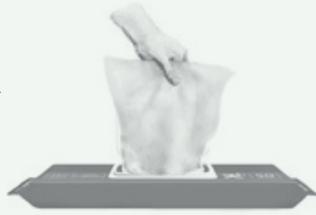


# How to fit DEPEND® Anatomic Pads

## STEP A

Ensure groin area is thoroughly cleaned and dried prior to changing DEPEND® Anatomic Pad.

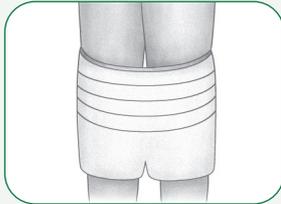


## STEP B

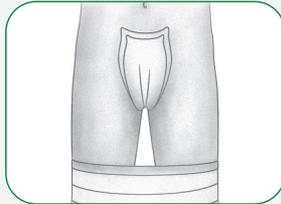
Unfold DEPEND® Anatomic Pad and expand.



## STANDING



1. Pull stretch pants half-way up.



2. Fold DEPEND® Anatomic Pad lengthwise, place between legs, printed side out.



3. Unfold DEPEND® Anatomic Pad across groin and spread out to fit. Pull up stretch pants.



4. Ensure DEPEND® Anatomic Pad is firmly in place at front and back.

## SITTING



1. Pull stretch pants half-way up.



2. Fold DEPEND® Anatomic Pad lengthwise, place between legs, pull up stretch pants at front.

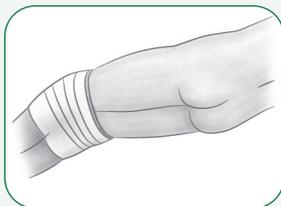


3. Stand wearer up, spread DEPEND® Anatomic Pad at back and pull up stretch pants.

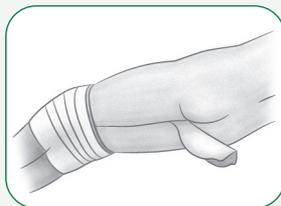


4. Reseat wearer, ensure DEPEND® Anatomic Pad is firmly in place at front and back.

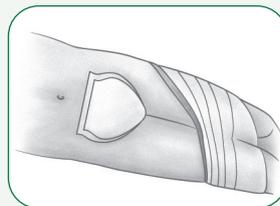
## LYING DOWN



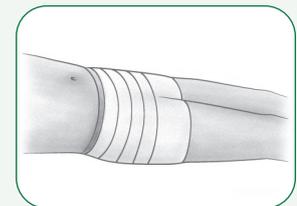
1. Turn wearer onto side, pull stretch pants half-way up.



2. Fold DEPEND® Anatomic Pad lengthwise, place between legs.



3. Unfold across groin and spread with printed side facing out, pull up stretch pants on one side.



4. Turn wearer onto back, ensure DEPEND® Anatomic Pad is firmly in place at front and back.

## Tips

- Apply the pad from the wearer's front to back.
- If the only practical way is from the back, be careful not to 'drag' the pad over the peri-anal area.
- For men: place top of the larger pad end in line with their navel.
- For women: place top of smaller pad end just below their navel.
- Secure the elastic firmly into the groin.