

# Gompels Size Guide

Getting the right fit is just as important as getting the right product. Ill fitting pads can lead to leakages and additional health problems. The key is to accurately match the resident's measurement to the size chart of the brand you are buying, as each brand varies with the sizing of their products.

## two ways to measure an adult

### Lying down

- With the person lying flat on their back measure across the widest part of their stomach
- Double the measurement to give you their total waist circumference
- Measure the hips at their widest part in the same way
- Double this number to give the hip measurement
- Using the larger of the two numbers check the sizing guide of the brand you are buying to find the best size of product



### Standing up

- With the person standing measure around their waist at the widest point for women and the slimmest part for men
- Also measure their hips at their widest point
- Using the larger of the two numbers check the sizing guide of the brand you are buying to find the best size of product

