

Save your money

Save your dignity

Save your sanity

*Easy guide to choosing products for
bladder and bowel leaks*

MyLiberty.Life



How to get it right the first time...

Help! I'm new to this!

If you are new to the world of incontinence—and even if you aren't—you know how difficult it can be living with bladder - and bowel - control problems.

But there is good news! Through aggressive science and solid research, products to deal with these issues are improving all the time. You now have options—and excellence—that just haven't been available in the past.

Our [brands](#) are chosen because of their outstanding construction, unbeatable absorbency, first-rate odour control, overall capacity to contain leaks and their ability to be good to your skin.

From washable and disposable [adult briefs \(diapers\)](#), [underwear \(pull ups\)](#), and [pads](#) to [swimwear solutions](#), [bed or chair pads](#) and [cleansing cloths](#), at MyLiberty.Life, we've got you covered.

If you have a closet full of "products" that leak, don't fit, give you bubble-butt or a rash -- you have arrived at the right place! At My Liberty, we know what a misery it can be to have someone else guess at what might work for you or be worried by the cost of making a mistake. Trust us. The next few pages are going to take all of the mystery out of what is going to work for you.

MyLiberty.Life removes the worry from buying embarrassing incontinence products for bladder and bowel leakage. With our [online store](#), we offer a private, confidential buying experience on line or by phone.

We have assembled the [broadest assortment of disposable and washable products in Canada](#) to help meet your needs.

How to get it right the first time...

[MyLiberty.Life](#) helps you select and buy incontinence products - for [men](#), [women](#) and [special needs children](#) and teens - using videos, pictures and the best information possible.

Eliminate the hassle of managing bulky packages. We offer discreet packaging and home delivery.

Where do I begin?

Incontinence products to manage bladder and bowel leaks are changing rapidly through research and science - giving you options you've never thought of before.

How do I choose?

[MyLiberty.Life](#) guides you to incontinence products that go around your tummy, fit your bottom, absorb without bulk or telltale smells - and suit your lifestyle.

We carry [brands](#) like [Depend](#), [Poise](#) and [TENA](#) that you see on TV and in magazines. But - there are [others](#) you may not have seen - like [Tranquility](#) Premium Protection, [Aniva](#), [Molicare](#) and [Prevail](#).

These are the best of the best; state-of-the-art when it comes to important things such as discretion, skin protection, odour control, wicking properties and capacity (volume).

[MyLiberty.life](#) has put together collections of disposable [underwear](#), [briefs](#) - also called [diapers](#), [swimwear](#), [pads or liners](#), [men's guards and shields](#),

How to get it right the first time...

We also offer [cleansing and skin care](#) solutions and [bed or chair pads](#) to protect your furniture and home.

Each product was selected to provide you with the best quality we can find, backed with product knowledge.

Can't figure out what you need?

It's not easy when each manufacturer describes the features and benefits in a different way. My Liberty has taken the guess work away with our [Total Capacity Rating](#) product guide.

Disposable is not for you?

If you have a struggle with budget or creating more garbage, you must look into our [Conni](#) and [Rip n Go](#) collections. Both bring easy and practical solutions for quick bedding changes with detachable and reusable padded sheets for all bed sizes including hospital beds and cribs.

The benefits of these incontinence products extend to aging in place, home care support, solutions for bed wetters, and for potty training toddlers. [Conni](#) products include fashionable, wearable and washable underwear for [men](#) or [women](#) with light incontinence.

We even make it easier to buy with our worry-free [automatic re-order option](#) with delivery right to your door.

How to get it right the first time...

How to choose the right product

Getting the right products should be as easy as 1, 2, 3. Now, it is.

Determine how much protection you need *in real, measurable terms*.



Let's talk specifics - did you know that adults pass an average of 1 cup (8 ounces or 237 ml) of urine at a time?

Kids are different - there's a [calculation based on their age](#). Look for the "Urine Output Calculation" section to learn more.

For adults, 1 cup is what's considered a 'full' pee (or, 'void' if you prefer).

When shopping for incontinence products, there are three ways of looking at a person's bladder - and bowel - absorbency needs:

How to get it right the first time...

Speed, Volume and Retention Capacity

We look at how fast a product needs to absorb, how much capacity it has and how dry it stays under the pressure of contact with skin. Which means you should ask:

1. How **quickly** does the product absorb?
2. How **much** does it hold: drips, leaks, a full void, or multiple voids?
3. How **dry** does it stay?

This is where it becomes critical for you to decide what you're looking for, *based on your needs*. Are you looking for protection against:

- Occasional drips over several hours? Or
- Small, unexpected leaks (like after a sneeze)? Or
- Slightly larger leaks - like after you lift something, or jump or skip - that leave you feeling wet? Or
- Unpredictable, full (and possibly repeat) voids where you need to change your clothes?

Understanding the protection you need - which can also change over time - is the key to picking the right product. Perhaps you need LIGHT protection during the day but MAXIMUM protection overnight.

But, incontinence product manufacturers often describe their product's ability to absorb and contain leaks using wildly different terms, making it very difficult to compare products.

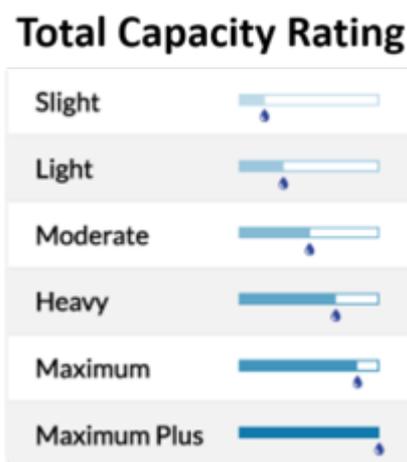
At My Liberty, we want you to sidestep comparison confusion

We did the work for you, by making sure you can compare the capacity of each product, regardless of what type of product (pad vs underwear? Or chair pad vs diaper?) it is, or who makes it.

How to get it right the first time...

Each My Liberty product listing has a rating - called My Liberty's Total Capacity Rating - so you know if it's exactly right for you! There is a lot of detail later to explain Total Capacity Rating.

It seems no two manufacturers use the same language to describe their products. What's "moderate protection" to some is "heavy protection" to others.



To help you sort it out, we've developed a standardized Total Capacity Rating system that we use across all brands and incontinence products we sell. At a glance, the rating shows a product's ability to absorb and hold bladder and bowel leakage.

Watch for the rating on every product listing on our site to make sure the products you choose are right for you.

How to get it right the first time...

1. SLIGHT or minimal bladder leakage

These are usually small pant or panty liners or guards that have a capacity to absorb and hold up to 8 ounces (1 cup or 237ml) of bladder leakage, equivalent to an average urine discharge but over several hours.

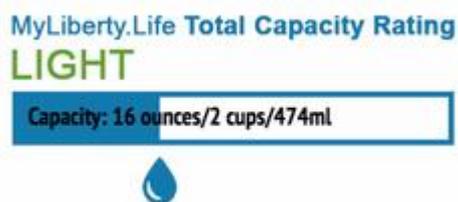


Shop now for our
SLIGHT protection products!

[Women](#)
[Men](#)

2. LIGHT bladder leakage

These are generally pads or guards that can be attached to the underwear that have a capacity to absorb and hold up to 16 ounces (2 cups or 474ml) of bladder or bowel leakage.



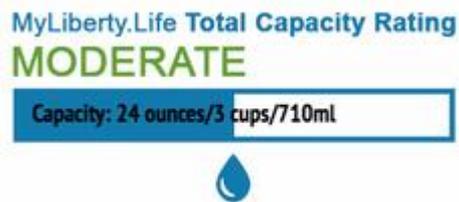
Shop now for our
LIGHT protection products!

[Women](#)
[Men](#)

How to get it right the first time...

3. MODERATE bladder / bowel leakage

These are generally pull-up underwear or full-length pads held in place by waist straps or snug underwear. They have a capacity to absorb and hold up to 24 ounces (3 cups or 710ml) of bladder or bowel leakage.

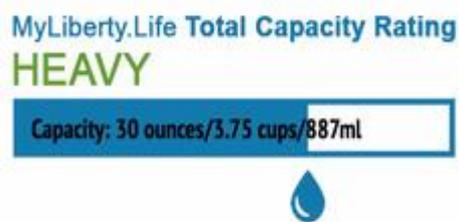


Shop now for our
MODERATE protection products!

[Women](#)
[Men](#)

4. HEAVY bladder / bowel leakage

These products have a capacity to absorb up to 30 ounces (3.75 cups or 887ml) of bladder or bowel leakage.



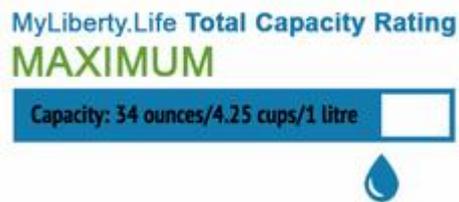
Shop now for our
HEAVY protection products!

[Women](#)
[Men](#)

How to get it right the first time...

5. MAXIMUM bladder / bowel leakage

These products are generally adult briefs held in place with tape and are used by people with severe incontinence. They have a capacity to absorb up to 34 ounces (4.25 cups or 1 litre) of leakage.

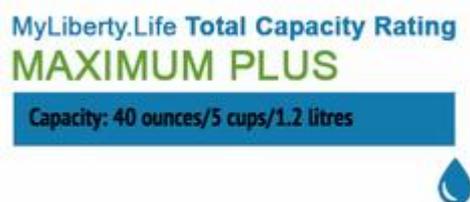


Shop now for our
MAXIMUM protection products!

[Women](#)
[Men](#)

6. MAXIMUM PLUS bladder / bowel leakage

These products are generally adult briefs held in place with tape and are used for severe, overnight incontinence. They have a capacity to absorb up to 40 ounces (5 cups or 1.2 litres) of leakage.



Shop now for our
MAXIMUM PLUS protection products!

[Women](#)
[Men](#)

How to get it right the first time...

Last Step: Proceed to the checkout.

Yes, it's that simple. Determine the product rating you need, browse for the products you need and proceed to the checkout.

Watch for the rating on every product listing on our site to make sure the products you choose are right for you.

My Liberty is Canadian - and serves people anywhere in the country. We created MyLiberty.Life because there is just not enough information available to make decisions and the products were never in one easy place.

When it comes to finding answers for what to buy for bladder and bowel leaks, we help parents, their children and grandparents.

If there is something you need, please get in touch.

You can speak to us by calling 1-888-800-4396 during the week from 9 am to 5 pm Eastern Time - or leave a message. Email us at customerservice@myliberty.life. And, please - like us on [Facebook](#) or [Twitter](#).

Thanks for stopping by.

