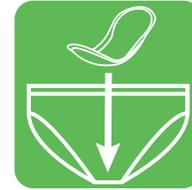


Gompels Fitting Guide

Getting the best fit will ensure that the wearer is comfortable and will also minimise the risk of leakage.

Fitting of shaped pads

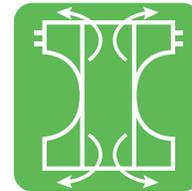
1. Once the pad is removed from its packaging, gently unfold it and refold lengthways to form a channel in the middle of the pad. If the pad is elasticated, allow this to help in the shaping and cupping of the product.
2. With the underwear (or the net pants) pulled up to the knees, remove the paper adhesive strip (if there is one), from the pad.
3. Carefully position the pad in the crotch area of the person so that any urine will go into the centre of the pad.
4. Pull the underwear (or net pants) up from back to front, making sure that the pad is nice and straight for maximum comfort and even distribution of urine into the middle layer. Ensure there is sufficient contact of the pad is made with the wearer.



If you do put the pad into the pant (rather than on the person first), ensure the outer cuff does not get pulled into the groin area when pulling up the pants.

Fitting of adult nappies

1. Once the nappy is removed from its packaging, unfold it and gently pull out the sides. Refold lengthways to form a channel in the middle of the pad.
2. Position evenly between the persons legs, ensuring the tabbed part is to the back.
3. Pull up the front and open out the sides.
4. Wrap the back section around the front of the body.
5. Fix securely using the adhesive tabs, making sure that they are aligned horizontally, and check for any gaps around the waist and legs.
6. Smooth out the pad around the crotch area, ensuring sufficient contact of the all in one is made with the wearer.



Fitting of pull ups

1. Remove the pull up from its packaging and fold in half lengthways to activate the anti-leak cuffs.
2. Make sure that you have the pants the right way round and that they are not damaged. The pull ups can now be stepped into.
3. Pull the pants up, checking that they are secure and comfortable, making sure that the cuffs have not been turned inwards.
4. To remove the pull ups either pull them down or tear down the side seams.

