

## Product Fitting Instructions – Fitting them while standing

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 – Without Clothing

Attach the elastic straps to the back button holes of the undergarment. Insert the buttons from the inside of the undergarment so they show on the outside – away from the skin. Step into the undergarment and pull on like underwear.

### Step 2 – With Clothing

If you are already wearing clothes, attach the elastic straps to the back button holes. Place the undergarment between your legs. Then attach the buttons to the front button holes and pull the undergarment on like underwear.

### Step 3

- 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 – Without Clothing



#### STEP 3 – With Clothing



#### STEP 4

