



# **Protective Underwear Sizing Guide**

Selecting the appropriate protective underwear size ensures comfort, leakage protection and dignity.

### **Sizing Grid**

Weiaht

	Weig	ght																													
Height	100	105	110	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250	Over 250
4' 10"																															
4' 11"																															
5' 0"																															
5' 1"																															
5' 2"																															
5' 3"																															
5' 4"																															
5' 5"																															
5' 6"				Sn	nall	/M	edi	um												Lar	ge						)	<b>(-L</b> a	rge		XX-Large
5' 7"																															
5' 8"																															
5' 9"																															
5' 10"																															
5' 11"																															
6' 0"																															
6' 1"																															
6' 2"																															
6' 3"																															
6' 4"																															

#### **Instructions:**

- Pinpoint your height and weight (lbs.) on the sizing grid
- Match the color on the grid to the color on the Key to obtain the appropriate protective underwear size

### **Protective Underwear Sizing Key**

Grid	Size	Waist	Elastic color						
	Small/ Medium	34"-46"	4 Green Strands						
	Large	44"–54"	4 Blue Strands						
	X-Large	48"-66"	7 Blue Strands						
	XX-Large	60"-80"	4 Black Strands						

The Protective Underwear Sizing Guide is to be used as a guideline only. Waist and/or hip measurements should be taken to ensure proper sizing. Allowances must be made for gender and certain conditions such as hernias, amputations, etc. Clinical assessment recommended for anyone over 250 lbs.

**Note:** sizing is extremely important. Inappropriate size or improper application can result in leakage.



## **Adult Brief Sizing Guide**

Selecting the appropriate adult brief size ensures comfort, leakage protection and dignity.

### **Sizing Grid**

Weight

										_	_	_					_				_		_			_					_		_	_	_				_
Height	85	90	95 100	0 105	110 1	20 12	5 130	135 1	40 14	5 150	155	160	165	170	175 1	180 1	185 1	90 19	95 20	0 20!	210	215	220	225	230	235 2	40 24	45 25	0 255	260	265	270	275	280	285	290 2	<b>∂</b> 5 30	0 30	0+
4' 10"																																							
4' 11"																																							
5' 0"																																							
5' 1"																																							
5' 2"																																							
5' 3"																																							
5' 4"																																							
5' 5"																																							<b></b>
5' 6"		Y	outh		Sm	all				Me	diu	m							Lar	ge						X-L	arge					X	X-L	arg	e				Bariatric
5' 7"																																							<u> </u>
5' 8"																																						l '	
5' 9"																																							
5' 10"																																							
5' 11"																																							
6' 0"																																							
6' 1"																																							
6' 2"																																							
6' 3"																																							
6' 4"																																							

### **Instructions:**

- Pinpoint your height and weight (lbs.) on the sizing grid
- Match the color on the grid to the color on the Key to obtain the appropriate brief size

### **Brief Sizing Key**

Grid	Size	Waist	Brief color
	Youth	20"-31"	Green
	Small	20"-31"	Peach
	Medium	32"-44"	White
	Large	45"-58"	Blue
	X-Large	59"-64"	Beige
	XX-Large	65"-69"	Green
	Bariatric	70"-95"	White

The Adult Brief Sizing Guide is to be used as a guideline only. Waist and/or hip measurements should be taken to ensure proper sizing. Allowances must be made for gender and certain conditions such as hernias, amputations, etc. Clinical assessment recommended for anyone over 250 lbs.

**Note:** sizing is extremely important. Inappropriate size or improper application can result in leakage.