

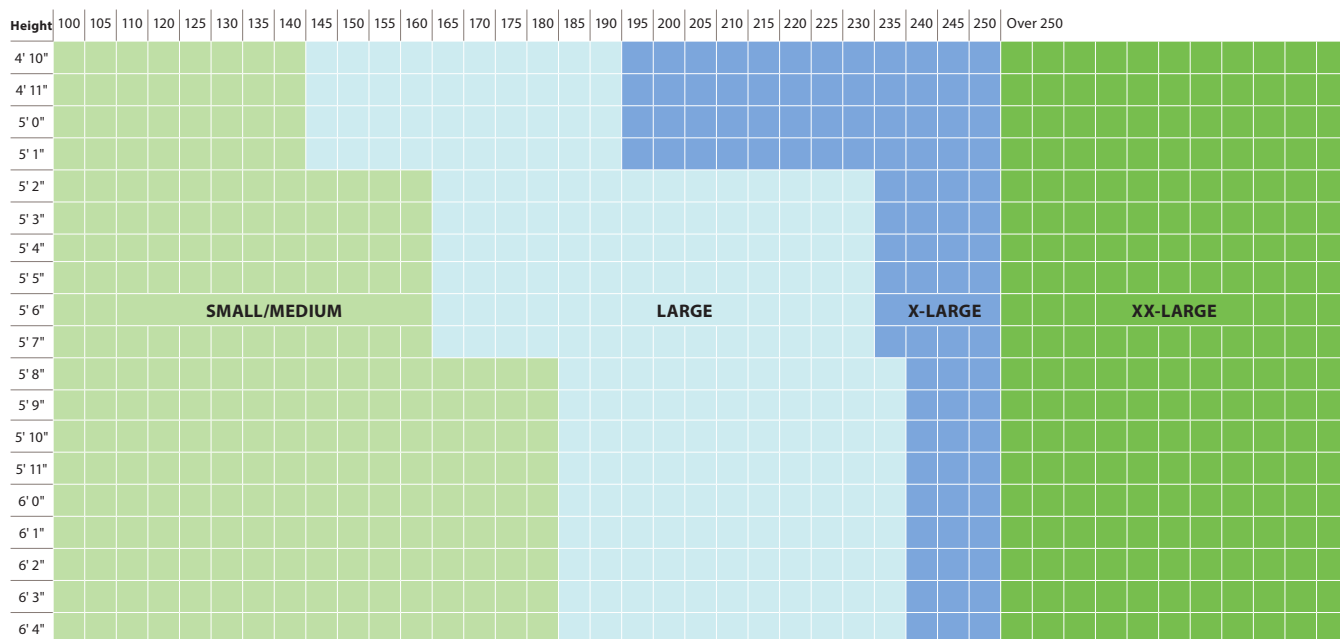
For confidence and comfort with dignity.

Choose the right product to manage incontinence



Underwear sizing guide





Selecting the appropriate underwear size ensures comfort, leakage protection and dignity.



The Underwear Sizing Guide is to be used as a guideline only. Waist and/or hip measurements should be taken to ensure proper sizing. Allowances must be made for gender and certain conditions such as hernias, amputations, etc. Clinical assessment is recommended for anyone over 250 lbs.

Note: Sizing is extremely important. Inappropriate size or improper application can result in leakage.

Underwear Sizing Key

Grid	Size	Waist	Elastic color
	Small/Medium	34"–46"	2 Green Strands
	Large	44"–54"	2 Blue Strands
	X-Large	48"–66"	4 Blue Strands
	XX-Large	60"–80"	9 Green Strands

Instructions:

- Pinpoint your height and weight (lbs.) on the sizing grid
- Match the color on the grid to the color on the Key to obtain the appropriate protective underwear size


Adult Brief Sizing Guide

Height	Weight (lbs)																																																	
	85	90	95	100	105	110	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255	260	265	270	275	280	285	290	295	300	300+						
4' 10"	Green															Blue															Beige										Green									
4' 11"	Green															Blue															Beige										Green									
5' 0"	Green															Blue															Beige										Green									
5' 1"	Green															Blue															Beige										Green									
5' 2"	Green															Blue															Beige										Green									
5' 3"	Green															Blue															Beige										Green									
5' 4"	Green															Blue															Beige										Green									
5' 5"	Green															Blue															Beige										Green									
5' 6"	YOUTH					SMALL					MEDIUM					LARGE										X-LARGE					XX-LARGE										BARIATRIC									
5' 7"	YOUTH					SMALL					MEDIUM					LARGE										X-LARGE					XX-LARGE																			
5' 8"	YOUTH					SMALL					MEDIUM					LARGE										X-LARGE					XX-LARGE																			
5' 9"	YOUTH					SMALL					MEDIUM					LARGE										X-LARGE					XX-LARGE																			
5' 10"	YOUTH					SMALL					MEDIUM					LARGE										X-LARGE					XX-LARGE																			
5' 11"	YOUTH					SMALL					MEDIUM					LARGE										X-LARGE					XX-LARGE																			
6' 0"	YOUTH					SMALL					MEDIUM					LARGE										X-LARGE					XX-LARGE																			
6' 1"	YOUTH					SMALL					MEDIUM					LARGE										X-LARGE					XX-LARGE																			
6' 2"	YOUTH					SMALL					MEDIUM					LARGE										X-LARGE					XX-LARGE																			
6' 3"	YOUTH					SMALL					MEDIUM					LARGE										X-LARGE					XX-LARGE																			
6' 4"	YOUTH					SMALL					MEDIUM					LARGE										X-LARGE					XX-LARGE																			

The Adult Brief Sizing Guide is to be used as a guideline only. Waist and/or hip measurements should be taken to ensure proper sizing. Allowances must be made for gender and certain conditions such as hernias, amputations, etc. Clinical assessment is recommended for anyone over 250 lbs.

Note: Sizing is extremely important. Inappropriate size or improper application can result in leakage.

Brief Sizing Key

Grid	Size	Waist	Brief color
	Youth	20"–31"	Green
	Small	20"–31"	Peach
	Medium	32"–44"	White
	Large	44"–58"	Blue
	X-Large	59"–64"	Beige
	XX-Large	65" - 78"	Green
	Bariatric	74" - 100"	White

Instructions:

- Pinpoint your height and weight (lbs.) on the sizing grid
- Match the color on the grid to the color on the Key to obtain the appropriate brief size