



We've got you
COVERED

CONTINENCE CARE TIPS



lille[®]
healthcare

Kylie[™]

PERSONAL HYGIENE SOLUTIONS



Ontex is a leading international manufacturer of personal hygiene solutions, with a special focus on innovation, technology and research programs.

Ontex is present in over 110 countries offering hygiene product solutions for women, men, children and babies.



Baby Care

From newborn to toddlers. Ontex are the only manufacturer of nappies in Australia.



Feminine Care

Ideal for women who want discreet protection.



Adult Care

Ideal for consumers with light to heavy incontinence.



Worldwide

Our quality, value for money products are distributed in more than 110 countries.

- ✓ A complete range of light to heavy incontinence solutions.
- ✓ All products dermatologically tested.
- ✓ Patients can order online in the comfort & privacy of their home.
- ✓ Complete skin care range for continence care. Cleanse, Moisturise and Protect.
- ✓ All our slips have a double wetness indicator.



GOVERNMENT FUNDING

There are a number of funding schemes you may be eligible for. You can access iD, Lille and Kylie products nationally through NDIS, DVA RAP, CAPS, as well as State and Territory Government schemes.

TYPES OF INCONTINENCE

Urinary incontinence exists in several different types, understanding which type you have can help you get the appropriate treatment for effective prevention.

Below is a list of the most common and some useful information on each.

STRESS INCONTINENCE

Stress incontinence refers to stress upon the sphincter and pelvic muscles.

A person with stress incontinence will experience small urine loss from coughing, sneezing, laughing or physical activities such as running, lifting heavy objects or getting off a chair or bed. This is the most common type of incontinence and occurs mainly in women.

RETENTION/OVERFLOW INCONTINENCE

A person with retention/overflow incontinence strains to pass urine, feels that their bladder hasn't emptied completely, constantly dribbles and may suffer from recurrent urinary tract infections. Retention/overflow incontinence is common in males who have an enlarged prostate gland.

OVERACTIVE BLADDER (OAB)

Overactive bladder (OAB) syndrome is characterised by urgency, often with frequency and nocturia and sometimes leakage (urge incontinence). It is often but not always associated with detrusor muscle over-activity.

FUNCTIONAL INCONTINENCE

Functional incontinence is the result of physical, psychological and/or environmental problems that affect a person's ability to reach or use the toilet. Some of these problems include poor mobility, poor dexterity, and loss of memory or even poor building design.

REFLEX INCONTINENCE

A person suffering reflex incontinence will find that their bladder has emptied without any warning or, in some cases, without any sensation that this has occurred. Reflex incontinence can often be the result of a spinal cord injury.

NOCTURIA INCONTINENCE

A person with nocturia will wake frequently during the night to go to the toilet and find that they have insufficient time to reach the toilet once they have woken. A person with nocturnal enuresis will lose urine while they are sleeping, usually at night.

MIXED INCONTINENCE

Mixed incontinence is the combination of both stress and urge incontinence. Mixed incontinence often affects women.





LIVING WITH INCONTINENCE

Managing everyday life can be challenging when you or the person you are caring for is affected by incontinence, however with planning and with some lifestyle changes this does not have to be the case. Most people find they, or the person they are caring for, can live their life to the fullest.

There are many types of incontinence and each has a different cause and different symptoms. Therefore, to get the appropriate treatment it is important to identify which type of incontinence you have. For most people the use of simple pelvic floor exercises, lifestyle changes and continence aids will suffice. It is always best to discuss your treatment options with your healthcare professional.

Here are our tips on how to cope with the daily challenges of living with incontinence.

OTHER USEFUL TIPS

For more information and advice visit <http://www.continence.org.au/>

or contact The Continence Foundation of Australia National Continence Helpline free call on 1800 33 00 66.

Seek a referral to a continence advisor or physician who is well-informed about urinary incontinence. Be motivated and persistent in seeking the right help.

PELVIC FLOOR EXERCISES

Also known as Kegels, these exercises focus on strengthening the pelvic floor muscles, which support the uterus, bladder and other pelvic organs.

Performing these exercises regularly can help to prevent accidental urine leakage. Kegel exercises can benefit both men and women who have urinary incontinence. It is never too early or late to begin exercising your pelvic floor. Find out how to strengthen your pelvic floor muscles.

<http://www.pelvicfloorfirst.org.au/>

It is never too early
or late to begin

FLUID IN-TAKE

Many people who have urinary incontinence believe that drinking less will help avoid accidents and other symptoms of urinary incontinence. This isn't exactly true; it can lead to other health issues. Drinking the right amount is important to keep a healthy balance of fluids, it is extremely important for your overall health.

Dehydration from not drinking enough liquid can cause your urine to become very concentrated, the concentrated urine can irritate your bladder and make incontinence worse.

Aim to drink 6-8 glasses of fluid per day (preferably water), unless otherwise advised by your doctor.

Limit drinking bladder irritants such as, carbonated drinks, tea and coffee (with or without caffeine) artificial sweeteners, corn syrup, foods and beverages that are high in spice, sugar and acid, such as citrus and tomatoes.

EAT A HEALTHY DIET

It is important to eat well to keep your bowels healthy and regular. A poor diet can cause chronic constipation, which can lead to faecal incontinence.

Fibre is an essential component of every diet; aim for 25 to 30g of fibre every day which should include at least 2 servings of fruit and 5 serves of vegetables, this will help keep your bowels healthy and in good working order.



PHYSICAL ACTIVITY HELPS PREVENT INCONTINENCE

Physical activity helps prevent constipation by stimulating the muscular activity of the bowel.

Exercise also helps to maintain a healthy body weight and reduce pressure on the pelvic floor. Be active every day and do at least 30 minutes of moderate physical activity, such as walking.

STOP SMOKING

Smoking is associated with a variety of health issues, such as an increased risk of lung cancer, heart disease, and high blood pressure.

Smoking can also have an impact on the bladder, as it's estimated that smokers are three times more likely to experience incontinence than non-smokers. Quitting smoking could improve the symptoms significantly.

GOOD TOILET HABITS

One of the best ways to avoid an accident is to have a bathroom schedule. It is normal to go to the toilet between 4-8 times per day and no more than once/twice a night.

Don't get into the habit of going to the toilet 'just in case' as this tends to result in the bladder developing a smaller capacity. Try to go only when your bladder is full and you need to go. (Going to the toilet before you go to bed is fine).

Be active every day

DISCUSS MEDICATIONS WITH YOUR DOCTOR

Certain medications, such as diuretics, some blood pressure medications, and antidepressants, can cause urinary incontinence, or at least be a contributing factor.

If you suspect medications may be increasing or even causing continence problems, let your doctor know about all the medicines you take, both prescription and over-the-counter. That way, your doctor can help determine whether these medicines should be adjusted or stopped, or if a treatment should be modified.

There is no real reason why you can't go away

PLAN AHEAD TRAVELLING WITH CONFIDENCE

Traveling or merely going out in public can be quite stressful for people with various bowel or urinary conditions. The first thing to remember is there is no real reason why you can't go away as long as you prepare carefully and plan everything in advance.

Plan ahead and know where the toilets are located for your journey and/or destination. Find out where the closest toilets are and how accessible these are to you. The Department of Health and Ageing has a National Public Toilet Map – this shows the location of more than 16,000 public and private toilet facilities across Australia.

Know how long you will be away from home and make sure you have all the things you may need including a good supply of all the items you will need – pads, pants, creams, wipes, etc.



CHOOSE THE RIGHT QUALITY CONTINENCE AIDS

Choosing the right continence products is critical for comfort and security.

Continence products also come with different features. Each feature helps to effectively handle incontinence; the key is to choose the ones that best meet your needs. Consider the following features:

SIZE

A continence product which is either too small or too large is never effective when it comes to managing fluid leaks. Therefore, it is always recommended to check the size of your waist, thighs and hips before you buy.

ABSORBENCY

The continence product suitable for you will be based on your incontinence needs. If you are among those who experience light leakage, then a shaped pad would be suitable.

However, if you experience constant loss of bladder control, especially at night, it is advisable to select a product with a higher capacity.

Ontex can help you to choose the right products for your needs by using our Product Finder for women and men and order a sample online of the selected product.

With our products, there's no need to stay at home, withdraw from activities, gym, tennis, social activities or travel.

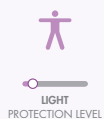
Each feature helps to effectively handle incontinence

PRODUCTS

WOMEN SUITABLE FOR FEATURES



iD Light - Shaped Pads



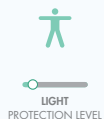
Ideal for active women who want discreet protection who are losing a few drops.

More absorbent than a period liner and a large range from total ISO capacity of 170ml up to 800ml. Thin, discreet and feminine design.

MEN SUITABLE FOR FEATURES



iD for Men - Pouch



Ideal for active men who want ultra protection.

Includes Power Dry technology with rapid absorption and odour control. Available in three levels of absorbency.

UNISEX SUITABLE FOR FEATURES



iD Classic Pants



Ideal for active independent people who prefer a higher waist.

Easy to use, pull-up pant with cotton like feel fast absorbency and instant dryness. Top sheet contains natural ingredients to protect the integrity of the skin and is 100% breathable. Available in XS to XXL.

new COMPLETE SKIN PROTECTION



iD Soft Feel Pants



Ideal for Independent people who want an ultimate soft feel pull-up pant.

Designed to combine, softness and discretion. Available in medium and large sizes.



iD Slip - All in One Pad



Ideal for people with limited mobility.

100% breathable with double anti-leak barriers and flexible side tabs for total security and comfort. Available in small to XXL.

UNISEX SUITABLE FOR FEATURES



iD Belts - Adjustable Briefs



Belts are ideal for people with reduced mobility and all body types.

Designed to offer protection for 8 hours. Easy to apply and fully adjustable. Cotton feel breathable back sheet & double wetness indicator. Available in Small to XL.



Rectangular Pad



Suitable to be used for faecal smearing and also can be used as a Booster.

Can be used inside any iD or Lille product with anti leakage protection.



iD Form - Shaped Anatomic Pads



Ideal for people with moderate to heavy incontinence who require assistance with toileting.

Double wetness indicator, cotton feel breathable back sheet and Dry Zone Technology. Recommend to use with iD Care Net Pants. Available in two pad lengths.



iD Care Mesh Net Pants



Ideal when you want extra security and greater freedom of movement.

Figure hugging with double elastic. Use to hold iD Form shaped pads securely in place. Available in three ranges; Comfort, With Legs and Ultra in sizes S to XXXL.

CHILDREN SUITABLE FOR FEATURES



iD Comfy Junior - Pants/Slips



For children 4 to 15 years with incontinence and nocturnal enuresis.

The pants have soft side panel and elastic underwear feel. The Slip is a great solution for waists from 40 to 70cm. Pants available in XS and S.

DISPOSABLE BED PADS SUITABLE FOR FEATURES



iD Protect & Expert Protect



Disposable protectors suitable for all levels of incontinence.

Designed for high level of comfort with a fast absorbing protection sheet. Available in variety of sizes.

WASHABLE BED PADS SUITABLE FOR FEATURES



Kylie



Washable protectors suitable for all levels of incontinence.

Advanced technology with a 5 layer system. Anti fungal, anti-mould, long lasting & easy to maintain. Range includes bedding protectors, chair, utility pillows, mattress covers & sheets.

LOOK AFTER YOUR SKIN

iD Care is a range of dermatologically tested skincare products designed for treating sensitive skin. A range specifically developed for continence care and overall well being.

DISCOVER OUR 3-STEP PROTOCOL



1 CLEANSE



iD CARE
Cleansing Milk



iD CARE
Cleansing Gel



iD CARE
Shampoo Cap



Lille Tenderskins
Pre-Moistened
Cloths



iD CARE
Wet Wash Gloves
Aloe Vera



iD CARE
Wet Wash Gloves



iD CARE
Wet Wipes

2 MOISTURISE



iD CARE
Moisturising Cream

3 PROTECT



iD CARE
Barrier Cream

Kylie™

Trusted Protection
for over 40 years

Washable range of bedding protection & covers.

✓ 5 Layers of Protection*

- ✓ Washable
- ✓ Dermatologically tested
- ✓ Latex free
- ✓ Non Slip
- ✓ Non pilling
- ✓ Anti mould & anti fungus

The Kylie range is known for quality and durability and is suitable for all levels of incontinence. Advanced technology with a 5 layer system that ensures the user stays dry and comfortable.

Kylie Ultra Absorbent Bedding Protection Standard and Supreme



Kylie Ultra Absorbent Protection Chair and Utility



Kylie Ultra Protection Waterproof Bedding Pillows Mattress Covers Sheets



Kylie for Kids Supreme Mac.

Kylie Kids Bed Pad with tuck-ins.



* Kylie range of products with five layers of protection include Supreme Mac, Standard, Utility Pads and Chair Pad only.

ORDER YOUR FREE SAMPLE NOW

As part of our ongoing commitment providing the best possible continence care solutions, we offer FREE Samples of our products, providing consumers with the opportunity to trial and experience for themselves.

To order a FREE Sample go to www.ontexhealthcare.com.au

- 1 Click on the 'Free Samples' tab
Please note:
Healthcare professionals – please remember to register prior to sample selection for unlimited access.
Consumers – no need to register.
- 2 Select the sample product and quantity.

All samples will be delivered in discreet packaging.
Sample orders placed by a healthcare professional will be sent directly to your client or can be sent to you.

iD, Lille and Kylie products are available to purchase online from

1300 788 855

independenceaustralia.com.au

1300 886 601

brightsky.com.au

1300 242 243

ch2.net.au

Go to www.ontexhealthcare.com.au for a full list of national, state and local suppliers.

Call 1300 788 872

For Ontex Customer Service or to speak to our State Based Business Development Team.

FOLLOW US ON

www.ontexhealthcare.com.au