THE EURON GUIDE

...comfort, discretion and peace of mind
CONTENTS PAGE

- What do I do now?
- What is Incontinence?
- Fluid and Dietary Advice
- Euron Products
- How do my Incontinence Pads Work?
- How do I fit my Pads?
- How do I Care for my Skin?
- What do I do if Urine or Faeces Leaks on my Clothes or Furniture?
- How do I Dispose of my Pads?
- How do I get my Products?
- Useful Websites and Phone Numbers
WHAT DO I DO NOW?

You have recently sought advice regarding incontinence. This may be for yourself or on behalf of a relative or loved one. This booklet has been devised to guide and assist you in coping with incontinence whilst also showing you that it doesn’t have to affect all aspects of your life.

Your Healthcare Professional has prescribed Euron Incontinence products. The chosen product will have been selected following clinical assessment. This leaflet has been designed to offer advice on these incontinence pads and answer other questions that you may have.

WHAT IS INCONTINENCE?

Incontinence is the inability to control Bladder and/or Bowel functions. Those who have learning difficulties or memory problems may not be able to recognise when they need to go to the toilet or be able to locate the toilet. This may also lead to incontinence (Cardozo et al).

The different types of incontinence are:
- Urge incontinence
- Stress incontinence
- Overflow incontinence
- Mixed incontinence
- Faecal incontinence
PREVALENCE
Approximately 6 million adults and 500,000 children over the age of 5 in the UK suffer with urinary incontinence. Present figures suggest that 1 in every 3 people will be incontinent at some time in their lives. Faecal incontinence affects 500,000 adults or approximately 1% of the adult population (Le Lievre).

STRESS INCONTINENCE
This is characterised by the sudden involuntary loss of urine caused by the weakness of the pelvic floor muscles. Factors such as coughing, laughing or sneezing can cause leakage of urine (Incontinent).

Women are commonly associated with stress incontinence due to factors such as pregnancy, childbirth and the menopause. Men may suffer with it following prostate surgery.

URGE INCONTINENCE
Urge incontinence provides little or no warning of the need to pass urine. It is often triggered when coughing, through vigorous exercise, on hearing running water or following a stimulus such as putting the key in the front door (Thomas 2001).

OVERFLOW INCONTINENCE
Overflow incontinence involves passing small amounts of urine frequently. It is a symptom which affects far more men than women. Prostatic enlargement is a major contributing factor in men. Urethral stricture and chronic constipation also contribute to this type of incontinence (Gettife et al 2003). You may feel as if you never empty your bladder fully, or you may just leak urine without realising.
MIXED INCONTINENCE
It can be quite common to have a mixture of different types of incontinence (Abrams et al 2002).

FAECAL INCONTINENCE
This is involves the loss of control over bowel movements and is often caused through diarrhoea, anorectal muscle weakness, bowel surgery, neurological disorders and faecal impaction (constipation), medication, trauma, or mental frailty. (The Continence Foundation).

Diagram showing location of the bladder (above) and diagram of the bladder expelling urine (right).
FLUID AND DIETARY ADVICE

It is important to drink enough each day and you should seek your Healthcare Professional's advice about this. A healthy person should aim to drink at least six glasses of fluid a day (1.5-2 litres or 3-4 pints). However, this does depend upon your weight; a heavier person should aim to drink more (Abrams and Klevmar).

If you don't drink enough your bladder will become more sensitive to smaller amounts of urine, which means you will go to the toilet more frequently, and you can also become constipated (Cardozo).

If you are suffering with incontinence it is advisable to avoid certain types of drinks; tea, coffee, cola, and chocolate contain caffeine, which irritates the bladder. These drinks increase the amount of urine produced, and also make the bladder overactive which results in you feeling the need to empty the bladder before it is full (Cardozo).

Oranges, grapefruit, tomatoes, lemons and limes are acidic and can make your symptoms worse. You can have de-cafeinated tea, coffee, and cola, water, milk, apple juice and cranberry juice. There has been a large amount of medical research discussing the benefits of cranberry juice; the present view is that those who suffer with frequent urine infections find it relieves symptoms (Cardozo).

Always seek your Doctor's advice prior to introducing cranberry juice into your diet, especially if you are taking Warfarin or are suffering with Diabetes. Following advice from your Doctor you may find there are low sugar varieties available (Lavender).
**ALCOHOL**

Alcohol can also increase your incontinence; it affects the bladder by altering your perception of how much urine is present. This means that you will feel the urge to go far more frequently and you may have little or no warning when you want to pass urine (Cardozo).

**BOWELS**

Ensure that your bowels are regular by eating high fibre foods such as wholemeal bread, cereals, fruit, such as kiwis and vegetables.

Ensure that you have privacy when sitting on the toilet, take your time, try and look to see if you have a pattern, for some it may be a daily visit after breakfast, for others it may be 3 or 4 times a week.
SMOKING
If you are suffering with incontinence it is advisable to cut down or stop smoking as coughing can make you leak urine more often.

OBSERVE COLOUR OF URINE
It is important to know your body, so look at your urine. Is it orange in colour with a strong smell? If this is the case, it may be too concentrated and you need to drink more.

If it looks pale and odourless it may be that you are drinking too much (The Continence Foundation). If your urine smells unpleasant or you experience a burning sensation when you pass urine it may indicate a urine infection in which case you should visit your Doctor.
Euron PRODUCTS

Our aim is to supply you with high quality products, which will keep you dry, comfortable and odour free. There are different types of incontinence products available for you to use.

For those with very light urinary incontinence or faecal incontinence, 'Euron Lot' may be the most suitable product. This pad is rectangular in shape, which is comfortable to wear inside your own underwear.

For light incontinence we have designed the 'Euron Micro' range of small pads with an adhesive back to stick inside your own underwear. These pads have been designed with various absorbencies and are available in both unisex and male specific designs.

Should your incontinence be slightly more severe, the 'Euron Flex' range is available. 'Euron Flex' pads are a series of six larger and more absorbent products which are worn inside a pair of net pants or your own tight fitting underwear.

Some people find an All-in-One product best suits their requirements and this is why we have developed the 'Euron Form' range of products. 'Euron Form' looks very much like a traditional nappy and is supplied in four sizes and absorbencies.

We also manufacture a range of products known as 'Euron Mobi'. This system resembles a child's 'pull up' product and is supplied in two absorbencies. 'Euron Mobi' is ideal for those who wish to manage their own incontinence wear.

Our latest product is 'Euron Wings'. This is a belt that is made
from a breathable material, it is fastened around your waist and attached to it is an absorbent pad. The absorbent pad is fed through your legs fastening at the front with hook and loop fasteners. As your hips are free it is a very comfortable product to wear. We supply Euron Wings in two sizes and three absorbencies.

Euron also supplies 'Uricol'; this is an ideal product to help Healthcare Professionals collect a urine specimen from someone who is incontinent, be it yourself, a small child or baby. It is reliable, accurate, safe, comfortable and cost effective. For more information on this product speak to our customer services department.

HOW DO I FIND OUT ABOUT CONTINENCE PRODUCTS?

If you are in hospital the ward nurses will be able to give you the most appropriate pad for your incontinence. If the incontinence starts or worsens whilst you are living at home, book an appointment to see your GP or Practice Nurse and they will be able to refer you to the most appropriate person. It is possible to buy continence products from your supermarket, chemist or disability centre, but many types of incontinence can be cured or relieved so at Euron we believe you should always seek medical advice first.
HOW DO MY INCONTINENCE PADS WORK?

The top layer of our pads (which is next to your skin) is a non-woven layer which allows the urine to pass through quickly whilst remaining dry to the touch. Integral to this layer are leakage cuffs and when you shape the pads correctly these help to form a gully for the urine to drain in to.

Under this top layer is the absorbent core. This is made from a mixture of both natural and man made fibres. These fibres absorb the urine and transfer it to the retention core which is where the urine is held. A ‘Super Absorbent Powder’, is present in this area which transforms into a gel when it mixes with the urine. This ensures the urine stays in the absorbent core and does not rise back through the pad to the surface layer. Our pads also contain ‘Odour Dry System’ Powder which prevents ammonia being formed resulting in pads being kinder to your skin as the level of acidity within the pad is kept to a minimum.

The backing of Euron pads is either ‘Polyethylene’ or ‘Cotton Feel’ dependant upon which type has been prescribed by your Healthcare Professional. Both are a gentle material which should not cause any skin reaction and both are latex free. Both materials are designed to be soft yet strong and will not allow urine to leak through.

On our more absorbent products this backing layer possesses a wetness indicator which you can identify by looking for two yellow lines with writing in the middle. As you pass urine in to the pad the yellow lines will gradually change to a dark blue colour and the writing will blur. When nearly all of the lines are blue it is time for you to change your pad.
FITTING MY PADS
For more detailed information on specific fitting instructions for your product please consult your continence advisor for a copy of the relevant Euron Fitting Guide.

Step 1
Start by pulling the stretch pants up to thigh level, with the top folded down in preparation for securing the Euron pad.

Step 2
Hold each end of the Euron pad and gently pull it open to activate the anti-leak cuffs.

Step 3
Starting from the front, insert the pad between the user’s legs then arrange and smooth the pad over the abdomen and buttocks.

Step 4
Adjust the pad around the groin area and keep in position whilst pulling up the net pants.

Step 5
Pull up the pants and fold the top section over the pad, ensuring the pants are fitted well at the top of the legs and that the pad fits closely at the groin.

NET PANTS
In some areas Healthcare Professionals are able to prescribe net pants. These are designed to hold the pad in place securely. If these are not available then you will need to either buy your own or wear close fitting underwear. Net pants do need some special care to ensure long product lifespan, if machine washing then wash at 60° or lower; do not use fabric conditioner and do not tumble dry.
HOW DO I CARE FOR MY SKIN?

Your skin can be damaged if you don't take care of it. Skin problems are more likely to occur when you suffer from both urinary and faecal incontinence or if you have very loose stools (Le Lievre). In order to maintain the integrity of your skin you should follow these basic principles. When you wash your bottom avoid using harsh soaps as these can cause skin to become dry (Le Lievre). Use a pH balanced soap, foam cleanser or cleansing wipes which contain added moisturisers. If using soap rinse your skin after use (Le Lievre).

Don’t rub your skin dry as this can damage the top layer of your skin, instead pat gently. If your skin is intact you do not need any cream and if your skin is starting to become sore, seek your Healthcare Professional’s advice. If cream is prescribed, only ever use a small amount and make sure it is rubbed in fully. Talcum powder and some barrier creams can stop your incontinence pads from working properly as they block the pores in the top layer of the pad and this stops the urine from being absorbed. This results in the 'stay dry' effect of the pad being damaged and you will not be as comfortable (Le Lievre).

WHAT DO I DO IF URINE OR FAEces LEAKS ONTO MY CLOTHES OR FURNITURE?

If Urine Leaks on to your Clothes:
If your clothes are washable you should attempt to wash them in cold running water, then leave them to soak overnight if possible in a solution of biological detergent and warm water, then wash as normal. If your fabrics are not washable; dissolve biological detergent in Luke warm water, sponge the mark and repeat with cold water before taking them to the dry cleaners if necessary.
If Urine is on Carpets or Soft Furnishings:
Mop up any excess and dissolve biological detergent in warm water. Test the fabric for colour fastness in a hidden area and if there are no problems sponge the affected area and repeat with cold water. If necessary shampoo your carpet.

If You Have Faeces on Clothes:
You should wash your clothes using a biological detergent as soon as possible, if they are non washable you should take them to a dry cleaners.

If Faeces is on Soft Furnishings or Carpet:
Sponge with warm water, blot dry, then sponge with a mixture of biological detergent and warm water ensuring you do not get the area too wet. If the stain persists mix 1 part distilled vinegar with 3 parts water and use it to sponge the stain before blowing it dry. Remember to try this in a non-visible area first (www.diynot.com).
HOW DO I DISPOSE OF MY PADS?

In the majority of areas people are advised to place used pads in a small bag or nappy sack and then dispose of them in the normal family dustbin for local refuse collectors.

If you are in doubt ask your Healthcare Professional. Never attempt to flush any Euron incontinence products down the toilet.
HOW DO I GET MY PRODUCTS?

Following your initial meeting with a Healthcare Professional you will be provided with subsequent products on a regular basis ranging between four to twelve weeks, dependant upon the area in which you live. Your pads arrive either at your home or health centre every few weeks - ‘Euron Repeat’, or by using your telephone to phone our free phone number to inform us you are ready for your next delivery - ‘Euron Call’.

If the area in which you live uses the ‘Euron Repeat’ method you will find the next delivery date on your last delivery box. However, if this service does not operate in your area you must use the telephone ordering service. Remember to place your order at least one week before it is required. Your Healthcare Professional will inform you of how the system operates in your area.

Your Euron products will be delivered to your house in an unmarked van in boxes or bags which are also unmarked to avoid any embarrassment. If you are not at home during the day it would be helpful if you would be able to state an area where they can be left such as in the porch, with a neighbour etc. This can be provided when placing your order.

Please note that although pads are light and comfortable to wear, they are heavy when boxed. Please take one pack from the box at a time to carry to your storage area. If you do need to phone to place your order use the box on the following page as a memory aid. You can write down the name of the products you are using and the number you need to phone. You may also wish to include the name and number of the Healthcare Professional who assessed you in the event of any problems.
USEFUL INFORMATION

Your District Nurse is: ____________________________

_____________________________________________

His/Her Number is: _____________________________

_____________________________________________

Your Continence Advisor is: _____________________

_____________________________________________

His/Her number is: _____________________________

_____________________________________________

The name of your product is: ____________________

_____________________________________________

The telephone number to reorder your products is: ___

_____________________________________________
USEFUL WEBSITES/PHONE NUMBERS

Incontact
United House
North Road
London
N7 9DF
Tel: 0870 770 3246
www.incontact.org

Enuresis support
www.eric.org.uk

For Teenagers with Enuresis
www.trusteric.org
Tel: 01179 603060

Euron UK
97 Macadam Road
Earlstrees Industrial Estate
Corby
Northants
NN17 4JN
Tel: 01536 269744
www.euronuk.com

Support Group For Teenagers
www.incontinence.cjb.net

PromoCon Offers Advice and Support:
Redbank House
St Chad’s Street
Manchester
M8 8QA
Tel: 0161 834 2001
www.promocon2001.co.uk

The Continence Foundation
307 Hatton Square
16 Baldwin Gardens
London
EC1N 7RJ
Tel: 0845 345 0165
www.continencefoundation.org.uk

Tissue Viability group
www.tvs.org.uk
<table>
<thead>
<tr>
<th>Reference</th>
<th>Date</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardozo, L</td>
<td>(2000)</td>
<td>Urinary Incontinence in Primary Care</td>
</tr>
<tr>
<td>Staskin, D</td>
<td></td>
<td>Isis Medical Media London</td>
</tr>
<tr>
<td>Kirby, M</td>
<td></td>
<td>Incontinent - A Healthy Bladder</td>
</tr>
<tr>
<td>Author</td>
<td>Year</td>
<td>Title</td>
</tr>
<tr>
<td>---------------------</td>
<td>------</td>
<td>--------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Le Lievre, Sarah</td>
<td>2002</td>
<td>An Overview of Skin Care &amp; Faecal Incontinence</td>
</tr>
<tr>
<td>Mangan, P</td>
<td>2002</td>
<td>The Importance of Good Skin Care</td>
</tr>
<tr>
<td>Nursing Residential</td>
<td></td>
<td>Care</td>
</tr>
<tr>
<td>The Continence</td>
<td></td>
<td>The Misbehaving Bladder - A Brief Guide</td>
</tr>
<tr>
<td>Foundation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Websites</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
