



## **Bladder and Bowel Community Product Information**

### **Washable and Waterproof pads and pants**

Washable pads and pants are available in many different styles and sizes. Washable products can be more comfortable and over-time they can be a cheaper option than disposables.

Washable pads are not easy to wash by hand so a washing machine is necessary. They can be slow to dry so it is useful to have some clean ones to hand. They are not recommended for faecal (bowel) incontinence because of staining and other washing difficulties. Washable pads are generally less absorbent than disposable pads of similar size, so very bulky pads are needed for heavy incontinence.

After wetting or soiling a pad, get to a lavatory to wash and change the pad as soon as possible. Good hygiene is essential to prevent odour and avoid skin problems. Soiled pads or clothing should be put into an airtight container or sealed bag until they can be washed.

Pants are available with a pouch to hold a pad in place. Some pants have a waterproof gusset, which is intended to hold a pad with no waterproof backing. Other pants have no waterproofing and should be worn with pads that have waterproof backing.

Pants with built-in absorbent pads are probably the most widely used washable products. There are Y-front style for men, and ordinary pantie style for women, that are really only suitable for light incontinence or dribbles.

Pull-on 'trainer' pants for adults are made of very absorbent material on the inside, with a waterproof outer layer and elasticated waist and legs to keep them secure and to stop leaks.

Some people prefer towelling nappies, used with plastic pants, especially for night time protection. These can be more comfortable than disposable pads.

All-in-one shaped pads are often more suitable for bigger leaks. These pads are designed like children's nappies, with adhesive tapes which fix at the sides to hold the pad in place. These pads usually offer good protection, provided they fit well. There is a waterproof backing material all around the pad which offers some protection against smell.

### **Products Available**

If you are struggling with incontinence speak to your GP who can arrange for you to be assessed and issued with pads and pants. As an individual you can also choose to buy your products directly from a supplier.

B&BC aims to provide up-to-date and accurate product information. No liability is accepted for any errors in the information presented. B&BC endorses neither the companies nor the products listed here.

**Abena UK LTD** Tel: 024 7663 7663 Website: [www.abenaonline.co.uk/shop/frontpage.html](http://www.abenaonline.co.uk/shop/frontpage.html)  
 Unit 2, Swallow Gate Business Park, Holbrook Lane, Holbrooks, Coventry, CV6 4BL Email: [sales@abena.co.uk](mailto:sales@abena.co.uk)

Product	Description	Size
<b>Gents Washable Briefs and Boxers</b>	The Abri-Wear Deluxe range is made from cotton/ lycra mix to ensure a snug fit, together with the latest high absorbency materials. The Abri-Wear Deluxe range of continence garments offers you assurance and confidence.	Available in 3 styles including boxer, Y-front and full brief.
<b>Ladies Washable Briefs</b>	The Abri-Wear Deluxe range is made from cotton/ lycra mix to ensure a snug fit, together with the latest high absorbency materials. The Abri-Wear Deluxe range of continence garments offers you assurance and confidence.	Available in 4 styles including full and mini briefs and ranging from 120ML absorbency up to 250ML absorbency

**Allanda Ltd** Tel: 0845 0942 742 Fax: 0870 80 30 306  
 8 New Road, Linslade, Leighton Buzzard, Bedfordshire, LU7 2LX Website: [www.allaboutincontinence.co.uk](http://www.allaboutincontinence.co.uk)

Product	Description	Sizes
<b>Ladies Washable Pants</b>	Ladies pants with built-in pad. Choice of absorbencies. Made of Polyester/Cotton and last for 200 washes	5 sizes suitable for drip to light flow
<b>Unisex Washable Pants</b>	1: Unisex all in-one-pants with built-in shaped pad; 2: Unisex pants available with pouch on the inside or outside. Both are made of polyester/cotton and last for 200 washes.	5 sizes available suitable for moderate flow
<b>Readi Waterproof Pants</b>	Unisex Washable Waterproof incontinence pants made from softened polymer for extra protection against leakage. Can be worn over disposable pads for extra security.	Available in S, M, L, XL, XX large
<b>Mens Washable Pants</b>	1:Male Y front pants with fly front and built in pad 2:Male Boxer Short style with front opening and built in pad Both are made of Polyester/Cotton and last for 200 washes	5 sizes available suitable for light flow

**Attends UK LTD** Tel: 0845 6013272  
 3rd Floor, The Old Post Office, St Nicholas Street, Newcastle-upon-Tyne, NE1 1RH. Website: [www.attends.co.uk](http://www.attends.co.uk)

Product	Description	Size
<b>Attends Male Washable Briefs</b>	The briefs look like normal underwear and have a built in absorbent pad. This allows the pad to stay in place and prevents twisting of the pad especially during the washing cycle. The product has a waterproof vinyl to prevent leakage, with an absorbency of 200mls. The products are guaranteed for 300 washes and can be washed at temperatures up to 95°C.	Come in sizes, S,M,L,XL, XXL
<b>Attends Female Washable Briefs</b>	The briefs look like normal underwear and have a built in absorbent pad. This allows the pad to stay in place and prevents twisting of the pad especially during the washing cycle. The product has a waterproof vinyl to prevent leakage, with an absorbency of 270mls. The products are guaranteed for 300 washes and can be washed at temperatures up to 95°C	Come in sizes S,M,L,XL,XXL
<b>Attends Uni sex Washable Briefs</b>	The briefs look like normal underwear and have a built in absorbent pad. This allows the pad to stay in place and prevents twisting of the pad especially during the washing cycle. The product has a waterproof vinyl to prevent leakage, with an absorbency of 500mls. The products are guaranteed for 300 washes and can be washed at temperatures up to 95°C.	Come in sizes S,M,L,XL,XXL

<b>Product</b>	<b>Description</b>	<b>Size</b>
<b>Ladies Washable Pants</b>	Range of Ladies Washable Pants from brands including: Kylie, Martex and Senset. These pants look and feel just like everyday underwear but provides the additional security of an extra absorbent built in incontinence pad offering comfort and discreet support for mild urinary incontinence. Made from Polyester Cotton and last for 200 washes.	Available in sizes Small - XX Large and absorbencies 150 ml to 350 ml
<b>Men's Washable Pants</b>	Range of Men's Washable Pants from brands including: Kylie, Martex and Senset. These pants look and feel just like everyday underwear but provides the additional security of an extra absorbent built in incontinence pad offering comfort and discreet support for mild urinary incontinence. Available in Y-Front or Boxer Short styles. Made from Polyester Cotton and last for 200 washes.	Available in sizes Small - XX Large and absorbencies 300 ml to 650 ml
<b>Swimwear Undergarment Brief</b>	This unique, discreet re-usable Incontinence Swimwear Undergarment Brief is for adults and teens dealing with incontinence. The adjustable brief is designed to be worn next to the skin under a swimming suit. It is mainly intended for bowel containment however it will protect a certain amount against urinary leakage. High tech stretch polyurethane fabric with soft fleece lining, elastic waist and legs for added security and a Velcro closure with fully adjustable sizing that opens up flat, for ease of dressing. Fully machine washable.	Available in sizes X Small – XL
<b>Kanga Male Pouch Pants</b>	Washable Male Incontinence Pants with fly front opening and stay dry inner lining designed to hold disposable pads	Available in five sizes - Small - XXL
<b>Kanga Lady Pouch Pants</b>	Washable Female Incontinence Pants with discreet, externally fitted waterproof pouch to hold pads offering maximum protection, absorbency and reliability. Come in a fuller style along with elasticated waist and leg bands	Available in four sizes - Medium - XXL

The Bladder and Bowel Community provides information and support for people with bladder and bowel issues. We publish a wide range of user friendly booklets and factsheets.

For more information please call us on 01926 357220, email [help@bladderandbowelfoundation.org](mailto:help@bladderandbowelfoundation.org) or write to us at The Bladder and Bowel Community, 7 The Court, Holywell Business Park, Northfield Road, Southam, CV47 0FS.

**[www.bladderandbowelfoundation.org](http://www.bladderandbowelfoundation.org)**

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