



Finding Solutions  
Changing Lives

*Enquiries about continence and products that can help families and carers are some of the most common we receive at Fledglings.*

*Many products exist that can help alleviate some of the stress and work associated with night time bed wetting.*

[www.fledglings.org.uk](http://www.fledglings.org.uk)

Continence Products



- **Mattress & Bed Pads**

Absorbent pads designed to be used over a mattress and on top of a fitted sheet to protect the area of the bed most vulnerable to wetting. They are ideal as they can be quickly changed in the middle of the night without having to resort to changing the whole bed.

Washable, reusable protectors usually have a waterproof backing and a softer absorbent upper layer. Some styles of protector - such as Brolly Sheets - come with wings or flaps which can be tucked under the mattress to keep it in place throughout the night.



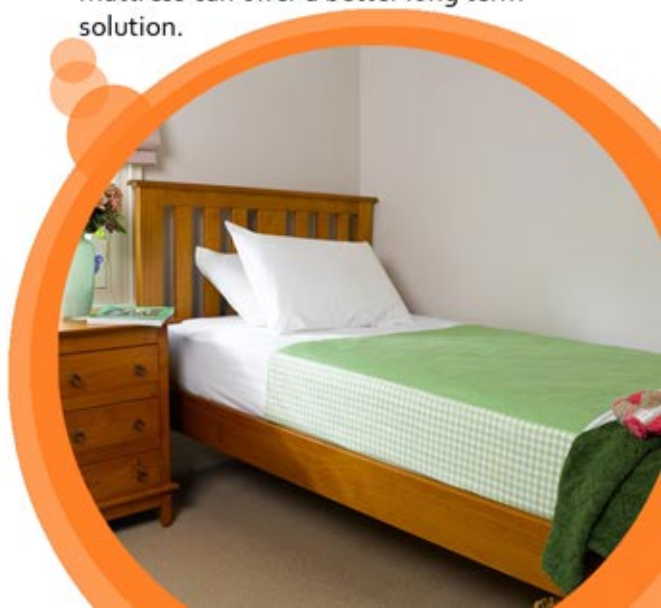
- **Sheet, Duvet & Pillow Protectors**

To protect a bed from staining, there are a variety of products that can be used. Some have waterproof PVC backing, others are made of breathable polyurethane or Tencel fabric. We recommend checking if any product is suitable for heavier or only light wetting before you buy - as well as size requirements.

- **Mattress Protectors**

Designed to fit over the entire mattress to protect it from wetting. Some are designed to slip over like a fitted sheet, others encapsulate the whole mattress and have a zip opening. Such mattress protectors are suitable for light and moderate soiling. For heavy soiling however a fully waterproof mattress can offer a better long term solution.

Easy care solutions can help minimise wetting and protect furniture and mattresses.



## Please note

The use of bleach and harsh cleaning chemicals is not recommended on these products.

### • Waterproof Duvets & Pillows

Waterproof pillows and duvets have a waterproof cover which can be wiped down with a damp sponge or cloth and then wiped dry. Usually made of a soft polyurethane they are designed to be breathable as well as waterproof. For comfort these should be covered with a washable duvet cover or pillowcase. These are excellent when wetting or soiling is heavy and are ideal for using at night time. When the duvet or pillow gets wet the outer covers can be changed quickly while the duvet and pillow below can be wiped clean and dried quickly. This means laundry can be kept to a manageable level as the duvet and pillows do not need to be constantly washed - saving wear and tear on the washing machine and time on drying.

### • Waterproof Mattresses

In cases of very heavy soiling and wetting a complete waterproof hospital style mattress can be a more economical solution in the long run. Made from a foam which allows the body to mould into the mattress, these have a complete waterproof cover. Complete with concealed zips that allow the free flow of air for comfort. The mattress can be wiped down and dried easily which makes them ideal for nighttime. As a child moves into adulthood a waterproof mattress can often be a better solution as the wetting increases in volume.



Versatile solutions  
suitable for travelling,  
days out and around  
the home.



### Chair Pads

These work in a similar way to the mattress protector but are smaller so that they will fit into a chair or a wheelchair. They have waterproof backing, to protect the chair and upholstery from leaks, are washable and can be swapped over easily when needed.



### Waterproof Changing Mat

A large portable changing mat can be invaluable when assisting someone with changing in or out of wet swimwear. Waterproof backing allows the mat to be used on a wet floor. Ideal for multiple purposes and for travelling on holiday.

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Fledglings has a good range of continence products available at reasonable prices.

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**Our helpline staff will be happy to help if you have any queries.**