



HARTMANN



Going further
for health

Moli Contenance Care Range

Your personal guide

Incontinence explained

Incontinence can be diagnosed as either a dysfunction of the bladder or bowel. The Moli Range from HARTMANN has been designed with you in mind in order to allow you to continue to live your life the way you want to.

Definitions of bladder dysfunction


Stress Urinary Incontinence is the complaint of involuntary leakage on effort or exertion, or when sneezing or coughing.

Urgency Urinary Incontinence is the complaint of involuntary leakage accompanied by or immediately preceded by urgency.

Mixed Urinary Incontinence is the complaint of involuntary leakage associated with urgency and also with effort, exertion, sneezing and coughing.

Nocturnal Enuresis is any involuntary loss of urine occurring during sleep.

All can involve loss of a few drops to a full bladder.



Weak pelvic floor muscles can result in urine leakage on effort or exertion, such as sneezing, coughing or laughing

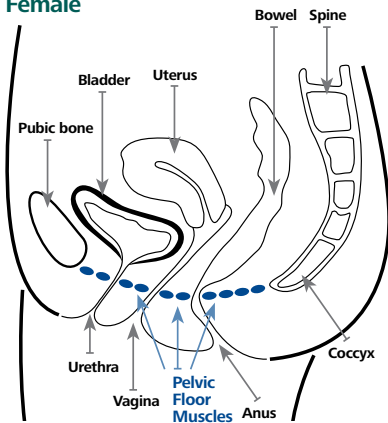
DID YOU KNOW? 90% of men aged 50 to 80 years old suffer from bladder problems¹ and over 9 million women have some form of bladder problem.²

1. NICE Clinical Guideline 97 (2010) 2. Bladder and Bowel Foundation, 2011

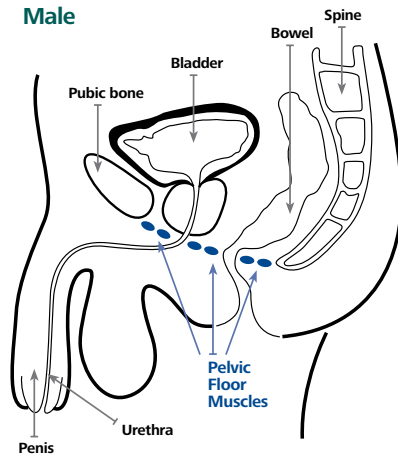
What can I do to avoid bladder problems?

Strengthening your pelvic floor muscles will help to improve your bladder control. The pelvic floor muscles are shaped like a shallow bowl and are attached to the pelvis between the bone at the lower part of the tummy (pubic bone) to the base of the spine (coccyx). See diagrams below:

Female



Male



The pelvic floor muscles:

- Support the bladder and the bowel
- Assist normal bladder and bowel function and prevent leakage (incontinence)
- Contribute to sexual function

To strengthen these muscles there are specific exercises you can perform. For more details please refer to the HARTMANN pelvic floor exercise leaflets.

Definitions of bowel dysfunction

Faecal incontinence is any involuntary loss of faecal material, smearing or loss of stools.

Flatus incontinence is any involuntary loss of gas (flatus).

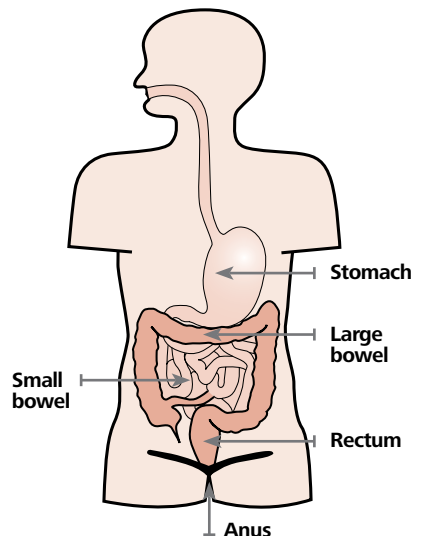
Leakage can occur for many reasons. A few examples are: as a result of damage to muscles following childbirth or trauma, confusion, illnesses or other damage affecting the nervous system, mobility and environmental problems, loose stools and constipation.

This problem affects all ages, but the risk increases sharply with age when men and women are equally affected.

An assessment to find the cause will, in many cases, result in an improvement or cure.

What can I do to avoid bowel problems?

Maintaining a healthy bowel is vital in the prevention of faecal incontinence. Opposite are some basic tips for maintaining a healthy bowel. These are not a substitute for seeing a GP or nurse, if you have any changes in your bowel habit that cause you concern you should consult your GP immediately.



A healthy diet is vital to ensure a healthy bowel. The Department of Health recommend a daily intake of 18-30g. Fibre rich foods include porridge, wholemeal bread, jacket potatoes and wholemeal pasta.

A healthy diet should include 5 portions of fruit and vegetables a day and, to get the best health benefits, this should include a variety of different fruits and vegetables.

For more details see the [HARTMANN Healthy Bowel Leaflet](#)

- Drink at least 1 ½ litres (about 3 pints) of fluid in 24 hours, unless there is a medical reason not to.
- Avoid 'trigger' food which stimulates the bowel. Examples include: onions, prunes, oranges and hot drinks such as coffee or even hot water.
- Take regular exercise.
- Don't ignore your body's urges to empty your bowels.
- The best posture for bowel opening is safely seated on the toilet with the feet supported (e.g., on a foot-rest), so the knees are higher than the hips.



The Moli range from HARTMANN

MoliMed® Comfort

Discreet shaped pads with adhesive strip for slight incontinence



MoliForm® Soft

Shaped pads for all degrees of incontinence



The unique colour coding system from HARTMANN helps you to identify the product absorbency at a glance.



Yellow

for slight incontinence



Green

for moderate incontinence



Blue

for severe incontinence



Magenta

for severe/
very severe incontinence



Violet

for very severe incontinence

MoliCare® Mobile

Pull-up-pant for all levels of incontinence



MoliCare® Soft

All-in-one briefs for moderate to very severe incontinence



The comprehensive Moli range from HARTMANN covers all continence care needs.

The Moli range from HARTMANN also includes rectangular pads, underpads, plus a full range of products purposefully designed for men.

ACTIVE SKIN PROTECTION



How should I look after my Moli products?

At HARTMANN, we use compact packaging to ensure your products take up as little space as possible for storage.

To maintain your products in optimal condition, you should:

- ✓ Store open and unopened packets at room temperature and away from humidity, as moisture will be attracted to the super-absorbent core in the pad.
- ✗ Do not store in your: • Shed • Garage • Bathroom
- ✓ If you are at risk of skin damage from pressure, it is advisable to smooth the folds in the pad by hand prior to use.
- ✗ The risk of flammability of disposable continence care products is classed as very low. However, as with any kind of fabric or cellulose-based material, such as clothing or paper towels for example, disposable continence care products are flammable when in contact with naked flame. Therefore, during storage and use, products must be kept away from naked flame.

Before use:

- Remove pads from packaging at least half an hour before use, to allow the cellulose fibres in your product to 'breathe' and 'fluff up' after storage. This will ensure the product will be at its best before use.

To ensure your product is best before use we recommend for you to remove your daily supply of pads from the packet the night before.

How should I look after my skin?

All continence care products supplied by HARTMANN are latex-free, minimising the risk of skin irritation and allergies. If you are worried about any change in the condition of your skin, seek the advice of a health care professional.

- ✓ Ensure that your product is fitted correctly
- ✓ Maintain a nutritious diet and if you are in good health, of average weight and height drink 1½ litres of fluid each day.
- ✓ Avoid caffeinated drinks if possible.
- ✓ Check your skin regularly for any redness or irritation.
- ✓ Use a pH skin neutral wash lotion or foam cleanser, such as Menalind® professional cleansing foam for gentle skin cleansing. This will be less drying on the skin than soap and water.

✗ Where possible, avoid using oil-based creams on the skin as these may affect the absorbency of the product. If using a prescribed cream, apply thinly and as directed.

✗ Avoid using talcum powder

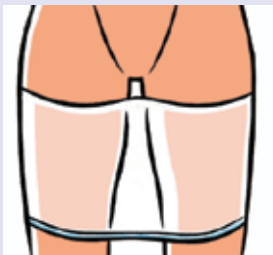
✗ Avoid vigorous rubbing of the skin



How do I fit MoliForm®?

MoliForm® shaped pads are best worn with specifically designed MoliPants®. Close-fitting underwear can be used as an alternative. Pads may leak if not fitted correctly, so, to ensure you get the most from your shaped pad, please follow the fitting guide below:

- Choose close-fitting **MoliPants®** (measure waist size in cm) or suitable equivalent.
 - Pull **MoliPants®** as high up between the legs as possible, rolling the waistband downwards at the same time to form a platform between the thighs.



1

- Ensure **MoliForm® soft** is 'cupped'.
 - Make a firm fold or crease along the pad lengthways ensuring the cuffs are angled inwards.
 - The smaller absorbent area of **MoliForm® soft** should be positioned at the front of the body.



2

- Insert **MoliForm® soft** between the thighs from the front, with the absorbent and completely white surface next to the skin and the larger area for containment at the back.
 - It is very important that the rear absorbent area is completely unfolded.
 - The wetness indicator should be in line with the spine.



3

- Pull **MoliPants®** right up at the back, then carefully unfold the front absorbent area and pull up the net pants at the front.
 - Ensure that the textile backing is not folded and check that the net pants and the pad fit snugly.
 - Ensure the leg openings are comfortably positioned and are not pinching the skin.

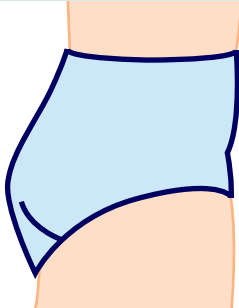
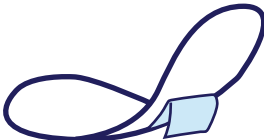
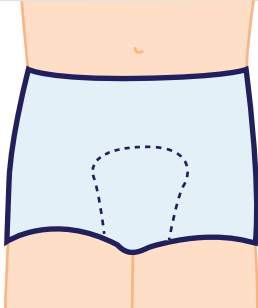


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How do I fit MoliMed®?

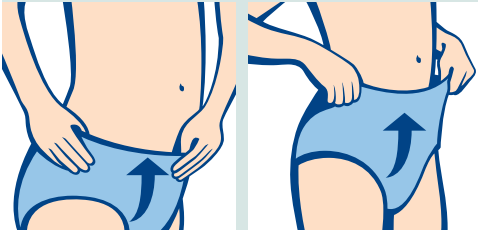
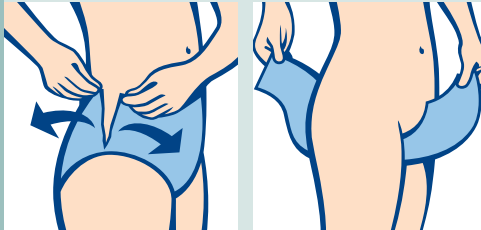
MoliMed® pads are designed to be worn with close-fitting underwear.

Pads may leak if not fitted correctly, so to ensure you get the most from your shaped pad, please follow the fitting guide below:

<p>1</p> <ul style="list-style-type: none">• Use the product in conjunction with close fitting underwear	<p>2</p> <ul style="list-style-type: none">• Remove the paper from the back of the product to reveal the adhesive slip	<p>3</p> <ul style="list-style-type: none">• Stick the adhesive strip into the underwear to secure in place
		

How do I fit and remove Molicare® Mobile?

Molicare® Mobile pull up pants are designed to replace underwear. Products may leak if not fitted correctly, so, to ensure you get the most from your product, please follow the fitting guide below.

<p>1</p> <ul style="list-style-type: none">• Fit the pull up pant in place of your usual underwear	<p>2</p> <ul style="list-style-type: none">• Remove by tearing the pull up pant at either side
	

How do I fit Molicare®?

MoliCare® premium all-in-one products are designed to replace underwear. The hook-and-loop tabs allow you to open and re-close the sides time and again for your convenience. Briefs may leak if not fitted correctly, so, to ensure you get the most from your product, please follow the fitting guide below:

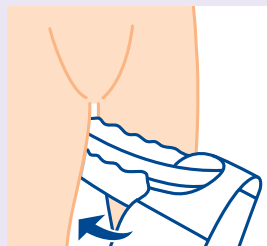
- Measure the waist and hips - use the larger size.
- Choose correct product size - if between sizes try the smaller size first.
- Open up the brief lengthways, leaving the non-woven side panels in folded position.
- Hold brief at each end and gently fold it lengthways once.

This activates the inner cuffs and creates an anatomical 'cupped' shape for fitting.



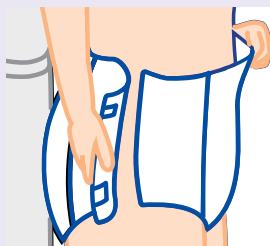
1

- Place the 'cupped' brief between the thighs from the front - the soft white absorbent layer next to the skin and the absorbent area with tapes to the rear.
- Unfold rear absorbent area and fit snugly to the body.
- Wetness indicator should be in line with the spine. At the front, centre the absorbent cushion in the crotch area.



2

- Unfold front area and fit into position, as high as possible in the groin area.
- Unfold front side panels, fit snugly to the body and unfold side panels at the back.
- To fasten the brief, position the upper hook and loop tabs at a slightly downwards angle onto the non-woven side panel or textile backsheet.
- The lower hook and loop tabs should point diagonally upwards.



3

- Check that the brief is comfortably and closely fitted.
- When the stripes on the product are aligned, the super absorbent core is correctly positioned.
- To open and reclose the tabs, open the blue stripe and reclose onto the textile backsheet or non-woven side panel. You can open and close the hook and loop tabs again and again.



4

How do I know when my Moli product needs changing?

Many of the Moli products include a wetness indicator which is integrated into the backsheet of the products. The wetness indicator will blur or disappear as the product is used and is a guide to when the product needs to be changed.



How should I dispose of my Moli products?

When you are ready to dispose of your continence care products, you are advised to:

- ✓ Roll-up the used product with the backing on the outside.
- ✓ Wrap the used product in newspaper or in a plastic bag.
- ✓ If you are unsure about the local disposal policy, check with your Continance Advisor or nurse who arranged your supply, or with your local council.
- ✓ In most areas, you can place the products with household refuse. However, some local councils will provide you with a special 'clinical waste' bag in which you should store your used products, ready for collection.

Who can help me if I want further advice?

Further help and advice is available from:

- Your GP, who may also refer you to other specialists for advice
- Your Practice Nurse, District Nurse or Health Visitor
- Your Pharmacist

Details of existing services where you live are available from your local Health centre, Clinic or GP Practice.

Useful continence support organisations:



Bladder and Bowel Foundation

SATRA Innovation Park, Rockingham Road, Kettering, Northants, NN16 9JH
Registered Charity Number 1085095

Nurse helpline: 0845 345 0165 General enquiries: 01536 533255
info@bladderandbowelfoundation.org www.bladderandbowelfoundation.org

For confidential advice and support please contact the Bladder and Bowel Foundation (B&BF), the UK charity for people with bladder and bowel control problems.



RADAR

The Disability Network for the National Key Scheme, at www.radar.org.uk and follow the RADAR Shop link, or contact RADAR, 12 City Forum, 250 City Road, London, EC1V 8AF. Tel: 020 7250 3222

The National Key Scheme from RADAR offers independent access by disabled people to around 7,000 locked public toilets around the country.

A man with a white beard, wearing a red polo shirt, white shorts, an orange helmet, and a safety harness, is ziplining through a lush green forest. He is holding onto the zipline handle with both hands. The background is a dense forest with sunlight filtering through the trees.

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