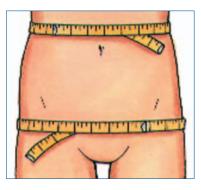
## **TENA® Brief Sizing Guide**

To determine the accurate size, measure the wearer's waist or hips (which ever is larger). You will generally find that women have larger hips while men have larger waists. The size of the brief is printed along the length of the wetness indicator.



## **Waist/Hip Sizes**

Small (green) Medium (white) Regular (lavender)	22" - 36" / 55 - 92cm 34" - 47" / 86 -119cm 40" - 50" / 102 - 127cm
Large (blue)	40" - 50" / 102 - 12/cm 48" - 59" / 122 - 150cm
Extra Large (beige)	60" - 64" / 152 - 163cm

To accommodate the sizing needs of larger individuals, we also offer:

Bariatric/XL (peach) 60" - 64" / 152 - 163cm

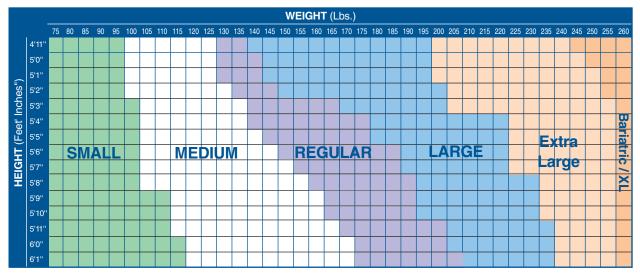
Featuring a longer rise and larger leg opening for a comfortable, secure fit.





## TENA® Size-Wise Height/Weight Chart

Use this quick & easy reference guide to determine the appropriate TENA® Brief size for incontinent individuals.



Please note: this tool serves as a guideline only.

Due to differing body shapes, brief sizes may be different than sizing indicated in range.

