

Management Options

If treatments have not proved fully successful after 3-6 months (depending on the treatment), management options will be considered either short or long-term. The principle of management is to find a discrete and effective method of containing the problem.

Urinals

A range of urinals for use in different positions depending on degree of disability can be viewed at [PromoCon](#). Portable urinals that fit into a pocket or handbag are available from [Manfred Sauer](#).

Female Urine Director

Devices are available for women to enable them to pass urine in public without removing their lower garments. It is essentially a tube that is pressed against the body into which urine is passed. [Whiz Products](#) and [She-wee](#) are examples of these.

Bed Protection

Mattress protection is available in shops, online or by mail order from various companies.

Washable Contenance Pants

Male, female and unisex pants with discreet absorbent gusset are available for light to moderate leakage. A variety of companies manufacture them, and they can be purchased online or by mail order.

Disposable Absorbent Pads

Pads or containment products to absorb urine should be worn close to the skin. The size does not reflect the absorbency which is usually high due to the amount of superabsorbents and technology now used in pad design.

Pads may be provided by CSH Surrey once a full assessment has been completed and a 3 month treatment plan has been followed but proved unsuccessful. A maximum of 4 products per 24 hours can be supplied, Products are supplied on a named patient basis and the Continence Service must be informed if they are no longer required so that they may be collected.

Pads may also be purchased at local chemists, supermarkets, over the internet or by mail order.

Top Tips

1. The smallest effective sized product possible should be used.
2. Always use net pants with shaped products as this keeps the product close to the skin and is therefore less likely to leak.
3. Fold the pad lengthways, plastic side outermost before putting it on to create a cup.

Penile Sheath

Men may prefer an external drainage which is rolled over the penis and attached to a collection bag via a tube. Specialist assessment and fitting is required. Sheaths can be obtained on prescription.