



Carewell's Guide to Incontinence & Toileting



You'll find information on how to choose the right incontinence underwear for your needs, determine correct sizing, prevent leaks, protect skin, and monitor for UTIs.

Choosing the right size

The right size helps you avoid leaks, rashes, infections, and discomfort. You can find many styles of absorbent underwear in sizes XS to 5XL at Carewell.

What you'll need:

- Soft tape measure
- Pen and paper to write down measurements



If only a hard tape measure is available, take a longer piece of string and use that to measure waist, hips, and legs. Mark measurements with a marker and measure them against the tape measure.



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Measure like a pro:

- **Waist:** Measure all the way around your waist just below the belly
- **Hips:** Measure the widest part of your hips
- **Legs:** Measure your upper thigh, a few inches below your pelvis
- **Weight:** Stand on a scale. It's OK if you need to ballpark a weight range

* Most brands provide a size range based on waist, like 34-38". Use the highest number you measured to choose the right size.



Unable to get measurements?

Many products have a height and weight chart to help you find your general size.

Pull on briefs vs. tabs

Pull on

- Best if you're caring for yourself
- Can have a more discreet/slimmer fit
- Most have tear away sides, making removal easy
- Best for light or moderate



Adjustable tabs

- Best if you're caring for someone else
- More absorbent than pull-on styles
- Customizable waist fit, especially for someone with a smaller waist and bigger hips and rear
- Better coverage for bowel incontinence



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Here's what the right fit should feel like:

Pull on

Waist will sit flat against the skin
with no large gaps, leg holes will be
secure but not digging into skin

Tabs

Tabs rest at the front of hips.
If tabs are fastening toward the
belly button, the size is too big

Too small?

You'll notice tearing,
itching, and restricted
blood flow.

Here's how you'll know:

Indentations around the
legs or waist, redness in
the groin area, skin rash

Too big?

You'll notice leaks, smells,
and skin irritation or
chafing.

Here's how you'll know:

Bulky fit, sagging
waistband, leaks, chafing
or irritation around legs

Just right.

You'll feel dry,
comfortable, and
secure.

Here's how you'll know:

Little to no leakage,
skin is comfortable,
odors are minimal

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What you need to change adjustable tab underwear

What you'll need:

- A pair of clean tab underwear



- A clean towel and absorbent underpad



- Gloves



- Wet wipes



- Trashbag or waste management system



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Step-by-step guide to changing tab underwear

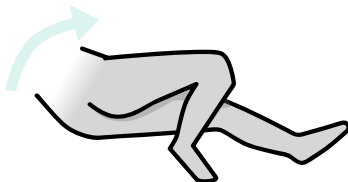
1

Place an underpad on the bed to catch any leaks or spills



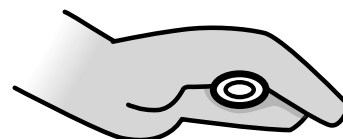
2

Place your care recipient on their side



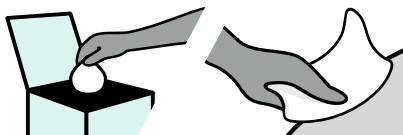
3

Roll a towel up and place between their knees



4

Remove & dispose the used underwear and gently clean recipient with wipes



5

Apply protective cream to the groin or directly on the inside of the new underwear



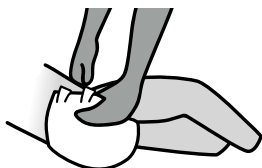
6

Slide the underwear between their legs



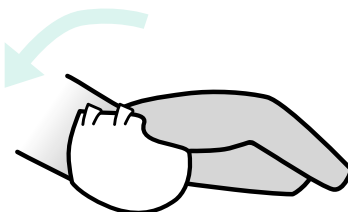
7

Start from the back - place the back-side of the underwear first



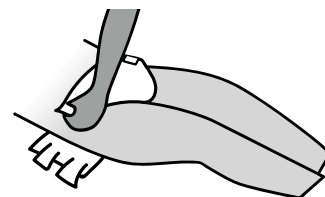
8

Roll them onto their back



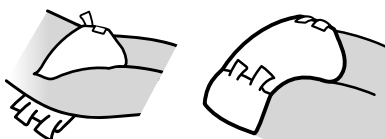
9

Lift the front panel over their belly



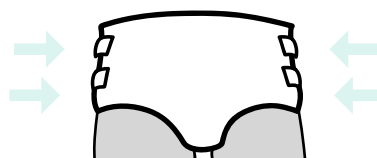
10

Align tabs and attach horizontally to the front panel, one at a time



11

Center the underwear and make any fit adjustments



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Tips for preventing leaks

Things to consider:

- What type of absorbency do you need? Mild, moderate, or heavy / overnight.
- Are the leg openings too loose or too tight?
- How does it feel when walking or moving?

Mild or Moderate Symptoms

- Try placing a bladder pad inside regular underwear for mild leaking

Heavy Symptoms

- Use a higher absorbency underwear
- Encourage frequent changes
- Add a booster pad to increase

Overnight Protection

- Limit liquids before bed
- Use overnight absorbency underwear
- Use a bed protector or underpad

Bowel Incontinence

- Use a tab style underwear - these have more coverage in the rear

Bariatric Sizing

- Most bariatric sizes range from 3X-5X



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How to protect skin & prevent infection

Increased moisture and bacteria from urine or fecal matter can lead to skin irritation, rashes, sores or infection and keeping the area clean isn't always enough. Balms and creams can help.

Barrier Creams

These provide a protective layer on the skin, helping to reduce rash and irritation and lock-out moisture. Think rash creams, antifungals, or aloe vera gels.

How to use them:

Each comes with its own instructions, but best practice is to re-apply to the affected areas with every change or after bathing.



Hear it from a caregiver

"Calmoseptine ointment worked with just one treatment. I'll never be without it!"

- Susan N.

If symptoms are persistent, you may need to try a different size or style of absorbent underwear.

Always consult a nurse or doctor if there's a skin infection.

Our Care Team
is available 24/7
to help you find
the right products
800-696-CARE

Shop Skin Protecting Creams at [Carewell.com](https://www.carewell.com)



Use absorbent pads for added protection

Booster pads, bladder pads, and underpads are great products to have on hand. Here's a breakdown of what they are and when or how to use them.

	Bladder Pads 	Booster Pads 	Underpads 
Best for	Light to moderate urinary incontinence	Heavy incontinence, urinary or bowel	Heavy urinary or bowel incontinence
Where do they go?	Inside regular, non-absorbent underwear. These have a waterproof backing.	Inside absorbent underwear. These have a flow-through backing.	On top of furniture, car seats, mattresses, or wheelchair seats
What do they do?	Protect against mild to moderate incontinence symptoms	Boost absorbency and protection of incontinence underwear.	Add an additional layer of protection around the home or on-the-go
When to use	Daily, or depending on symptoms	Daily, nighttime, or traveling - whenever you need extra protection	Daily, and when traveling. Great to have a spare or two in the car
How often should they be changed?	Change frequently to avoid leaks and maintain dry comfort	Change at same frequency as the incontinence underwear	Change only when soiled. You can buy disposable or reusable pads that are washed between uses

Shop Booster Pads & Underpads at [Carewell.com](https://www.carewell.com)



Addressing accidents & smells

We're all human, accidents happen. Here are some tips for cleaning up in the event of an accident.

How to manage an accident

1

Thoroughly clean the body either with a bath or shower, or with high-quality personal cleansing wipes



2

Act fast! Don't let urine soak or stain. Wipe up the affected area with paper towels (more absorbent than rags). Using old newspapers in a pinch works too.



How to prevent smells

1

Use disposable bags made for incontinence care. These are durable, odor-fighting bags that help block smells before taking the trash out.



2

Use an incontinence disposal system to dispose of used underwear separately from regular trash



Shop Protection & Odor Control at [Carewell.com](https://www.carewell.com)



Deodorizing

Here are some tips for keeping your home smelling fresh

1

Use deodorizers and enzymatic cleaners to break down stubborn smells



2

Clean soiled linens with vinegar

- Add a cup of white distilled vinegar to a laundry load to help combat stains and odor



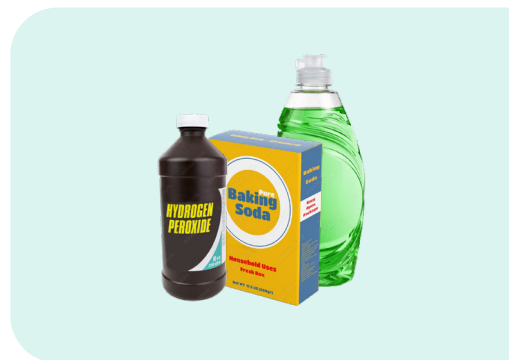
Essential oils DIY deodorizer*

1. 1 tsp baking soda, 1 tsp vinegar, ½ tsp orange essential oil (peppermint and eucalyptus work too), and 5oz hydrogen peroxide
2. Spray mixture onto stains and let dry



Create a DIY odor-fighting solution

1. Mix 3 tbsp baking soda, 8 oz hydrogen peroxide, and a few drops of any dish detergent.
2. Apply to soiled area, let it sit for 10-20 minutes, then blot the area clean



* always test a spot to make sure you don't ruin anything

Shop Protection & Odor Control at Carewell.com



How to spot a UTI in older adults

A Urinary Tract Infection (UTI) may be hard to spot, especially if your care recipient is less verbal and unable to indicate pain or discomfort. These infections increase with age - and symptoms change too.

Contact a doctor if you notice these symptoms:

Common mental UTI warning signs in seniors

- Sudden change in cognitive function
- Confusion
- Hallucinations
- Lethargy
- Difficulty concentrating
- Delusions
- Agitation
- Aggressive behavior
- Decreased appetite
- Frequent falls

Common physical UTI symptoms

- Frequent urination
- Discomfort when urinating
- Burning sensation when urinating
- Pelvic, stomach, or mid-back pain
- Fever
- Chills
- Abnormal urine odor
- Dark, cloudy, or thick urine
- Frequent touching of private areas
- New or worsening incontinence

How to prevent UTIs in older adults

- Wipe front to back in toileting
- Stay hydrated
- Practice good hygiene
- Change absorbent underwear or pads frequently

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Product guide

We've handpicked a few of our best selling incontinence products that we know other customers love. We hope this helps you find what you need! If not, give us a call - we can choose the right products together. Reach us 24/7 at 800-696-2273.

Adult Incontinence Underwear

Prevail Per-Fit 360 Daily Briefs

Tranquility Premium Overnight

Attends Briefs

[Shop Now](#)[Shop Now](#)[Shop Now](#)

Booster & Underpads

Abena Boost Booster Pads

McKesson Underpads Ultra

[Shop Now](#)[Shop Now](#)

Skincare

Medline Remedy Phytoplex 4-in-1

Desitin Daily Protection

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