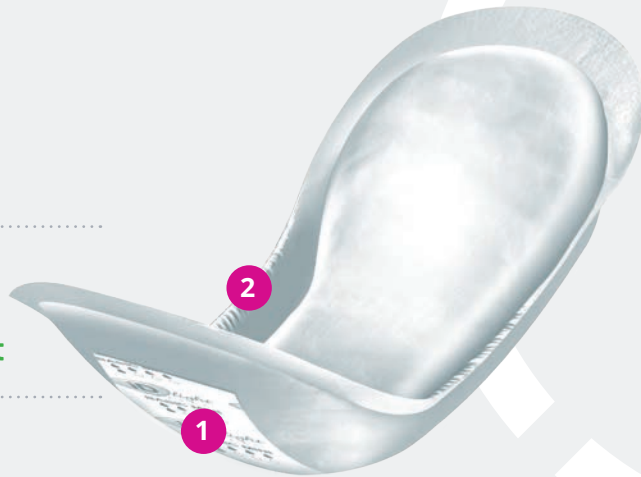
Small Shaped Pads

Our small shaped pads have been designed for the management of stress or light urinary incontinence. Featuring a wide adhesive strip, these pads are worn with conventional close-fitting underwear to provide the user with complete discretion.

Products Available:



lille
healthcare
SupremLight



1 Wide adhesive strip

2 Elasticated cuff

Step 1

Remove the pad from its packaging, gently open it and then fold the pad lengthways forming a channel in the middle of the pad.



Step 2

Remove the paper from the adhesive strip running along the back of the pad. Stick the pad onto the crotch area of the pants, carefully positioning it so that any urine that may escape will go into the central area of the pad.



Step 3

Pull the pants up ensuring that the pad remains in place and fits closely at the groin. Remember, always wear your pad with close fitting underwear.



Male Products

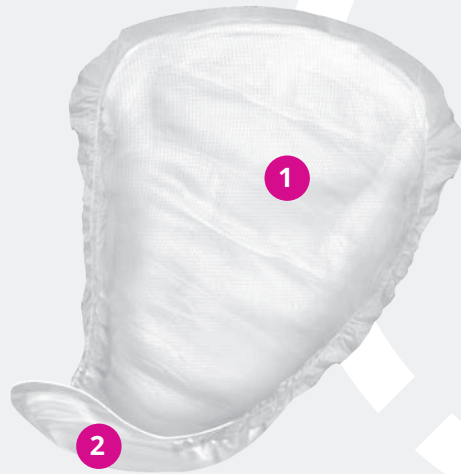
Our male pads are ideal for managing light urinary incontinence in men. The male-specific design enhances comfort and security, while the shape and adhesive strip ensure a secure fit.

These products should be worn with the user's own close fitting underwear.

Products Available:



SupremForMen



- 1 Male-specific design
- 2 Adhesive strip

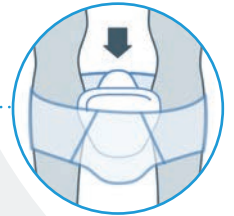
Step 1

Open the pad and fold in half lengthways, then remove the paper from the adhesive strip.



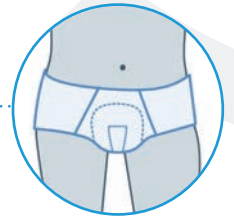
Step 2

Ensuring the wider part of the product is at the front, place the pad inside the underwear, making sure the adhesive strip is securely fastened to the underwear.



Step 3

Finally, pull up the underwear and adjust for comfort and security.



It is not recommended that male pads are worn with loose fitting underwear, for example boxer shorts.

Large Shaped Pads

Our large shaped pads are anatomically shaped, offering an ideal solution for managing moderate to heavy incontinence. These products provide high levels of absorption and are available in three lengths.

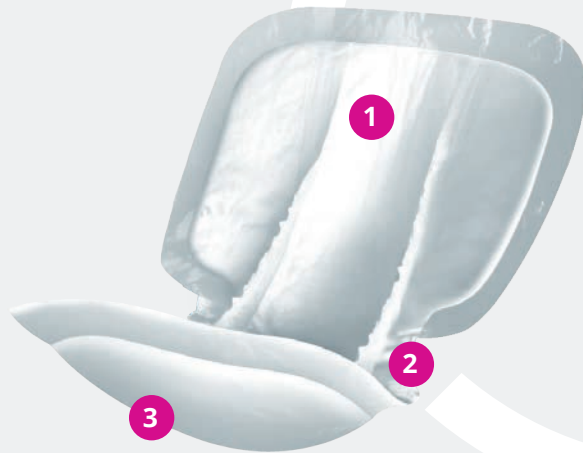
These products should always be worn with net pants which help keep the product correctly in place, or the user's own close fitting underwear.

Products Available:



ClassicForm

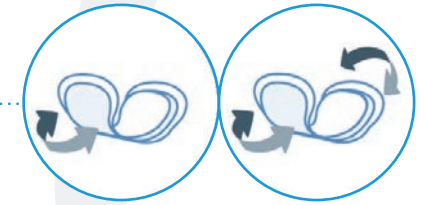
SupremForm



- 1 Anatomically shaped
- 2 Anti-leak cuffs
- 3 Wetness indicators

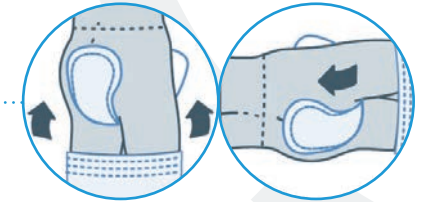
Step 1

Start by pulling the net pants up to just above the knee, with the top folded down in preparation for securing the pad. Gently open then fold the pad in half lengthways to form a cupped shape, this activates the anti-leak cuffs.



Step 2

Keeping the pad folded, pass the pad between the legs from front to back with the backsheet turned away from the skin. Centre the pad by using the wetness indicators as a guide. Ensure the larger part of the pad covers the buttock area and the smaller area covers the front.



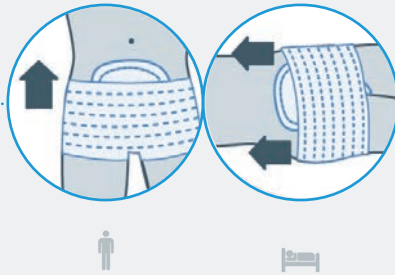
If the client is lying down, gently roll them onto their side and position in same way.

Do not shake or twist the pad as this can damage it and reduce the efficacy of the product.

Please refer to the wetness indicator guide on page 33.

Step 3

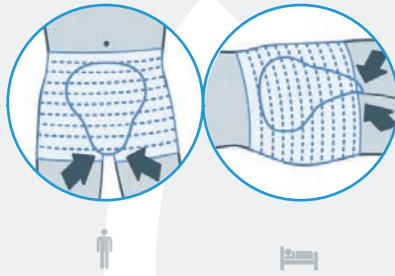
Ensure the front of the pad is fitted up towards the lower abdomen and the back of the pad towards the cleft of the buttocks. The anti-leak cuffs should fit closely at the groin.



If positioned correctly the front of the pad will sit slightly lower at the front than the back.

Step 4

Pull up the pants to fit securely over the pad, ensuring the pants are fitted well at the top of the legs and that the pad remains closely fitted at the groin.



Then fan and smooth out the product, paying particular attention to the back of the pad, ensuring it is crease free.

The pad should sit slightly higher at the back than the front. Adjust the pad and pants as required to ensure the user feels comfortable and secure.



Net Pants

Our net pants have been designed for use with all of our large shaped pad products and are washable.

Products Available:



lille
healthcare

GanmillFix

GanmillPanty

GanmillBoxers



1 Machine washable/reusable

iD Expert Fix



Available Waist Sizes

Product Name	Waist Sizes
Small (With Legs)	50-75cm
Medium (With Legs)	70-90cm
Large (With Legs)	85-110cm
X-Large (With Legs)	105-130cm
XX-Large (With Legs)	115-140cm
Small (Comfort Super)	40-80cm
Medium (Comfort Super)	60-100cm
Large (Comfort Super)	80-120cm
X-Large (Comfort Super)	100-160cm
XX-Large (Comfort Super)	140-180cm
XXX-Large (Comfort Super)	180-195cm
Medium (Ultra)	80-120cm
Large (Ultra)	100-130cm
X-Large (Ultra)	120-150cm
XX-Large (Ultra)	140-175cm

Ganmill Panty



Available Waist Sizes

Product Name	Waist Sizes
Small	50-75cm
Medium	70-90cm
Large	85-110cm
X-Large	105-130cm
XX-Large	100-140cm



Ganmill Fix



Available Waist Sizes

Product Name	Waist Sizes
Small	56-80cm
Medium	70-95cm
Large	80-120cm
X-Large	90-130cm
XX-Large	100-150cm



Ganmill Boxers

Available Waist Sizes

Product Name	Waist Sizes
Small/Medium	50-110cm
Large/X-Large	60-120cm
XX-Large	70-130cm



All-in-One Products

An All-in-One offers an effective solution for managing moderate to heavy incontinence, with a high level of absorption and range of sizes.

Ensure the correct size by measuring the user's waist in line with the umbilicus (belly button). Never assume the measurement. Remember, bigger is not better! Then choose the correct absorbency.

Products Available:



lille
healthcare

SupremFit

ClassicFit



- 1 Resealable fixation tapes
- 2 Anti-leak cuffs
- 3 Wetness indicators

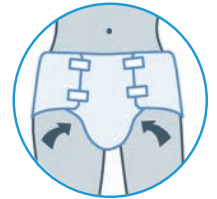
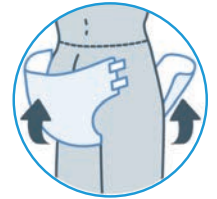
Standing

Gently open out the pad and then fold in half lengthways with the absorbent area of the pad facing inwards.

Keeping the pad folded, pass the pad between the legs from front to back.

Open the pad out over the buttocks and lower abdomen, ensuring the side with tapes is placed at the back. Align with the waist and centre correctly using the wetness indicators as a guide.

Ensure the soft elastics are fitted closely into the groin. Fasten the resealable tapes. The position of the tapes is entirely dependent on the user's needs. It is important to create a seal around the legs and groin to reduce risk of leakage.



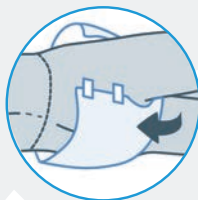
Do not shake or twist the pad as this can damage it.

Lying Down

Gently open out the pad and then fold in half lengthways with the absorbent area of the pad facing inwards.

With the user lying on their side, keep the pad folded and pass between their legs from front to back. Open the pad out over the buttocks and lower abdomen, ensuring the side with the fixation tapes is placed at the back. Align with the waist and centre correctly using the wetness indicators as a guide.

Fasten the resealable tapes on the upper-most side, and then gently roll them and secure the tapes on the opposite side. Now position the user on their back and ensure the anti-leak cuffs are fitted close at the groin. It is important to create a seal around the legs and groin to reduce risk of leakage.



Always ensure the tapes are secured to the pad and are not lying on, or close to the skin, as this may cause irritation and discomfort. Please refer to the skincare guide on page 32.

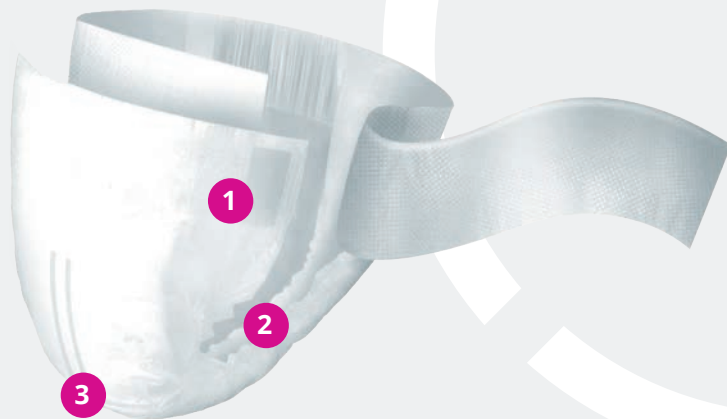
When carrying out routine position changes remember to adjust the tapes accordingly to ensure leg seals are maintained.

Please also refer to the wetness indicator guide on page 33.

Belted Products

Our belted products are All-in-One pads with a resealable belt and waistband. They are designed for those who are active and independent with moderate to heavy incontinence. They are available in a range of sizes and absorbencies.

Products Available:



- 1 Resealable Waistband
- 2 Anti-leak Cuffs
- 3 Wetness Indicator

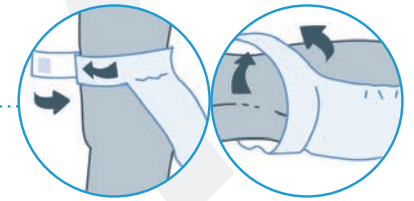
Step 1

Unfold the product and open out the belt. First from left to right and then from right to left. Then fold the product in half lengthways to activate the anti-leak cuffs.



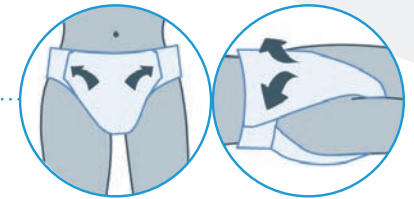
Step 2

Fasten the belt around the waist and secure the resealable tabs. Next bring the pad upwards between the legs ensuring it remains folded/cupped.



Step 3

Fan and smooth the pad out over the abdomen until it is completely open, then secure both sides to the waistband. Ensure that the pad is fastened securely and is fitted closely at the groin.



Pull Up Pants

Our Pull Up Pants offer an ideal solution for managing light to moderate urinary incontinence. Pull Up Pants can be worn and taken off like any regular underwear. These products combine comfort and discretion due to their elasticated waist and Cotton Feel backsheet.

Products Available:



lille
healthcare

SupremPants



- 1 Elasticated waist
- 2 Cotton Feel backsheet
- 3 Anti-leak cuffs

Step 1

Ensure the correct size by measuring the waist level with the umbilicus (belly button). Start by folding the pull up pants in half lengthways to activate the anti-leak cuffs.



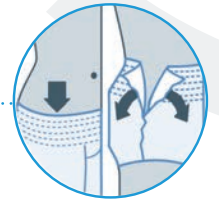
Step 2

Ensuring the sticker is at the back, step into the pull up pants and pull them up, adjusting for comfort and security.



Step 3

Remove the pull up pants by either pulling them down or tearing the side seams.



Step 4

Once removed, simply roll-up the pad and dispose of as per local policy.

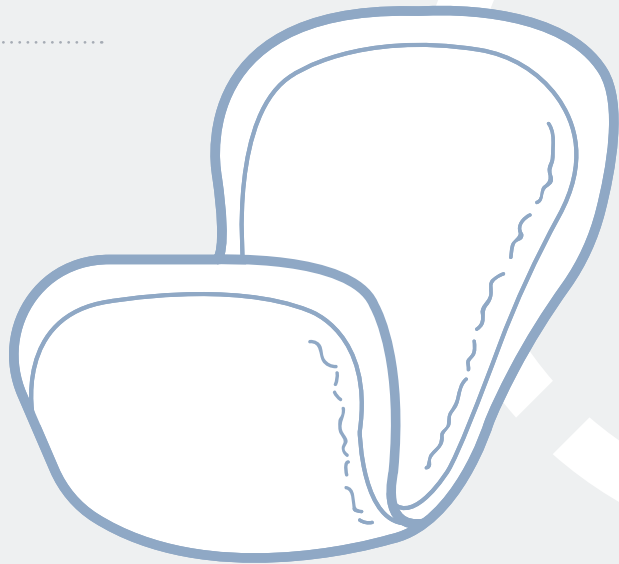


Anatomical Pad

Our anatomical pads are shaped pads with a polyethylene backing. They are suitable for those who have very light urinary and/or faecal incontinence. These products should always be used in conjunction with close-fitting conventional underwear or net pants.

Products Available:

iD Expert Anatomical



Step 1

Remove the pad from its packaging; start by pulling the pants up to just above the knee, with the top folded down in preparation for securing the pad.



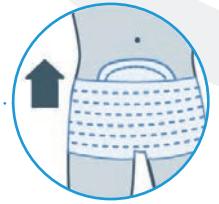
Step 2

Insert the pad between your legs with the larger portion of the pad covering your buttock area and the smaller area covering your front.



Step 3

Pull up the underwear and make sure the pad is fitted smoothly and snugly.



When placing the pad between the legs please make sure that the white absorbent layer is against the body.

Skincare Guide

The aim of this leaflet is to provide advice on how to keep your skin in good condition.

The skin is the largest organ in the body and is made up of three layers – the epidermis, dermis and subcutaneous layer. Its purpose is to protect the body and allow you to feel pain, touch and pressure. The skin releases sweat to help regulate body temperature and natural secretions to keep it healthy and supple.

Using incontinence pads does not mean that you cannot look after your skin in a normal manner.

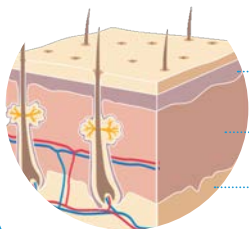
It is, however, important that you use the incontinence pads correctly by ensuring that they are always closely fitted to your skin.

Caring for your skin

Use a mild soap, ideally one with a pH balance of 5.5, to minimise the risk of irritation to the skin. Gently pat the skin dry.

Only use creams prescribed by your doctor or nurse. Ensure creams are applied to dry skin, gently massaging a small amount into the skin in the direction of hair growth. Do not “rub in”, and avoid using large amounts of cream as this may reduce the effectiveness of the incontinence pads.

Remember, as you get older, your skin takes longer to re-hydrate and some factors can increase the risk of skin breakdown; including overwashing with soap and water.



The Epidermis

The Dermis

The Subcutaneous Layer

Urinary And Faecal Incontinence

Skin problems are more likely to occur if users suffer from both urinary and faecal incontinence or if they have very loose stools.

Urinary Incontinence

Remove the used incontinence pad, supporting it in its “cupped” shape to prevent leakage or spillage.

Carefully fold the pad and dispose of in accordance with your local guidelines or hygienic procedures.

If the skin is dry, simply fit a new pad. If the skin is damp, rinse with warm water and carefully pat the skin dry before fitting a new pad.

Faecal Incontinence

Remove the used incontinence pad as detailed under urinary incontinence.

If faeces are present, carefully wipe this away and then wash the skin with a mild soap (pH 5.5).

Gently pat the skin dry and fit a new pad.

For further advice and support contact your local Continence Service or assessing nurse.

Do's And Don'ts When Caring For Your Skin

Do

- Always use the pads prescribed for you and make sure that they are fitted correctly
- Tell your Nurse if your skin is wet when you change your incontinence pad
- Tell your Nurse if you have eczema or psoriasis or are prone to other conditions that affect your skin
- Note the condition of your skin whilst using incontinence pads
- Tell your Nurse if there are any changes to your skin. This would include if your skin becomes red, sore or broken.
- Tell your Nurse if you are using any ointments or creams
- Wash your hands before and after changing your pad

Don't

- Don't apply ointments or creams unless prescribed by your doctor or nurse. Always make sure you carefully follow the instructions.
- Don't use talcum powder on your bottom or groin area. It can cause friction which may damage the skin and also affect how well your pad works.
- Don't wear more than one pad at a time

Important advice

Oil based barrier creams may reduce the performance of the pads. If barrier creams must be used, they should be applied sparingly and only on treatable areas. Used products should be disposed of in the appropriate manner, they cannot be flushed down the toilet.

Further Information

Wetness Indicators

iD Expert Form, iD Expert Slip and iD Expert Belt.

Each pad has two wetness indicator lines to show the presence of urine. These are a guide to when you need to change the product and can be checked without the need to remove the pad.

The yellow line will turn blue and the blue line/writing will fade. When approximately two thirds of the wetness indicator lines have changed colour the pad is ready to be changed.

If there has been any faecal soiling then the pad should be changed immediately.

Coloured Resealable Tapes

iD Expert Slip (PE Backed).

There are two main parts to the fixing tapes used on All-In-One products. The blue section is the primary tape and once fixed will remain in place. Attempting to remove this tape once fixed will tear the pad.

The secondary section is the white upper tape which is attached to the back of the blue tape. This tape can be removed from the blue section and re-fixed to the back of the blue tape or re-positioned elsewhere on the pad.

This is a simple procedure and involves holding the blue tape with one hand, whilst lifting and removing the white tape with the other hand. You may re-fix the white tape back onto the blue tape as many times as you require.

The Textile back sheet on the iD Expert Slip has single resealable tapes on each side.



- 1 Resealable fixation tapes
- 2 Wetness Indicators

Why Choose Ontex?



1

Dedicated continence care can improve the quality of life for both consumers and professionals, as well as reducing the total cost of continence management.



2

98% of our customers are satisfied with Ontex, and 96% find us more competitive than other continence care companies on the market.*



3

Because we love to help you care.

*Ontex Customer Satisfaction Survey 2016 (n = 555)



96% of our customers find us more competitive than other continence care companies on the market



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