



Prevail[®]

FOR THE CAREGIVER



Welcome

It is estimated that Loss of Bladder or Bowel Control (LOBC) will impact up to 25 million people. Some people you meet will talk openly about incontinence but others may find it difficult to gather the courage to talk about their incontinence condition. Studies have shown that on average people will wait seven years before seeking treatment.

These individuals will modify their lifestyle instead of finding treatment options. They may stop visiting friends and family, they may stop exercising or they may even be afraid to leave their home. It doesn't have to be that way.

There are treatment options and there are Prevail® Products to manage their LOBC that will allow them to live an active and normal life.

What's Inside

Facts About LOBC

Prevail® Products and their Usage

Resources and Best Practices



How to Spark the Discussion

You will be providing your patients a valuable service if you can help them live a fuller life by managing their incontinence. Here are a few tips to help bring up incontinence in a comfortable way.

Use Comfortable Vocabulary

Incontinence is not a word everyone is familiar with or comfortable using right away. In the beginning of discussions use phrases like loss of bladder control to describe incontinence, or ask if they wear pads for urine leakage.

Show Them They Are Not Alone

Assure your patients that incontinence is not a disease but it does impact many people, especially those in the senior population; over 25 million in the U.S. and it is estimated that 1 in 4 women experience LOBC.

Provide Them With Solutions

A person can live a full life with incontinence. It is always important to have your patients discuss any medical conditions with their physician. This brochure will guide you through initial discussions and potential solutions.

SECTION ONE: FACTS ABOUT LOBC

LOBC is a stigmatized, under-reported, under-diagnosed, and under-treated condition that is erroneously thought to be a part of the normal process of aging. In fact, one out of three men and women ages 30-70 have experienced urinary incontinence at some point and believe that it is a normal part of aging.^(1,2)

- Only one out of eight Americans experiencing urinary incontinence has been diagnosed.^(1,2)
- Two out three of those experiencing urinary incontinence do not use any treatment or product to manage incontinence.^(1,2)
- Women constitute 75-80% of all incontinence sufferers, 9-13 million of whom have had bothersome or severe symptoms.^(1,2)

LOBC can be modified and managed with the right products, treatment and lifestyle changes. Information on healthy bladder and bowel function can help promote the fact that incontinence is not an inevitable part of aging but a symptom of another problem.

We believe in getting the information to the people so that they can learn to own and manage their incontinence. Without knowledge, the societal costs of LOBC can be debilitating, with even mild symptoms affecting our daily social, sexual, interpersonal, and professional functions.

What is Loss of Bladder Control?

Loss of Bladder or Bowel Control (LOBC), also known as incontinence, is the involuntary loss of bladder or bowel control. It is not a disease, but it can be a symptom of other conditions, as well as a side effect of different medications, diet and nutrition habits, or lifestyle changes. Millions of people experience incontinence, and with the right products, treatments and information, they overcome the symptoms every day.

LOBC is Not Uncommon

- LOBC affects up to 25 million Americans each year
- Only 1 in 8 Americans experiencing it have been diagnosed
- 75-80% are women, 9-13 million of whom have bothersome-severe symptoms^(1,2)
- 22% of men over 65 experience LOBC ^(1,2)

Incontinence can affect anyone, but with proper education and treatment, LOBC should not interfere with enjoying an active and full lifestyle. The first hurdle is realizing that it can be managed and in some cases, can be reversed.



Source: (1) International Continence Society (ICS); (2) National Association for Continence (NAFC)

Managing LOBC

The first step in living a full life with LOBC is to get the facts and this informational booklet is a good start. It is also important for patients to discuss incontinence with their physician. Be sure to visit [Prevail.com/LOBC](https://www.prevail.com/LOBC) to learn more and join the conversation.

Common Causes of LOBC

Incontinence is not a disease or a natural part of aging. It is a symptom that can have many causes. The first step is to be able to understand these causes and for patients to work with their healthcare provider to determine the best way to treat and manage it.

Some of the Common Causes

- Repetitive work-related activities (e.g. heavy lifting)
- Poor nutrition
- Certain foods and beverages
- Constipation
- Obesity
- Previous urinary tract or renal problems
- Loss of pelvic muscle tone
- Menopause and hormonal changes
- Pregnancy
- Pelvic surgery or trauma (e.g. hysterectomy, childbirth)
- Neuromuscular impairments
- Neurological disorders and stroke
- Cognitive impairments (e.g. Alzheimer's)
- Medication side effects
- Urinary tract infection
- Enlarged prostate
- Tumors
- Other systemic disorders that restrict mobility and bodily functions



LEVELS OF LEAKAGE

& The Six Types of Loss of Bladder or Bowel Control (LOBC)

LIGHT



STRESS

SYMPTOMS

- Leakage when laughing, coughing, lifting, sneezing or exercising
- Involuntary loss of a few drops

COMMON CAUSES

- Strenuous physical activities
- Pregnancy and childbirth
- Pelvic surgery or trauma
- Loss of muscle tone
- Enlarged prostate
- Shift in hormonal balance in women

 Light Leakage



URGE

SYMPTOMS

- Associated with an Overactive Bladder (OAB)
- Rushing to the bathroom
- Awareness of the need to go
- Frequent, strong and sudden urges, but cannot make it to the bathroom

COMMON CAUSES

- Bladder irritants (e.g. alcohol, caffeine, carbonated drinks)
- Medications (e.g. sedatives, high blood pressure)
- Urinary tract infections and cancer
- Nerve dysfunction associated with trauma, diabetes, multiple sclerosis, spinal cord injuries, Alzheimer's, Parkinsonism
- Shift in hormonal balance in women

 Moderate Leakage



MIXED

SYMPTOMS

- A combination of two or more types, most commonly of Stress and Urge

COMMON CAUSES

- Occurs when symptoms of both stress and urge types of incontinence are present

 Moderate Leakage



REFLEX

SYMPTOMS

- Urine loss, often large amounts with no warning or urge
- Cannot tell the need to go

COMMON CAUSES

- Stroke
- Brain tumors
- Spinal cord injuries

 Heavy Leakage



OVERFLOW

SYMPTOMS

- Full bladder and it feels like it's never empty
- Often constant dribbling of urine
- Frequency and urgency of urination increase

COMMON CAUSES

- Bladder injury
- Radical pelvic surgery
- Benign Prostatic Hypertrophy (BPH)
- Nerve damage from diabetes
- A narrowing of the urethra
- Medications

 Heavy Leakage



FUNCTIONAL

SYMPTOMS

- Occurs when the urinary system may work well, but factors outside the urinary tract, such as immobility or cognitive impairment, can prevent a person from getting to a bathroom in time

COMMON CAUSES

- Functional disability and psychological impairment
- Physical and mental disabilities, such as immobility or cognitive impairments
- Environmental barriers, such as stairs, clothing, or wheelchair accessibility

 Heavy Leakage

HEAVY

RECOMMENDED PRODUCTS

Be sure to choose the right products for the right level of leakage.



LIGHT LEAKAGE



Pantliners



Bladder
Control Pads



Male Guards



Pant Liners



MODERATE LEAKAGE



Underwear
for Women



Underwear
for Men



Boxers
for Men



Protective
Underwear



HEAVY LEAKAGE



AIR™
Briefs



Adult
Briefs



Extended
Use Brief



Bariatric
Briefs

ADDITIONAL ITEMS



Underpads



Disposable
Washcloths

Options in LOBC Management

It is important for patients to talk with their physician about managing incontinence to determine the best plan for their particular needs. Here is an overview of the options they will most likely discuss.



LOBC PRODUCTS

Prevail® absorbent hygiene products are designed to meet the needs of those suffering with LOBC. Prevail® products can be used alone or with any of the other options below. See Section Three for more information.



BEHAVIORAL THERAPY

Behavioral Therapy involves understanding one's body. Setting routines will help with managing needs with bladder retraining and scheduled toileting.

- Create schedules to proactively visit the bathroom.
- Physicians may advise to begin a Bowel and Bladder Diary (for a sample diary, visit Prevail.com).
- For women, Kegel exercises are also recommended to strengthen pelvic muscles.



DIET MODIFICATION

Certain foods act as diuretics and/or bladder irritants.

- Eliminating one or all of the irritating foods may improve urine control.
- Read on for a list of foods and beverages that are bladder irritants.



MEDICATION

There are some medications prescribed for unrelated issues that can trigger incontinence.

- Look into medications that are bladder irritants. These medications may include sedatives, diuretics, and narcotics.
- Discuss with physician before making any adjustment to medication.



SURGERY

All surgery must be considered carefully. Surgery comes with risks and potential complications.

Medications that Affect LOBC

There are some medications prescribed for unrelated issues that can trigger incontinence. Look into medications that are bladder irritants. These medications may include sedatives, diuretics, and narcotics. Several classes of medicines affect the bladder muscle and the bladder outlet muscle. Sometimes these medicines are prescribed for conditions outside the urinary system and cause unwanted changes in bladder control. At other times, these changes are desirable and the same class of medicine is prescribed to treat incontinence. Patients should talk with their physician about any concerns.

MEDICATIONS	EFFECT	BLADDER SYMPTOMS	EXAMPLE
Diuretics (water pills)	More urine is produced	Frequency, urgency, increased amount of urine output	Hydrodiuril® (hydrochlorothiazide-HCTZ), Lasix® (furosemide), Maxzide® (HCTZ-triamterene)
Sedatives, muscle relaxants	Sedation and drowsiness	Possible lack of appreciation of bladder events	Valium (diazepam), Librium® (chlordiazepoxide, Ativan® (lorazepam)
Narcotics	Sedation, drowsiness, retention of urine because the bladder is relaxed or bladder outlet resistance is increased	Lack of concern or desire to use the toilet, difficulty/straining in starting urinary stream, weak stream, urinating between voids, frequency	Percocet® (oxycodone-APAP), Demerol® (meperidine), morphine
Antihistamines - Antipsychotics/ Antidepressants - Calcium channel blockers	Retention of urine because the bladder is relaxed or bladder outlet resistance is increased	Difficulty in starting the urinary stream, straining to void, voiding with a weak stream, leaking in between urinations, frequency, urinary retention	Benadryl® (diphenhydramine) - Elavil® (amitriptyline), Prolixin® (fluphenazine), Haldol® (haloperidol), Prozac® (fluoxetine HCl) - Calan® (verapamil), Procardia® (nifedipine), Cardizem® (diltiazem)
Anticholinergics	Possible difficulty in passing urine due to relaxation of bladder muscle	Possible decrease in bladder emptying, rarely urinary retention, overflow incontinence	Oxybutynin, tolterodine tartrate, trospium chloride
Alpha adrenergic agonist	Increases the resistance of the bladder outlet muscle	Urinary retention, voiding with a weak stream	Entex®, Sudafed® (pseudoephedrine)
Over-the-counter cold remedies	Retention of urine (either because bladder is relaxed or the strength of the bladder outlet muscle is increased, depending on the particular medication)	Urinary retention, difficulty in starting the urinary stream, straining to void, voiding with a weak stream, leaking between urinations, frequency	Nyquil®, Theraflu®, Alka Seltzer Plus Cold Relief®, Afrin®, long acting nose drops
Alpha adrenergic antagonist	Relaxes the bladder outlet muscle	Leaking when coughing, sneezing, laughing, exercising, etc.	Hytrin® (terazosin), Cardura® (doxazosin), Flomax® (tamsulosin)
DDAVP	Decreases urine output made by the kidneys	Possible decrease in blood levels of salts, decreased urine production	Desmopressin acetate



Foods and Beverages that Affect LOBC

Irritants

Certain foods that act as diuretics or bladder irritants may need to be removed from a patient's diet. Eliminating or limiting one or all of the irritating foods may improve urine control. Patients should talk to their physician about eliminating or limiting one or more of these items from their diet:

- Alcoholic and carbonated beverages
- Caffeinated coffee and tea
- Tomatoes
- Citrus fruits and juices
- Sugar, honey and artificial sweeteners
- Chocolate
- Spicy foods

Helpful Foods and Beverages

Constipation can lead to incontinence so consuming ample amounts of fiber is important, as it greatly contributes to improved bowel habits. Foods high in fiber include:

- Oat bran
- Applesauce
- Thirst quenching juices that are not considered irritants are grape, cranberry, cherry, and apple
- The best beverage choice, however, is water

A Note about Liquids

Many people reduce their liquid intake hoping it will reduce the amount they need to urinate. This may cause more concentrated liquid in the form of urine (dark yellow and strong smelling). When urine is more concentrated it can be irritating to the bladder and may even increase the potential for a Urinary Tract Infection and incontinence.



SECTION TWO: Prevail® Products and their Usage

Prevail® is the leading Incontinence brand in healthcare. We provide a full line of Adult Incontinence Products. We manufacture products that we truly believe in, products born from thoughtfulness and caring, products we would be happy to offer our very own loved ones.

Prevail® puts care into every last detail to provide unsurpassed protection and comfort that allows people with Loss of Bladder or Bowel Control (LOBC) to live better, feel more confident and get closer to those around them.

Prevail® is about hope. It's about trust. It's about dignity. When you take back control, you Prevail®.

In this section we will review Prevail® Products and how to find the right products for the different types of LOBC.

FINDING THE RIGHT PRODUCT

LIGHT



Light Leakage



Light Leakage



Moderate Leakage



Moderate Leakage

BLADDER CONTROL PADS

Discreet protection for women

NEW AirMax™ Layer with Dri-Fit™

With Dri-Fit™ **cotton enhanced™**

Odor Guard® technology neutralizes odor

Contoured, discreet pad for a comfortable fit

Individually wrapped

MALE GUARDS

Discreet protection for men

Discreet contoured shape, natural fit

Flexible gathers offer side leakage protection

QUICK WICK® with MaxSoft™ layer pulls moisture away from the skin for comfort and protection

Soft cloth-like outer fabric

UNDERWEAR FOR WOMEN

Two types of underwear designed for women

With Dri-Fit™ **cotton enhanced™**

Soft cloth-like outer fabric

QUICK WICK® with MaxSoft™ layer pulls moisture away from the skin for comfort and protection

Features a form-fitting shape and stretchable, breathable waist panels for a comfortable fit

UNDERWEAR FOR MEN

Two types of underwear designed for men

With Dri-Fit™ **cotton enhanced™**

Soft cloth-like outer fabric

QUICK WICK® with MaxSoft™ layer pulls moisture away from the skin for comfort and protection

Boxers: design that feels and looks like regular boxer underwear



20% based on retention capacity of the leading bladder control pad.
5X based on rewet testing of the leading protective underwear brand.

For more products, visit us online at Prevail.com/products

Prevail[®]

→ HEAVY



Heavy Leakage

Heavy Leakage

Bed and chair protection

Adult sized for adult care

ADULT BRIEFS

Available in a variety of sizes

EXTENDED USE BRIEFS

Available in a variety of sizes

UNDERPADS

Available in a variety of sizes and absorbencies

DISPOSABLE WASHCLOTHS

Available in a variety of styles

NEW AirMax™ Layer with Dri-Fit™

100% Breathability

Enhanced Microclimate Care™ for skin health & wellness

Odor Guard® technology neutralizes odor

Soft cloth-like outer fabric

Odor Guard® technology neutralizes odor

QUICK WICK® with MaxSoft™ layer pulls moisture away from the skin for comfort and protection

Soft breathable zones

Dri-Fit™ system for protection and comfort to maintain healthy skin

Designed to protect beds, chairs and other surfaces

Uniform absorbent core

Poly backing

Premium wipes contain lotion and Skin Smart™ to help moisturize for skin wellness

Single Hand Dispensing®

Thick quilted fabric for better cleaning





BLADDER CONTROL PADS

Prevail® Bladder Control Pads offer the right level of protection for women with light bladder leakage. Now available in Overnight Absorbency to provide superior protection with higher absorbency and faster absorption for heavier incontinence episodes or extended wear.



AirMax™ Layer - Specially formulated breathable poly layer traps wetness inside the pad but allows air, heat, and humidity to escape.



100% Breathable - A fully breathable moisture barrier that allows skin to breathe.



Dri-Fit™ cotton enhanced™ - Softer and smoother surface helps keep skin healthy by reducing friction.



Dri-Fit™ - A system that is a new level of protection and skin comfort to help maintain healthy skin.



Odor Guard® - Helps prevent odors before they even start.



QUICK WICK® with MaxSoft™ - Soft material quickly wicks wetness away from skin.

Contoured, discreet pad for a comfortable fit.

Adhesive Strip.

Individually wrapped for convenience.

Available in a variety of sizes and absorbencies.

Visit Prevail.com for a complete list.

Appropriate for These Types:



STRESS



WOMEN

20% based on retention capacity of the leading bladder control pad.



MALE GUARDS

Prevail® Male Guards are designed specifically for men to wear in their own underwear.



QUICK WICK® with MaxSoft™ – Soft material quickly wicks wetness away from skin.



Dri-Fit™ – A system that is a new level of protection and skin comfort to help maintain healthy skin.

Discreet, contoured shape and special cup design ensures a more comfortable, natural fit that quickly locks away wetness and odor.

Adhesive strip helps keep guard securely in place.

Designed specifically for men.

Appropriate for These Types:



STRESS



MEN

 Moderate Leakage

Prevail® FOR WOMEN

Protective Underwear



Designed for Women, it has a discreet and fast-absorbing core. Lavender color makes it as pretty as it is functional. Prevail® PurseReady™ available in discreet packs for wearers on the go. Now available in Overnight Absorbency to provide superior protection with higher absorbency and faster absorption for heavier incontinence episodes or extended wear.



Dri-Fit™ **cotton enhanced™** - Softer and smoother surface helps keep skin healthy by reducing friction.



Dri-Fit™ - A system that is a new level of protection and skin comfort to help maintain healthy skin.



Comfort Shape® Plus - 150% more elastic strands from top to bottom for an even more body hugging fit.



Odor Guard® - Helps prevent odors before they even start.



Back Label - Size printed on back inside label.



360° Breathable Zones™ - Ventilated waistbands and sides allow skin to breathe.



Cloth-Like Outer Fabric - Breathable outer fabric that is soft and comfortable.



QUICK WICK® with MaxSoft™ - Soft material quickly wicks wetness away from skin.

Appropriate for These Types:



URGE



MIXED



WOMEN

5X based on rewet testing of the leading protective underwear brand.

 Moderate Leakage

Prevail® FOR MEN

Protective Underwear



Designed for Men, it has a discreet and fast-absorbing core. Available in boxer or brief style underwear. Now available in Overnight Absorbency to provide superior protection with higher absorbency and faster absorption for heavier incontinence episodes or extended wear.



Dri-Fit™ **cotton enhanced™** - Softer and smoother surface helps keep skin healthy by reducing friction.



Dri-Fit™ - A system that is a new level of protection and skin comfort to help maintain healthy skin.



Comfort Shape® Plus - 150% more elastic strands from top to bottom for an even more body hugging fit.



Odor Guard® - Helps prevent odors before they even start.



Back Label - Size printed on back inside label.



360° Breathable Zones™ - Ventilated waistbands and sides allow skin to breathe.



Cloth-Like Outer Fabric - Breathable outer fabric that is soft and comfortable.



QUICK WICK® with MaxSoft™ - Soft material quickly wicks wetness away from skin.

Appropriate for These Types:



URGE



MIXED



MEN

5X based on rewet testing of the leading protective underwear brand.

 Moderate Leakage

Prevail® PER-FIT® WOMEN

Protective Underwear



Comfort Shape® - 85% more elastic strands from top to bottom.



Odor Guard® - Helps prevent odors before they even start.



Back Label - Size printed on back inside label.



360° Breathable Zones™ - Ventilated waistbands and sides allow skin to breathe.



Cloth-Like Outer Fabric - Breathable outer fabric that is soft and comfortable.



QUICK WICK® with MaxSoft™ - Soft material quickly wicks wetness away from skin.



Dri-Fit™ - A system that is a new level of protection and skin comfort to help maintain healthy skin.

Appropriate for These Types:



URGE



MIXED



WOMEN

 Moderate Leakage

Prevail® PER-FIT® MEN Protective Underwear



Designed just for men, it features a form-fitting shape with stretch material for maximum comfort and protection.



Comfort Shape® - 85% more elastic strands from top to bottom.



Odor Guard® - Helps prevent odors before they even start.



Back Label - Size printed on back inside label.



360° Breathable Zones™ - Ventilated waistbands and sides allow skin to breathe.



Cloth-Like Outer Fabric - Breathable outer fabric that is soft and comfortable.



QUICK WICK® with MaxSoft™ - Soft material quickly wicks wetness away from skin.



Dri-Fit™ - A system that is a new level of protection and skin comfort to help maintain healthy skin.

Appropriate for These Types:



URGE



MIXED



MEN

 Moderate Leakage

Prevail® Unisex

Protective Underwear



Comfort Shape® Plus - 150% more elastic strands from top to bottom for an even more body hugging fit.



Skin Smart® Fabric - Hypoallergenic fabric that contains Aloe, Chamomile and Vitamin E for Skin Wellness.



Odor Guard® - Helps prevent odors before they even start.



Back Label - Size printed on back inside label.



360° Breathable Zones™ - Ventilated waistbands and sides allow skin to breathe.



Cloth-Like Outer Fabric - Breathable outer fabric that is soft and comfortable.



QUICK WICK® with MaxSoft™ - Soft material quickly wicks wetness away from skin.



Easy Lock Fastener® - Grip and hold without being sticky.
(Only Available on Adjustable Underwear)



Dri-Fit™ - A system that is a new level of protection and skin comfort to help maintain healthy skin.

Appropriate for These Types:



URGE



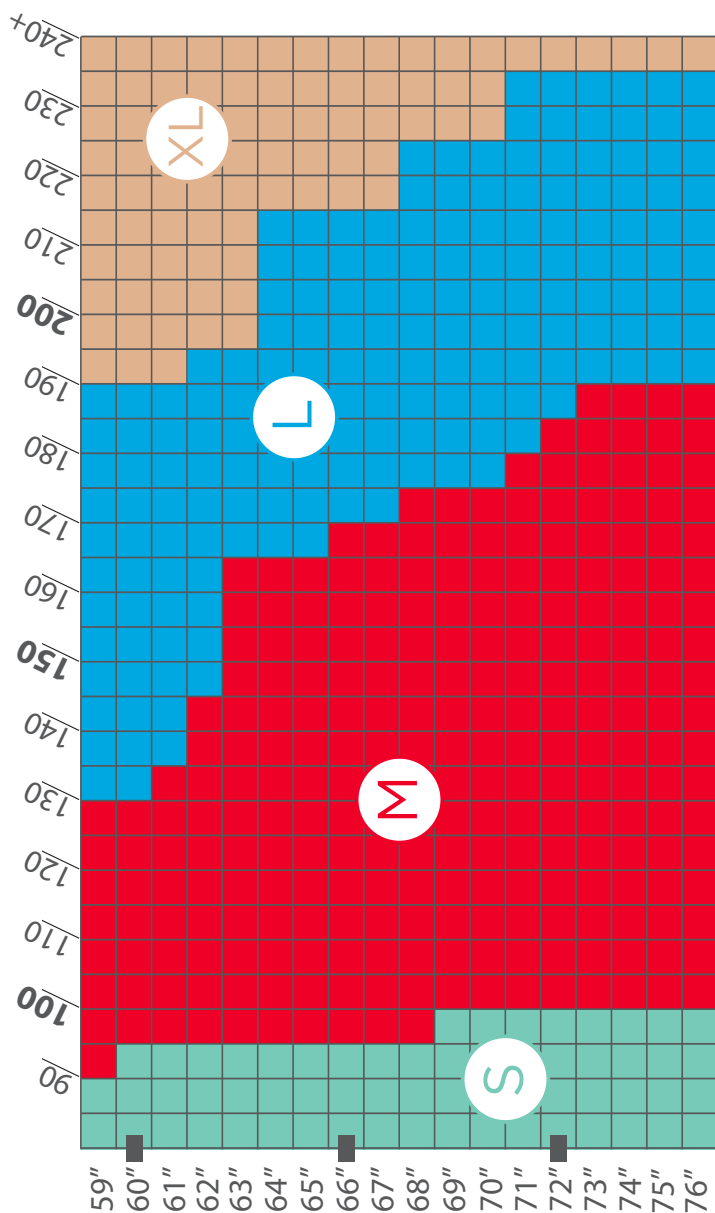
MIXED



UNISEX



Prevail® Underwear Sizing Chart





Heavy Leakage

Prevail AIR™

Adult Briefs



New Prevail Air™ brings the next generation in breathability to a revolutionary brief. Now with the breathable AirMax™ Layer, every inch of our supremely comfortable, great fitting brief allows skin to breathe — taking Microclimate Care™ to the next level.



Microclimate Care™ - A favorable microclimate with Prevail's performance features to maintain normal skin temperature and moisture at the skin.



100% Breathable - A fully breathable moisture barrier that allows skin to breathe.



AirMax™ Layer - Specially formulated breathable poly layer traps wetness inside the pad but allows air, heat, and humidity to escape.



Expandex™ Wings - Soft, flexible stretch panels provide a secure fit.



Doublesorb™ Layers - Soft, Dual core system helps lock up moisture.

With all of our trusted quality features:



Easy Lock Fastener® - Grip and hold without being sticky.



Direct Lock Panels - Back panels of briefs have two Easy-Lock Fastener® strips for an adjustable fit.



Odor Guard® - Helps prevent odors before they even start.



Cloth-Like Outer Fabric - Breathable outer fabric that is soft and comfortable.



QUICK WICK® with MaxSoft™ - Soft material quickly wicks wetness away from skin.



Dri-Fit™ - A system that is a new level of protection and skin comfort to help maintain healthy skin.

Appropriate for These Types:



REFLEX



OVERFLOW



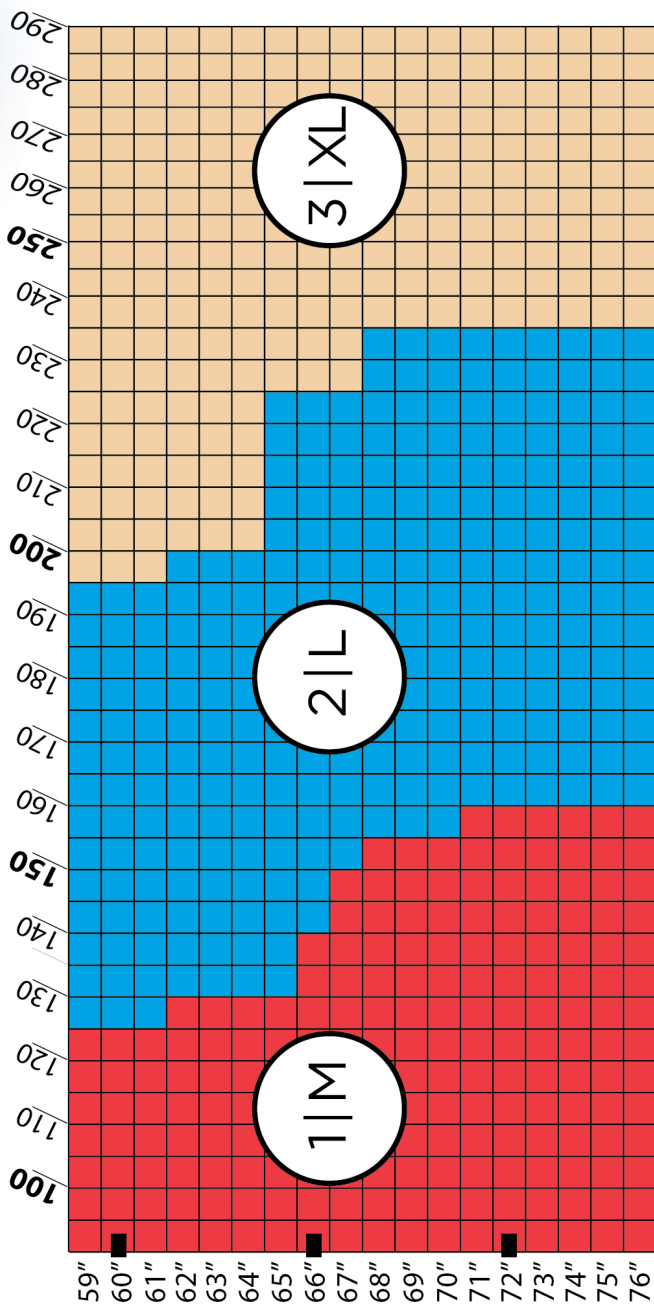
FUNCTIONAL



UNISEX



Prevail AIR™ Sizing Chart





Heavy Leakage

Prevail® Next Generation Briefs™

Breezers360™ or Per-Fit360™



Prevail® Next Generation Briefs™ feature Microclimate Care™ with advanced features for skin health and wellness. Available in a variety of absorbencies. Prevail's Microclimate Care™ performance features include:



360° Breathable Zones™ – Ventilated waistbands and sides allow skin to breathe.



Expandex™ Wings – Soft, flexible stretch panels provide a secure fit.



Doublesorb™ Layers – Soft, Dual core system helps lock up moisture.



Easy Lock Fastener® – Grip and hold without being sticky.

With all of our trusted quality features:



Skin Smart® Fabric – Hypoallergenic fabric that contains Aloe, Chamomile and Vitamin E for Skin Wellness. (only available on Breezers360™)



Direct Lock Panels - Back panels of briefs have two Easy-Lock Fastener® strips for an adjustable fit.



Odor Guard® - Helps prevent odors before they even start.



Cloth-Like Outer Fabric – Breathable outer fabric that is soft and comfortable.



QUICK WICK® with MaxSoft™ – Soft material quickly wicks wetness away from skin.



Dri-Fit™ - A system that is a new level of protection and skin comfort to help maintain healthy skin.

Appropriate for These Types:



REFLEX



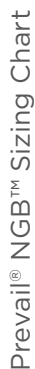
OVERFLOW



FUNCTIONAL



UNISEX





Heavy Leakage

Prevail®

Adult Briefs



Skin Smart® Fabric – Hypoallergenic fabric that contains Aloe, Chamomile and Vitamin E for Skin Wellness.



Odor Guard® - Helps prevent odors before they even start.



Breathable Zones™ - Ventilated side areas allow skin to breathe.



Cloth-Like Outer Fabric – Breathable outer fabric that is soft and comfortable.



QUICK WICK® with MaxSoft™ – Soft material quickly wicks wetness away from skin.



Easy Lock Fastener® – Grip and hold without being sticky.



Dri-Fit™ - A system that is a new level of protection and skin comfort to help maintain healthy skin.

Appropriate for These Types:



REFLEX



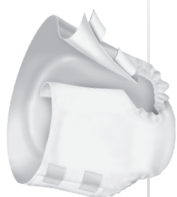
OVERFLOW



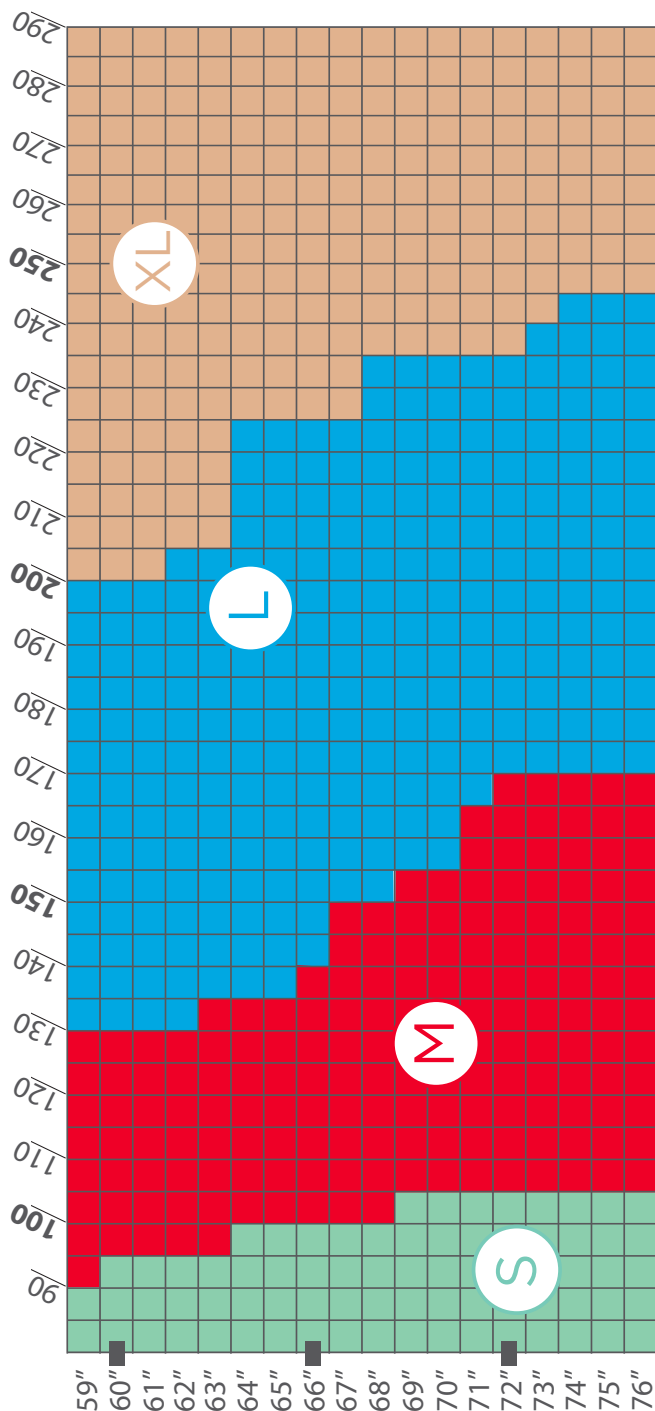
FUNCTIONAL



UNISEX



Prevail® Adult Briefs Sizing Chart



UNDERPADS



Prevail® Underpads are designed to protect beds, chairs, and other surfaces. They are available in a variety of sizes and absorbencies to suit all needs.

Reduces the need for multiple underpads.

Absorbent & Strong. All-in-One.

Appropriate for These Types:



UNISEX



To learn more visit Prevail.com

Questions? (800) 227 3551



LEVELS OF LEAKAGE

& The Six Types of Loss of Bladder or Bowel Control (LOBC)

LIGHT



STRESS

SYMPTOMS

- Leakage when laughing, coughing, lifting, sneezing or exercising
- Involuntary loss of a few drops

COMMON CAUSES

- Strenuous physical activities
- Pregnancy and childbirth
- Pelvic surgery or trauma
- Loss of muscle tone
- Enlarged prostate
- Shift in hormonal balance in women

 Light Leakage



URGE

SYMPTOMS

- Associated with an Overactive Bladder (OAB)
- Rushing to the bathroom
- Awareness of the need to go
- Frequent, strong and sudden urges, but cannot make it to the bathroom

COMMON CAUSES

- Bladder irritants (e.g. alcohol, caffeine, carbonated drinks)
- Medications (e.g. sedatives, high blood pressure)
- Urinary tract infections and cancer
- Nerve dysfunction associated with trauma, diabetes, multiple sclerosis, spinal cord injuries, Alzheimer's, Parkinsonism
- Shift in hormonal balance in women

 Moderate Leakage



MIXED

SYMPTOMS

- A combination of two or more types, most commonly of Stress and Urge

COMMON CAUSES

- Occurs when symptoms of both stress and urge types of incontinence are present

 Moderate Leakage



REFLEX

SYMPTOMS

- Urine loss, often large amounts with no warning or urge
- Cannot tell the need to go

COMMON CAUSES

- Stroke
- Brain tumors
- Spinal cord injuries

 Heavy Leakage



OVERFLOW

SYMPTOMS

- Full bladder and it feels like it's never empty
- Often constant dribbling of urine
- Frequency and urgency of urination increase

COMMON CAUSES

- Bladder injury
- Radical pelvic surgery
- Benign Prostatic Hypertrophy (BPH)
- Nerve damage from diabetes
- A narrowing of the urethra
- Medications

 Heavy Leakage



FUNCTIONAL

SYMPTOMS

- Occurs when the urinary system may work well, but factors outside the urinary tract, such as immobility or cognitive impairment, can prevent a person from getting to a bathroom in time

COMMON CAUSES

- Functional disability and psychological impairment
- Physical and mental disabilities, such as immobility or cognitive impairments
- Environmental barriers, such as stairs, clothing, or wheelchair accessibility

 Heavy Leakage

HEAVY



PRESCRIPTION CARD

Patient Name: _____

Prescriber Name: _____

Recommended Product: _____



LIGHT LEAKAGE



Pantiliners



Bladder
Control Pads



Male Guards



Pant Liners



MODERATE LEAKAGE



Underwear
for Women



Underwear
for Men



Boxers
for Men



Protective
Underwear



HEAVY LEAKAGE



AIR™
Briefs



Adult
Briefs



Extended
Use Brief



Bariatric
Briefs

ADDITIONAL ITEMS



Underpads



Disposable
Washcloths



SECTION THREE: RESOURCES AND BEST PRACTICES

Prevail® is committed to creating a wealth of resources to help caregivers and patients alike in finding solutions when it comes to incontinence. With innovative products, sampling programs and educational materials, we give you access to information necessary to manage and support the incontinent patient.

Loss of bladder control is a symptom that, with the right attention and management, can be kept from interfering with the routines of daily life. All one needs are the tools. In the pages that follow, we have put together some information on best practices for LOBC. For more information visit us at Prevail.com.



View LOBC Video



Order Free Samples



Request Consumer Education

Pelvic Floor Exercises for Women

Kegel Exercises

Kegel exercises strengthen the pelvic floor muscles that support the bladder and help close the urethra. The pelvic muscles control leakage and manage sudden urges. Strong muscles allow more time to go to the bathroom.

Female Urinary System: How It Works and Why Kegels Help

Kidneys produce urine that travels via the ureters to the bladder. There is a sphincter muscle surrounding the exit of the bladder (the urethra). Childbirth, menopause and obesity can interfere with the normal function of the bladder and the sphincter. Kegel exercises strengthen muscles that support the sphincter. This helps to keep the bladder closed while it fills.

Where are the pelvic muscles?

- The muscles that help control urination are what we refer to as pelvic muscles. When patients are urinating, have them try to stop the pee a few times. If they can do this, then they are using their pelvic muscles. This will help them understand where they are. Have them also try to stop passing gas from the rectum. This pulling feeling means they are squeezing the right muscles.
- **For Women:** Imagine pulling a string from the vagina to the belly button with the pelvic floor muscles. This feeling shows which muscles are the pelvic muscles.
- **For Men:** Have them contract pelvic floor muscles while looking in the mirror; the base of the penis will move closer to their abdomen and their testicles will rise.



Performing Kegel Exercises

How do patients do Kegel exercises?

- They can be done anywhere! First, try doing them lying down, maybe when you wake up or when you are going to sleep.
- When the muscles are stronger, you can do them sitting and standing. Before you get started be sure to empty your bladder.
- Contract the pelvic muscles, squeeze for 5 seconds and then relax for 5 seconds.

Continue to breathe freely during the exercise. Repeat this exercise 10 to 15 times per session. Try to do this at least 3 times a day. Kegel exercises are only effective when done regularly. The more you exercise, the more likely it is that the exercises will help.

Kegel exercises can be done in a variety of positions:



Lie down and spread your legs equivalent to shoulder width apart. Relax your buttocks and lower stomach, and then squeeze your pelvic muscles for 5 seconds. Repeat.

A



B



Lie down, bend your knees and inhale. Contract your pelvic floor muscles while lifting the buttocks. Release the contraction while pulling down your shoulders, back and buttocks. Repeat.

A



B



Put your knees and palms on the ground. While inhaling, bend your back and squeeze your pelvic floor muscles for 5 seconds. Release and repeat.



Sit down and stretch your feet. Then squeeze your pelvic floor muscles for 5 seconds while rotating your feet outward. Repeat.



Sit down and cross your legs. Squeeze your pelvic floor muscles slowly for 5 seconds. Repeat.



Stand firmly and balance your body using a table or chair. Lift your heels while squeezing your pelvic muscles for 5 seconds. Relax your heels back on the ground. Repeat.

When you're first starting, it may be easier to do Kegel exercises lying down, so your muscles aren't fighting against gravity. Start with 10 times per session. After a few weeks, increase the number of repetitions. Gradually move to sitting and standing positions. These put more weight on the muscles, boosting your control.

Prevail® Bladder and Bowel Diary

We recommend patients complete this Bladder and Bowel Diary to review at their next appointment with their physician. It is also recommended to bring a list of their current medications to review.

How To Use My Bladder and Bowel Diary

Put a check mark in the appropriate box each time the patient urinates. For each incident of leakage indicate the amount of urine lost by writing and S (small amount), M (medium amount) or L (large amount) in the colored box on the second row.

	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Total
	☾	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	●	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	
Sunday																									
Monday																									
Tuesday																									
Wednesday																									
Thursday																									
Friday																									
Saturday																									

The Prevail® Bladder and Bowel Diary may also help reduce LOBC episodes with Bladder Retraining or Scheduled Toileting.

If the patient is able to identify an urge sensation, then bladder retraining or increasing the amount of time between urination may help reduce incontinence episodes. Incorporate kegel exercises to increase muscle strength and use the bladder diary to monitor frequency.

If fully incontinent, use a bladder diary to understand the voiding pattern. Scheduling toileting visits before normal pattern urination may reduce LOBC episodes.

LOBC Questions and Answers

Q: Should Maxi Pads be used instead of a Bladder Control Pad?

A: No. Maxi Pads are designed for different needs.

Not all Pads are created equal. Many people may choose a Maxi Pad or feminine hygiene (menstrual pad) to use for their incontinence. They might think that any pad should be able to cover their needs, but this is not the case. The type of fluid and the amount of fluid is very different.

Feminine Hygiene Products

- Usually absorbs at a slower rate.
- Usually designed to manage smaller amounts of liquid of a different consistency.
- Not the best choice for incontinence needs.

Prevail® Bladder Control Pads are made for Incontinence

Prevail® Bladder Control Pads are specifically designed to manage the larger surges of liquid associated with incontinence and hold the urine away from the skin. Prevail® Bladder Control Pads have our Odor Guard® feature which helps to keep odors from forming in the first place. Prevail® Bladder Control Pads will let patients feel dry, comfortable and fresh.

Q: Should a pad be used inside another product?

A: No. With incontinence products, less is more.

We do not recommend wearing more than one product together, and here's why:



Less Protection

Wearing two products at a time actually provides less protection. Wearers are only getting the protection of the product closest to the body. Any overflow from the first product will not be directed to the “strike zone” of the second product and will more than likely leak from the side. It is more effective to place the right product with absorbency closest to the body.

Moisture Build Up

The use of two disposable products at once may create excessive moisture build up. Excessive moisture build up on the skin can lead to potential alteration in skin integrity.

Troubleshooting Guide

If wearers experience concerns with their incontinence products there are some basic troubleshooting guidelines to ensure proper product and application.

LEAKAGE

- **Is the wearer in the proper product?** Please refer to our Product Selection Guide to make sure they are using the right product for their type of incontinence.
- **Is the wearer using the correct size?** Briefs that are too large will leak because of sagging. Please refer to our Height/Weight Charts.
- **Is the product making contact with the body?** There should be a snug fit.
- **For briefs, are the bottom tabs angled up to cup the buttocks?**
- **For briefs, are the top tabs angled at a downward angle for a snug fit at the waist?**
- **Are barrier creams being used?**
Overuse may diminish the wicking action of absorbent products. Use of barrier creams should be in accordance with the product manufacturer's recommendations for correct use.
- **Has product been "doubled-up" in an effort to maximize absorbency?**
Products are designed to be used in a singular fashion and applied properly. Using two products simultaneously (i.e. inserting a pad into a brief) will hinder the absorbency process and may cause leakage.



SKIN IRRITATION

- **Is the skin “scalded” at the mid-thigh area?** Product may not be close enough to the body. Position product close to the body for snug fit.
- **Is the skin blistered at the upper thigh?** Elastics may be positioned incorrectly. Leg elastics should rest on the natural creases of the groin.
- **Other potential cause of skin irritation:** Infrequent absorbent product changes, inadequate skin care of pericare, and lack of repositioning.

ABSORBENCY

- **Is the wearer in the proper product?** Please refer to our Product Selection Guide to make sure they are using the right product for their type of incontinence.
- **Is the wearer using the properly sized brief?** A product which is too large will leak because of sagging.
- **Is the product making contact with the perineal area?** Fit should be snug.

ODOR

- **Is the wearer receiving thorough pericare after each LOBC episode?**
- **Are soiled products being rolled up and secured before disposal?** We recommend wrapping used items in plastic shopping bags or plastic gloves before disposing. Also, make sure you are using a trash receptacle with a secure lid.



Prevail[®]

It is important for Patients to talk with their Physician about managing LOBC to determine the best plan for their needs. Patients should never begin a diet regimen, exercise program, medication, or any other treatment without first consulting their physician.

For more information and
to join the conversation visit
Prevail.com

800-227-3551