



Product Absorbency and Quantity Selection Guide

Incontinence Level	Type and Cause of urine loss	Description	Recommended Advance® Product		Recommended Quantity of Products
			DAY	NIGHT	
Light Incontinence	Involuntary loss of urine when jogging, sneezing, laughing, coughing or lifting heavy objects (Stress Incontinence)	Day: Occasional loss of small amounts of urine	-Small Shaped Pads Regular -Small Shaped Pads Super		1-2 pieces per day
		Night: Small gushes or occasional droplets		-Small Shaped Pads Super Plus -Breathable Shaped Pads Regular -Breathable Pull Ups Regular	1 piece per night
Moderate Incontinence	Sudden urge to urinate but unable to reach toilet in time (Urge Incontinence)	Day: Occasional loss of small gushes of urine	-Breathable Shaped Pads Super -Breathable Pull Ups Super		1-2 pieces per day
		Night: Loss of moderate gushes of urine		-Breathable Shaped Pads Super / Super Plus -Breathable Shaped Pads Super Plus -Breathable Pull Ups Super / Super Plus	1-2 pieces per night
Moderate to Severe Incontinence	Occurs when bladder control is weakened, urine leaks frequently even without the urge to urinate. (Overflow Incontinence)	Day: Loss of heavy gushes but still toileted (with occasional faecal incontinence)	-Breathable Shaped Pads Super / Super Plus -Breathable Pull Ups Super Plus		1-2 pieces per day
		Night: Loss of heavy gushes (with occasional faecal incontinence)		-Breathable Shaped Pads Super Plus -Breathable Pads Super / Super Plus	1-2 pieces per night
Severe Incontinence	Can be caused by loss of physical or cognitive function, restricted mobility, vision, hearing speech loss. (Functional Incontinence& or Mixed Incontinence)	Day: Heavy flow with occasional faecal incontinence	- Breathable Shaped Pads Maxi / Breathable Pad Super Plus		1-3 pieces per day
		Night: Heavy flow with occasional faecal incontinence		- Breathable Shaped Pads Maxi / Breathable Pad Super Plus	1-3 pieces per night