Cardinal Heath™ Sure Care™ Protective Underwear

For confidence
and comfort

With dignity.

Choose the right product to manage incontinence

# **Underwear sizing guide**

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

|        | Weig |     |     |     |     |     |      |     |      |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |      |  |     |     |    |  |  |
|--------|------|-----|-----|-----|-----|-----|------|-----|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|--|-----|-----|----|--|--|
| 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 | 250+ |  |     |     |    |  |  |
| 4' 10" |      |     |     |     |     |     |      |     |      |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |      |  |     |     |    |  |  |
| 4' 11" |      |     |     |     |     |     |      |     |      |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |      |  |     |     |    |  |  |
| 5' 0"  |      |     |     |     |     |     |      |     |      |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |      |  |     |     |    |  |  |
| 5' 1"  |      |     |     |     |     |     |      |     |      |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |      |  |     |     |    |  |  |
| 5' 2"  |      |     |     |     |     |     |      |     |      |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |      |  |     |     |    |  |  |
| 5' 3"  |      |     |     |     |     |     |      |     |      |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |      |  |     |     |    |  |  |
| 5' 4"  |      |     |     |     |     |     |      |     |      |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |      |  |     |     |    |  |  |
| 5' 5"  |      |     |     |     |     |     |      |     |      |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |      |  |     |     |    |  |  |
| 5' 6"  |      |     |     |     |     | SM/ | \LL/ | ME  | DIUN | 1   |     |     |     |     |     |     |     |     |     | LAF | RGE |     |     |     |     |     |     | X-L | ARG | E   |      |  | XX- | LAR | GE |  |  |
| 5' 7"  |      |     |     |     |     |     |      |     |      |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |      |  |     |     |    |  |  |
| 5' 8"  |      |     |     |     |     |     |      |     |      |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |      |  |     |     |    |  |  |
| 5' 9"  |      |     |     |     |     |     |      |     |      |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |      |  |     |     |    |  |  |
| 5' 10" |      |     |     |     |     |     |      |     |      |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |      |  |     |     |    |  |  |
| 5' 11" |      |     |     |     |     |     |      |     |      |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |      |  |     |     |    |  |  |
| 6' 0"  |      |     |     |     |     |     |      |     |      |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |      |  |     |     |    |  |  |
| 6' 1"  |      |     |     |     |     |     |      |     |      |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |      |  |     |     |    |  |  |
| 6' 2"  |      |     |     |     |     |     |      |     |      |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |      |  |     |     |    |  |  |
| 6' 3"  |      |     |     |     |     |     |      |     |      |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |      |  |     |     |    |  |  |
| 6' 4"  |      |     |     |     |     |     |      |     |      |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |      |  |     |     |    |  |  |

The 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 is recommended for anyone over 250 lbs.

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

# **Underwear sizing key**

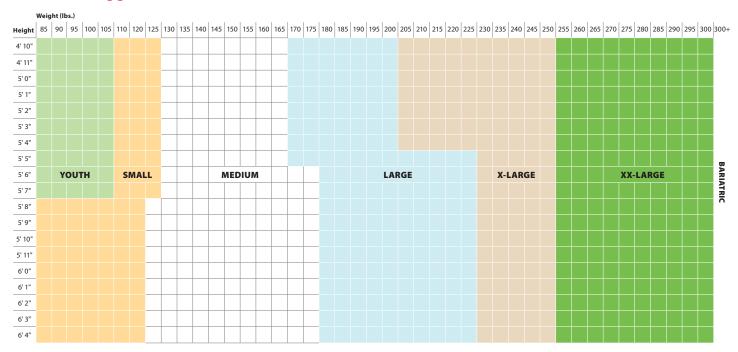
| Grid | Size         | Waist   | Elastic color   |
|------|--------------|---------|-----------------|
|      | Small/Medium | 34"-46" | 2 Green strands |
|      | Large        | 44"-54" | 2 Blue strands  |
|      | X-Large      | 48"-66" | 4 Blue strands  |
|      | XX-Large     | 60"-80" | 9 Green strands |

# **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



#### Adult brief sizing guide



## Adult stretch brief sizing guide

## Weight (lbs.) Height 90 100 110 120 130 140 150 160 170 180 190 200 210 220 230 240 250 260 270 280 290 300 300+ 4' 10' 4' 11' 5' 0" 5' 1" 5' 2" 5' 3" 5' 4" 5' 5" 5' 6" SIZE 1 SIZE 2 SIZE 3 5' 7' 5' 8' 5'9" 5' 10' 5' 11" 6'0" 6' 1" 6' 2" 6' 3"

#### **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     | 44"-58"  | Blue        |
|      | X-Large   | 59"-64"  | Beige       |
|      | XX-Large  | 65"-78"  | Green       |
|      | Bariatric | 74"-100" | White       |

### Stretch brief sizing key

| Grid | Size   | Waist   | Brief color |
|------|--------|---------|-------------|
|      | Size 1 | 32"-54" | Blue        |
|      | Size 2 | 44"-64" | Beige       |
|      | Size 3 | 65"-78" | Green       |

The adult brief and stretch 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 is recommended for anyone over 250 lbs.

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

