

Product Fitting Instructions – Fitting them while sitting down

DEPEND® Undergarments are specially designed to provide superior protection and a comfortable fit for moderate to heavy bladder control problems. Elastic straps with buttons hold DEPEND® Undergarments securely in place and let you put on the product without completely taking off your clothes.

Important Tips

- Button straps are individually wrapped and are located inside the undergarment package.
- Clean the groin and buttocks thoroughly after removing an undergarment.
- Dispose of soiled undergarments in a sanitary manner. Do not flush.
- Wash hands after handling soiled undergarments.
- Seek professional advice from your physician or health care professional if you or someone you care for is experiencing bladder control problems.

Step 1

Identify the inside and outside of the product.

- The inside (side placed against the skin) has a blue absorbent layer.
- The outside of the undergarment has a cloth-like outer cover and green buttonhole reinforcement tape.

Note: The front and back of the undergarment are the same.

Step 2

Lift person from the chair into a standing position.

Step 3

Place the unfolded undergarment on the surface of a chair with the blue absorbent layer facing up.

Step 4

Seat the person on the centre of the undergarment.

Step 5

Bring the front of the undergarment up between the legs. The front and back edges of the undergarment should be pulled to equal heights on the front and back toward the waistline.

Step 6

Attach the elastic straps to the back button holes of the undergarment. Insert the button from the inside of the undergarment so they show on the outside – away from the skin. Make sure the straps are not twisted.

Step 7

Position for a close fit by pulling the elastic straps toward the waistline, making sure heights on the front and back of the undergarment are equal.

- Elastic straps should be angled slightly upward, over the hips.
- Make sure the straps are not twisted.
- Move any folds of skin – especially on the inner thigh – to prevent leaking and chafing.
- Save elastic straps for reuse. To clean elastic straps, hand wash in mild detergent and hang to dry. Packages of Depend Undergarments include one pair of elastic straps.

Note for men: be sure that the penis is pointing down into the undergarment.

STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



STEP 6

