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Quick Reference Guide



















































































































































































































[tenaprofessional.com.au](http://tenaprofessional.com.au)  
[tenaprofessional.co.nz](http://tenaprofessional.co.nz)

# TENA Product Quick Reference Guide

Range	Product		Absorbency Droplet Guide	Waist Size (cm)*	Article no.	Colour   Absorbency	Units per Case (packs x units)	Total Capacity (mL)^	Working Capacity (mL)	Available from
<b>TENA Liners</b>										
	Standard Length		●●●●●●●●	-	2309658		180 (6x30)	45	25	  
	Long Length (39) AU only		●●●●●●●●	-	2309659		234 (6x39)	75	40	  
	Long Length (26) NZ only		●●●●●●●●	-	2321001		156 (6x26)	75	40	  
<b>TENA Pads</b>										
	Ultra Thin Mini Standard Length		●●●●●●●●	-	2309660		120 (6x20)	165	100	  
	Mini Plus Long Length		●●●●●●●●	-	2309661		96 (6x16)	230	140	  
	Extra Standard Length (12)		●●●●●●●●	-	760443		72 (6x12)	350	210	  
	Extra Standard Length (24)		●●●●●●●●	-	760441		288 (12x24)	350	210	  
	Extra Long Length (10)		●●●●●●●●	-	760543		60 (6x10)	585	350	  
	Extra Long Length (20)		●●●●●●●●	-	760503		120 (6x20)	585	350	  
	InstaDRY™ Standard Length		●●●●●●●●	-	760644		48 (6x8)	600	397	  
	InstaDRY™ Long Length		●●●●●●●●	-	760946		36 (6x6)	800	518	  
	Super		●●●●●●●●	-	757730		180 (6x30)	860	515	 
	Maxi Night		●●●●●●●●	-	2309017		42 (3x14)	960	670	  
<b>TENA Pants - Women</b>										
	Discreet Medium		●●●●●●●●	75-100	796210		24 (3x8)	880	590	  
	Discreet Large		●●●●●●●●	95-125	796320		24 (3x8)	880	590	  
	Discreet Crème Medium		●●●●●●●●	75-105	782532	●	18 (2x9)	1010	607	  
	Discreet Crème Large		●●●●●●●●	95-130	782629	●	16 (2x8)	1010	607	  
<b>TENA Pants - Unisex</b>										
	Normal Medium	 	●●●●●●●●	80-110	791528	●	72 (4x18)	1100	660	 
	Normal Large	 	●●●●●●●●	100-135	791628	●	72 (4x18)	1100	660	 
	Normal Extra Large	 	●●●●●●●●	120-160	791715	●	90 (6x15)	1100	660	 
	Plus Small	 	●●●●●●●●	65-85	792414	●	56 (4x14)	1440	864	 
	Plus Medium	 	●●●●●●●●	80-110	792514	●	56 (4x14)	1440	864	
	Plus Large	 	●●●●●●●●	100-135	792614	●	58 (4x14)	1440	864	
	Plus Extra Large	 	●●●●●●●●	120-160	792712	●	48 (4x12)	1440	864	 
	Plus Extra Extra Large	 	●●●●●●●●	157-203	792862	●	48 (4x12)	1440	864	
	Super Medium	 	●●●●●●●●	80-110	793512	●	48 (4x12)	2010	1210	 
	Super Large	 	●●●●●●●●	100-135	793612	●	48 (4x12)	2010	1210	
	Super Extra Large	 	●●●●●●●●	120-160	793712	●	48 (4x12)	2010	1210	 
	Maxi Medium	 	●●●●●●●●	80-110	794510	●	40 (4x10)	2550	1530	 
	Maxi Large	 	●●●●●●●●	100-135	794610	●	40 (4x10)	2550	1530	 
<b>TENA Men</b>										
	Protective Shield – Black		●●●●●●●●	-	750404	●	42 (3x14)	140	95	  
	Level 1		●●●●●●●●	-	750658	○	48 (4x12)	275	165	  
	Level 2		●●●●●●●●	-	750759	○	40 (4x10)	450	270	  
	Level 3		●●●●●●●●	-	750836	○	24 (3x8)	710	426	 
	Men Active Fit Navy Medium		●●●●●●●●	75-105	772533	●	18 (9x2)	1010	607	  
	Men Active Fit Navy Large		●●●●●●●●	95-130	772629	●	16 (8x2)	1010	607	  
	Pants Level 4 M/L		●●●●●●●●	95-125	798340	○	24 (3x8)	1350	870	  

For questions or samples contact TENA Customer Service 1800 623 347 (AUS) 0800 443 068 (NZ)  
[www.tenaprofessional.com.au](http://www.tenaprofessional.com.au) (AUS) [www.tenaprofessional.co.nz](http://www.tenaprofessional.co.nz) (NZ)

Range	Product		Absorbency Droplet Guide	Waist Size (cm)*	Article no.	Colour   Absorbency	Units per Case (packs x units)	Total Capacity (mL)^	Working Capacity (mL)	Available from
<b>TENA Flex</b>										
	Plus Small	 		61-87	723130		90 (3x30)	1522	913	 
	Plus Medium	 		71-102	723230		90 (3x30)	1780	1068	 
	Plus Large	 		83-120	723330		90 (3x30)	2081	1249	 
	Plus Extra Large	 		105-153	723430		90 (3x30)	2337	1402	 
	Super Small	 		61-87	724130		90 (3x30)	1833	1100	 
	Super Medium	 		71-102	724230		90 (3x30)	2179	1307	 
	Super Large	 		83-120	724330		90 (3x30)	2292	1375	 
	Super Extra Large	 		105-153	724430		90 (3x30)	2906	1744	 
	Maxi Small	 		61-87	725122		66 (3x22)	2654	1592	 
	Maxi Medium	 		71-102	725222		66 (3x22)	2979	1787	 
	Maxi Large	 		83-120	725322		66 (3x22)	3601	2161	 
	Maxi Extra Large	 		105-153	725421		63 (3x21)	4476	2686	 
	Ultima Medium	 		71-102	725220		60 (3x20)	3866	2706	
	Ultima Large	 		83-120	725320		60 (3x20)	4257	2980	
	Ultima Extra Large	 		105-153	725400		51 (3x17)	5100	3570	
Extra Belt	 	-	29cm	720000		120 (12x10)	-	-		
<b>TENA Slip</b>										
	Extra Small	 		49-74	710430		90 (3x30)	1410	987	 
	Plus Small	 		56-75	710530		90 (3x30)	1650	1155	 
	Plus Medium	 		72-122	370100		72 (6x12)	1843	1290	 
	Plus Large	 		92-144	370200		72 (6x12)	2146	1502	 
	Super Small	 		56-75	711130		90 (3x30)	1760	1232	 
	Super Medium	 		72-122	369900		60 (6x10)	2249	1575	 
	Super Large	 		92-144	370000		60 (6x10)	2667	1867	 
	Maxi Small	 		56-75	710824		72 (3x24)	2160	1512	 
	Maxi Medium	 		72-122	369700		54 (6x9)	2865	2000	 
	Maxi Large	 		92-144	369800		54 (6x9)	3810	2667	 
<b>TENA Slip Bariatric</b>										
	Super Extra Large (XL)	 		133-163	61501		56 (2x28)	2400	1680	
	Super Extra Extra Large (2XL)	 		163-178	61401		64 (2x32)	2650	1855	
	Super Extra Extra Extra Large (3XL)	 		173-243	61391		32 (4x8)	3080	2156	
<b>TENA Duo</b>										
	Protection Layer™	 	-	-	2308907		180 (6x30)	-	-	
<b>TENA Comfort</b>										
	Normal	 		-	2311291		80 (4x20)	1200	720	 
	Plus	 		-	2335803		80 (4x20)	1600	1120	 
	Extra	 		-	2311292		80 (4x20)	2000	1200	 
	Super	 		-	2311293		80 (4x20)	2500	1500	 
	Maxi	 		-	759128		56 (2x28)	2900	1740	 
	Ultima	 		-	759205		68 (4x17)	3300	1980	 

**Key**



Gender Specific – Female



Gender Specific – Male



Unisex



Selected Supermarkets



Selected Pharmacies



Healthcare Distributors

# TENA Skincare

Healthy skin is vital to quality of life and preventative skin care increases individual comfort, produces better care outcomes and benefits the entire care home.

## BODY



In the shower

### TENA Shampoo and Shower

**Method as a shampoo:** Massage into hair and rinse.

**Method as a body wash:** Massage gently over whole body and rinse off.

**Benefit:** Conditioning and anti-static properties plus Provitamin B5 leaves hair manageable and easy to comb. pH balanced, dermatologically tested, and mild for fragile, delicate skin.



Twice daily

### TENA Body Lotion

**Method:** Gently massage a thin layer over dry skin to the entire body post-shower.

**Benefits:** Restores natural moisture balance of dry and sensitive skin. Leaves skin with a protective layer. Includes Vitamin E which protects fragile skin. Proven to reduce skin tears.<sup>2</sup>



Daily

Every pad change

## PERINEUM

Every pad change



### TENA Wet Wipes

**Method:** Remove any excess faeces with toilet paper, wipe areas gently to clean.

**Benefit:** Mild and soap-free. A convenient alternative to soap and water that leaves skin moisturised.

Every pad change



### TENA Barrier Cream

**Method:** Apply a thin layer to 'at risk' skin (reddened or unbroken skin folds). Do not apply heavily. Apply every 2-3 hours in cases of diarrhoea<sup>3</sup>.

**Benefit:** Includes Vitamin E which protects fragile skin from irritants, urine, faeces and sweat. Use on pressure points and bony prominences to prevent skin breakdown.

### TENA Wash Cream & Soft Wipes

**Method:** Apply to skin with a disposable TENA Soft Wipe. No need to rinse.

**Benefit:** Mild, pH balanced and soap free. Has a protecting effect and maintains skin integrity better than soap and water.<sup>1</sup>

1 Begg et al. Non-rinse skin cleansers, May 2016

2 Carville, Leslie, Osseiran-Moisson, Newall, Lewin. The effectiveness of a twice-daily skin-moisturising regimen, International Wound Journal.

3 Best Practice Principles. Proceedings from the Global IAD Expert panel. Wounds International 2015.

For questions or samples contact TENA Customer Service 1800 623 347 (AUS) 0800 443 068 (NZ)  
www.tenaprofessional.com.au (AUS) www.tenaprofessional.co.nz (NZ)

### TENA National Home Delivery Distributors

















#### Australia

BrightSky	brightsky.com.au	1300 886 601
Independence Australia	independenceaustralia.com	1300 788 855
Intouch Direct	intouchdirect.com.au	1300 134 260



#### New Zealand






























Capes Medical	capesmedical.co.nz	0800 181 919
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Range	Product	Absorbency Droplet Guide	Waist Size (cm)*	Article no.	Colour   Absorbency	Units per Case (packs x units)	Total Capacity (mL) <sup>a</sup>	Working Capacity (mL)	Available from	
<b>TENA Fix</b>										
	Small		-	70-90	754028		25 (1x25)	-	-	
	Medium		-	80-100	754029		25 (1x25)	-	-	
	Large		-	90-110	754030		25 (1x25)	-	-	
	Extra Large		-	100-120	754031		25 (1x25)	-	-	
	Extra Extra Large		-	120-140	754032		25 (1x25)	-	-	

<b>TENA Bed</b>									
	60x90cm	-	-	770120		140 (4x35)	-	-	

<b>TENA Tissue Underpad</b>									
	5 ply 43x60cm	-	-	284		250 (1x250)	-	-	

<b>TENA Identifi Sensor Wear</b>										
	Slip Small			74-112	6208		24 (2x12)	1650	1155	
	Slip Medium			91-132	6100		24 (2x12)	1843	1290	
	Slip Large			111-163	6104		24 (2x12)	2146	1502	
	Pants Small			65-85	8275		24 (2x12)	2010	1200	
	Pants Medium			80-110	8276		24 (2x12)	2010	1200	
	Pants Large			100-135	8277		24 (2x12)	2010	1200	
	Pants Extra Large			120-160	8278		24 (2x12)	2010	1200	

Currently available for Residential Aged Care only – contact TENA for more information






Range	Product	Article no.	Colour   Range	Size   Volume	Packaging	Units per Case
<b>TENA Skin Care</b>						
	Wash Cream	4242	 3-in-1	500mL	Pump bottle	10
	Wet Wipes	2310915	 3-in-1	20x30cm   50pcs	Soft pack with click-top lid	10
	Soft Wipe	740700	 Cleanse	19x30cm   135pcs	Dispenser box	8
	Shampoo & Shower	1207	 Cleanse	500mL	Pump bottle	10
	Body Lotion	1115	 Restore	500mL	Pump bottle	10
	Barrier Cream	6503	 Protect	150mL	Tube	10

See over for skin care usage guide. For 20ml sample sachets of wash cream, shampoo and shower, skin lotion and barrier cream contact your TENA Continence Management Consultants

## TENA Sizing Guide



























Women	Dress Size	Men	Pants Size
Extra Small	6-10	Extra Small	24-28
Small	8-12	Small	28-32
Medium	12-14	Medium	32-38
Large	14-18	Large	38-42
Extra Large	18-22	Extra Large	42-46
XXL	22-26	XXL	46-50
3XL	26+	3XL	50+

## Colour | Absorbency

-  Normal – Light absorbency
-  Plus – Light to moderate absorbency
-  Extra – Moderate absorbency
-  Super – Moderate to higher absorbency
-  Maxi – Higher absorbency
-  Ultima – Highest absorbency

# Ideal product selection

Start with your client's mobility and then cognition to find the style that suits best, there are also gender specific and unisex options available. Then select the estimated urine leakage over an eight hour period. If there is not a product recommended, you may need to change style or increase absorbency. Call TENA Customer Service on 1800 623 347 (AUS) or 0800 443 068 (NZ) for further assistance.

1 Mobility	ACTIVE			LIMITED MOBILITY			
	Mobile/Active Minor leakage	Mobile/Active Minor to moderate leakage	Mobile/Active Men	Mobile/Weight bearing	Mobile/Weight bearing – requiring some assistance	Mobile/Weight bearing or Non mobile – Partial or full assistance	Non mobile/Non weight bearing – Full assistance
2 Cognition	CLEAR			DECLINING		DECLINED	
3 Style							
4 Gender	 Female	 Female	 Male	 Unisex	 Unisex	 Unisex	 Unisex
5 Urine leakage (8 hours)							
Minor <250mls  to 	<b>Liners</b> - Standard - Long - Extra Long	<b>Pads</b> - UTM Standard - Mini Plus Long	<b>Men</b> - Protective Shield - Level 1				
Light 250 - 500mls  to 		<b>Pads</b> - Extra Standard - Extra Long Length - InstaDRY Standard	<b>Men</b> - Level 2 - Level 3				
Light - Moderate 500 - 750mls  to 		<b>Pads</b> - InstaDRY Long Length - Super	<b>Men</b> - Level 4	<b>Pants</b> - Discreet (M,L) - Discreet Creme (M,L) <b>Pants</b> - Men Level 4 (M,L) - Creme Men Active Fit - Navy (M,L) <b>Pants</b> - Normal (M,L, XL)	<b>Comfort</b> - Normal		
Moderate 750 - 1300mls  to 				<b>Pants</b> - Plus (S,M,L,XL,XXL) - Super (M,L,XL)	<b>Comfort</b> - Plus - Extra	<b>Flex</b> - Plus (S,M,L,XL)	<b>Slip</b> - Plus (XS,S,M,L)
Moderate – Heavy 1300 - 2000mls 				<b>Pants</b> - Maxi (M,L)	<b>Comfort</b> - Super	<b>Flex</b> - Super (S,M,L,XL)	<b>Slip</b> - Super (S,M,L)
Heavy 2000mls - 2500mls 					<b>Comfort</b> - Maxi	<b>Flex</b> - Maxi (S,M,L,XL)	<b>Slip</b> - Maxi (S,M,L)
Heavy Plus > 2500mls 					<b>Comfort</b> - Ultima	<b>Flex</b> - Ultima (S,M,L,XL)	
<b>Faecal smearing</b>	Duo 			Use TENA Duo within Pants, Comfort, Flex or Slip			
<b>Faecal incontinence</b>				Use TENA Pants, Comfort, Slip or Flex for full containment			