



A program of Choices Healthcare

Incontinence Care

Incontinence briefs are used when there is a concern about the patient's loss of bowel and bladder control. To care for a patient experiencing incontinence:

- Begin by washing your hands thoroughly and putting on gloves. If the patient is lying on a moisture-proof pad, check it often, as it will need to be replaced if wet or soiled.
- Loosen the side tabs on the old brief and fold down the front. Ensure that the soiled layer is on the inside as you fold.
- Help the patient onto their side, facing away from you. For instructions on how to roll a patient onto their side, please see the video titled "Repositioning a Patient in Bed."
- Using a wipe or a washcloth and soap, carefully clean the patient's genital area, perineal area, and buttocks, always wiping from front to back. If using a washcloth and soap, rinse the area well and gently pat the skin dry.
- Remove the soiled brief and discard it by double bagging it. If your gloves have become soiled, change them at this time.
- Open a new brief and position it under the patient's buttocks, with the absorbent side facing the patient and the tabs at the patient's waist. Try to get the tabs on the opposite side of the brief under the patient's body.
- Assist the patient onto their back and onto the clean brief.
- Pull the front of the brief up between the legs.
- Assist the patient to turn slightly to the opposite side until you're able to pull the remaining part of the brief flat under the patient.
- Fasten the tabs of the brief on each side. The brief should be snug, but not tight. Remove your gloves and perform hand hygiene.

If you have any questions or concerns, please feel free to call the 24-hour number at 877-506-0149.