

# TENA Flex Fitting Guide

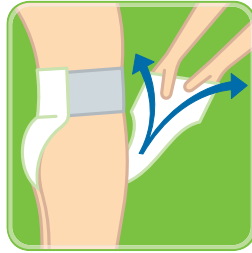
## Standing Position (can be applied the other way around)



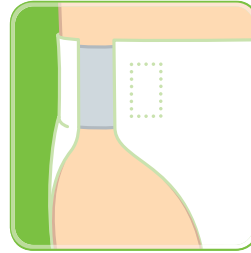
Fully open up the pad. Shape the pad into a bowl shape.



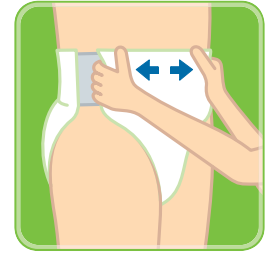
Slide the belt around the hips and secure at the front with the hook-in-line tabs.



With the user standing, pull the pad between the legs by stretching the hook-in-line tabs so that they reach the belt.



Stretch the front of the pad up towards the waist and out at each side. Attach the hook-in-line tabs to the belt with soft pressure.



Double-check the hook-in-line tabs are fixed securely and that there's a close fit in the groin area.

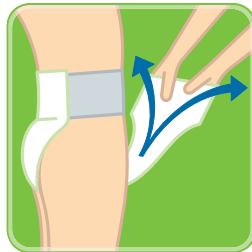
## Sitting Position (can be applied the other way around)



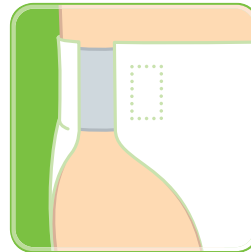
Fully open up the pad. Shape the pad into a bowl shape.



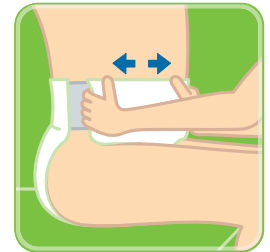
With the user sitting, slide the belt around the hips and secure at the front with the hook-in-line tabs.



With the user standing, pull the pad between the legs by stretching the hook-in-line tabs so that they reach the belt.



Stretch the front of the pad up towards the waist and out at each side. Attach the hook-in-line tabs to the belt with soft pressure.



Double-check the hook-in-line tabs are fixed securely and that there's a close fit in the groin area.

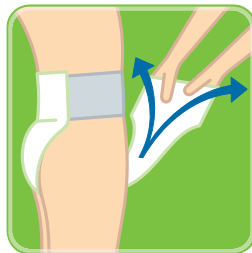
## Lying Down Position



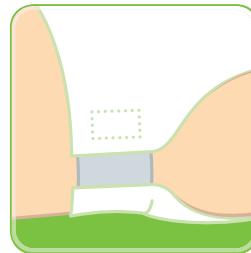
Fully open up the pad. Shape the pad into a bowl shape.



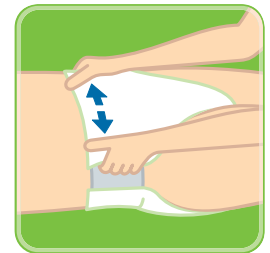
With the user on their side and the pad at the back, crumple the belt and slide it through below the waist.



With the user standing, pull the pad between the legs by stretching the hook-in-line tabs so that they reach the belt.



Stretch the front of the pad up towards the waist and out at each side. Attach the hook-in-line tabs to the belt with soft pressure.



Double-check the hook-in-line tabs are fixed securely and that there's a close fit in the groin area.

### Checklist

- ✓ Assess user for correct absorbency
- ✓ Measure around the hip for correct size
- ✓ Secure belt around hip or waist depending on body shape/size
- ✓ Pull pad through between the legs folding lengthways to create bowl shape
- ✓ Secure onto belt using hook-in-line system
- ✓ Ensure elastic is pulled taut and a snug fit in the groin
- ✗ Never place one pad inside another to increase absorbency
- ✗ Never use talc, as it reduces the absorbency of the product
- ✗ When creams are prescribed, use sparingly to ensure the product works effectively

