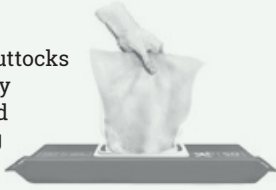


# How to fit DEPEND® Undergarments

## STEP A

Ensure groin & buttocks area is thoroughly cleaned and dried prior to changing DEPEND® Undergarment.



## STEP B

Identify the inside and outside of the product.

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

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

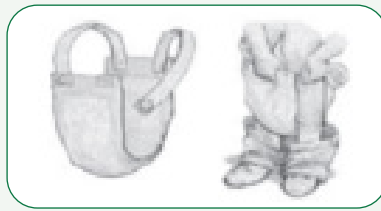
Green  
buttonhole  
tabs outside



## STANDING



OR



### 1. 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.

### With clothing

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

- **2. 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.

## SITTING



1. Lift person from the chair into a standing position.



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



3. Seat the person on the centre of the undergarment.



4. 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.



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

### Tips

- Button straps are individually wrapped & located inside the undergarment package.
- Dispose of soiled undergarments in a sanitary manner. Do not flush.
- Wash hands after handling soiled undergarments.

- Save elastic straps for reuse. To clean elastic straps, hand wash in mild detergent and hang to dry. Packages of DEPEND undergarments include on pair of elastic straps.

**Note for men:** Be sure the penis is pointing down into the undergarment.



Care Together

For more information or a free sample call  
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