

For men who
can't
hold it in



Continence management
solutions **for males**

your
Notes

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Healthy
Tips & advice

1. Stay hydrated by drinking 6 to 8 glasses of water each day.
2. Avoid fluids that may irritate your bladder such as caffeine, fizzy drinks and alcohol.
3. Maintain a healthy diet with a fibre intake of 25-30g each day.
4. Do regular daily pelvic floor exercises to keep your pelvic floor muscles strong.

Seek advice

There are many issues which can affect men's health and advice should be sought early. For further information contact your local GP.

Continence Aids Payment Scheme (CAPS)

Are you eligible for government funding? CAPS is an Australian Government Scheme that provides a payment to assist eligible people, who have permanent or severe incontinence to help meet some of the costs of their incontinence products. All products can be purchased from Independence Australia.



Incontinence is a common condition for men. If you're experiencing accidental or involuntary loss of urine from your bladder, there are many products to help you (or the man in your life) to manage this condition.

This introductory guide will help you understand the extensive range of continence aids and products available to order from Independence Australia.

Independence Australia specialises in delivering quality health and wellness products to people in their homes to help them enjoy a better quality of life.

 **Shop for a**
good cause

As a social enterprise, the income we make is invested back into the vital services we provide to help people with disabilities. **Your purchases help us to enhance people's lives.**

Disposable products

For men who prefer the convenience of using single-use continence products in a wide variety of styles and absorbencies.



Male Specific Guards

Urinary incontinence pads with a contoured design to fit the male anatomy and sit securely inside the front of most firm fitting underwear.

Bladder loss: light to moderate
Capacity: 50ml – 575ml



Pull Up Pants

Adult protective underwear which fits close to the body and is less noticeable. This type of absorbent disposable product pulls up and down much like regular underwear. Also called adult pull-ups.

Bladder loss: Moderate to Heavy
Capacity: 600ml - 1500ml



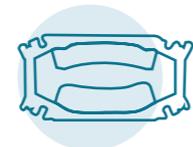
Pad & Pants

Two-piece system is a highly absorbent pad with a waterproof backing which is secured close to the body using stretch pants.

Bladder loss: Heavy to Severe
Capacity: 1000ml - 3000ml

Incontinence penile clamps

Clamps placed around a penis to block the flow of urine and provide some control over when you choose to urinate. Exerts slight pressure on the top and the bottom of the penis and doesn't restrict blood circulation. To urinate, you release the clamp pressure around the penis allowing urine to flow into the toilet.



Adjustable penile clamp

to control bladder leakage

Washable products

For men who prefer the comfort of washable continence products and don't want to worry about disposing pads when out and about. Available in multiple styles and colours. Wash and reuse, they can remain effective for up to 200 washes*.



Briefs

Capacity: 250ml – 1000ml
Sizes: Small – 5X Large



Boxers

Capacity: 300ml – 350ml
Sizes: Small – 2X Large



Jockeys

Capacity: 250ml - 350ml
Sizes: Small – 4X Large



Running/Bike Pants

Waterproof
Sizes: Small – Large

Urinals

On the go products in a variety of washable and disposable choices. Easily transported and an option if toilet accessibility is problematic or unavailable.



Basic Urinal

Reusable plastic urinal with handle



Uribag

Reusable latex urinal bag which folds into a small tube



Uriwell

Portable leak proof urinal with flexible, retractable tube



Spill Proof Urinal

Hardened plastic urinal with one way valve to avoid leakage

Travel John

Disposable urinal containing absorbent powder which solidifies urine

Condom drainage

An external urinary drainage system for men who are experiencing urinary incontinence. It is a 2-piece system that requires a condom catheter (sheath) and a drainage bag to collect and drain urine.



Condom Catheters

A latex or silicone sheath that is placed over the penis. The condom is attached to a tube. Urine drains through the tube and into a drainage bag. It drains urine without putting a catheter into the bladder through the penis. Sizes range between 18mm and 41mm. Contact us for a free measuring device.



Leg Bags

A urinary drainage leg bag (also called a day bag) is attached to your leg. There are a range of drainage tap options to empty the drain bag with either T-Taps or Levers.

Capacity: 350ml – 1000ml



Overnight Drainage Bags

Also called a night bag it can be added to a drainage system at night by connecting it to the day bag. These bags can attach to the bed frame or mattress.

Capacity: 2000ml – 4000ml



Overnight Drainage Bottles

Used instead of a night bag and can be connected to a day bag at night. Alternatively they can be used instead of a day bag depending on the capacity of the bottle.

Capacity: 2000ml - 4000ml

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