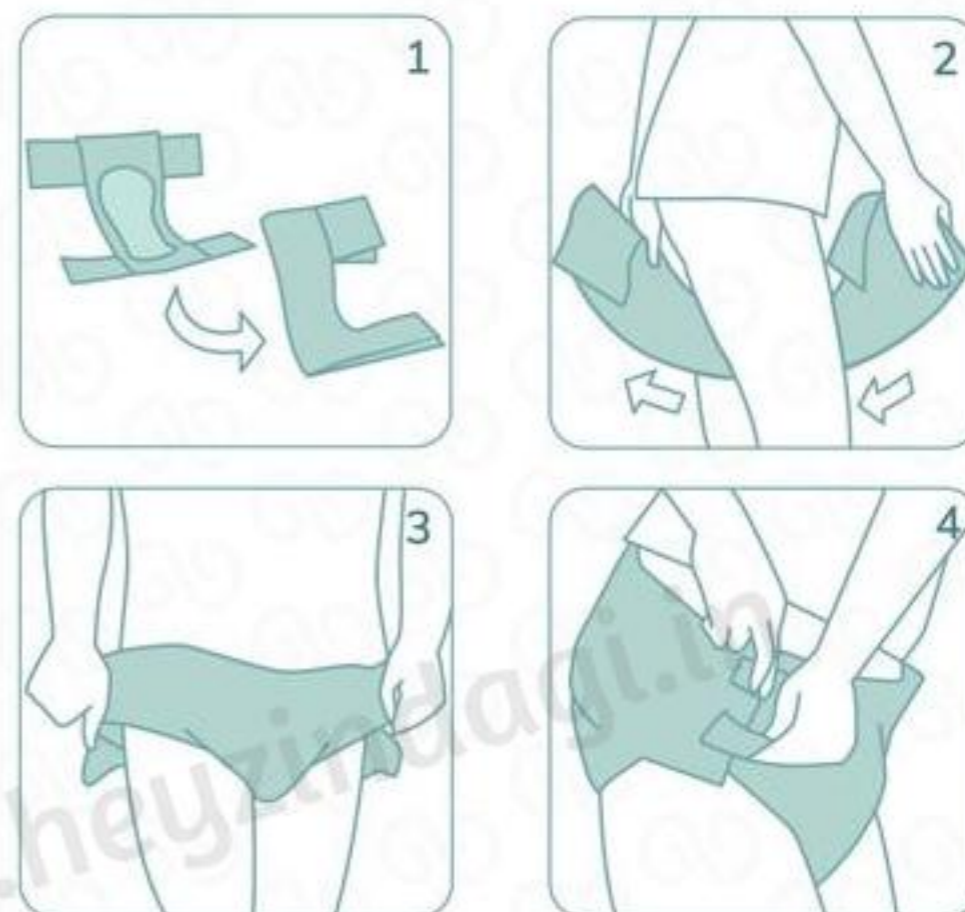


QUICK START GUIDE

Wearing it Yourself

- While working with a diaper, the one thing you must remember is not to touch the inside of the product to avoid contaminating it in any way
- Fold the diaper along the width - do not make a crease, just a soft fold will do
- Holding it in such a way that the side tapes are towards your back, slip the diaper between your legs, centering it around your crotch area
- Spread the diapers upper Adjust it as required for a comfortable fit - as you would any underwear. The edges of the stretchable material should adjust into the groin comfortably to avoid rashes or leakage
- You can tuck in the diaper along the bottom fabric on sides for comfort if it helps as well



Being Dressed by a Caregiver

- Please ensure you are wearing gloves after washing your hands with soap and water
- Roll the patient over to one side
- Fold the diaper along the width - do not make a crease, just a soft fold will do
- Holding it in such a way that the side tapes are towards the patient's back, slip the diaper between their legs, centering it around the crotch area
- Fan out the back so that it fully covers the buttocks
- Turn the patient again on their back, holding the diaper in place with one hand

- Spread it open now on the front gradually
- Adjust it as required for a comfortable fit - as you would any underwear. The edges of the stretchable material should adjust into the groin comfortably to avoid rashes or leakage. You can tuck in the diaper along the bottom fabric on sides for comfort if it helps as well
- Tape it up properly on the sides making sure it fits well around the waist and hips. If you need to readjust the diaper, kindly do so slightly, one tape at a time. Avoid over-adjusting diapers that contain a reasonable amount of urine already though are not due for a change - it might create a leakage

How to Remove

- 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