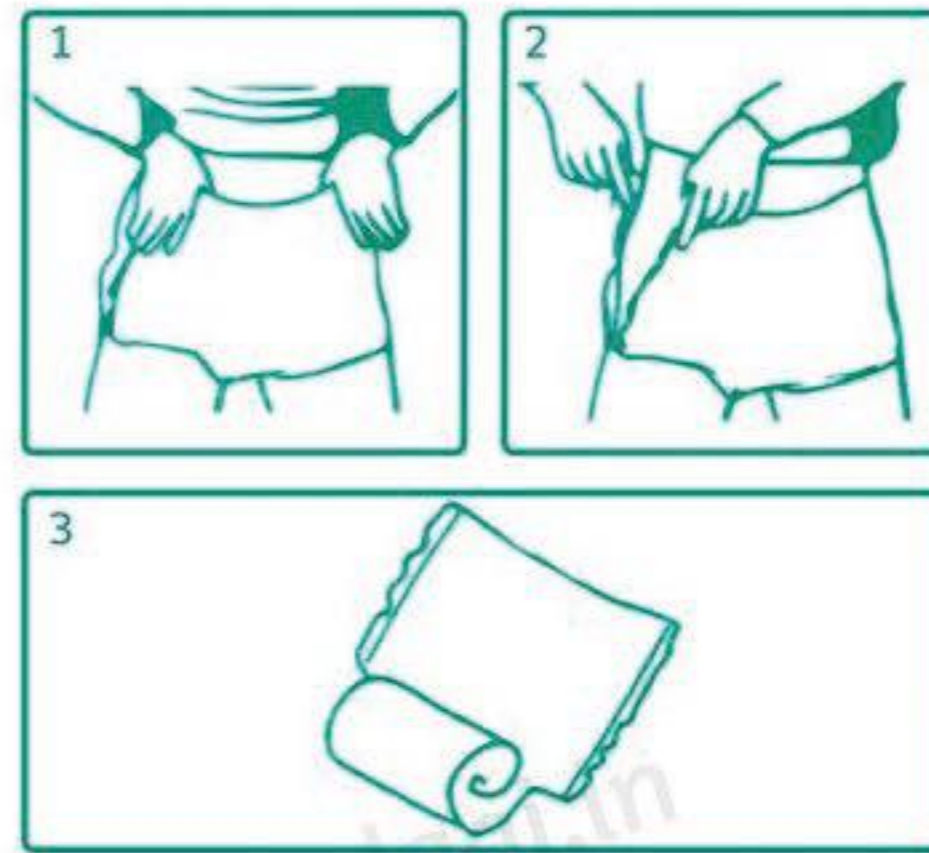


## How to Wear?

- Use the Size-Chart above to identify the right size
- Position the underwear diapers with the color indicated waistband at the front
- Step in through the leg openings and pull on the product like a regular underwear
- Adjust from the crotch/pelvic region and sides for a comfortable fit
- For disposal, tear open the diaper from the easy open side



## How to Remove a pull-up/pant-type diaper?

### In a Sitting or Sleeping Position

- Lay or sit the user on a waterproof cloth or changing pad to prevent spraying of the excreted material
- Hold the diapers front panel and rip off the side straps by forcibly pulling it outwards
- If the wearer is capable of lifting his/her legs, ask him/her to lift the pelvic end up. If not, then the caregiver can lift the user's leg up using the ankle-hold technique
- **P.S.** Gently wipe the area using a dry cloth or toilet paper before putting in a fresh diaper

### In a Standing Position

- Rip off the side straps and let it loose from the user's body
- You can hold the used diaper from under the crotch to prevent abrupt falling off

### How to discard

- If there is any fecal matter in the used diaper, flush the contents into the toilet
- Roll up the front part of the diapers towards the back and wrap it in a plastic or paper bag
- Discard the wrap in a closed container to trap the odor
- Wash your hands thoroughly using a hand sanitizer

### REMEMBER

- Please avoid applying powder or cream before wearing Friends Diaper Pants as they might reduce the diaper's absorbency

- It is recommended to change the diaper pant every 8-10 hours for maximum protection from disease and rashes