

Learning About Adult Protective Underwear for Women

Why are they used?

Adult protective underwear may be helpful for a person who has incontinence (trouble controlling urine or stool). This underwear helps absorb urine and catch stool.

There are different types of adult underwear. A washable type may be useful when a loved one has trouble using the disposable type.

When putting on adult underwear, make sure the tabs are in the back. Make sure the underwear is the right size so that it fits well. This is important for people who are very thin or overweight. The elastic at the legs should fit well and not be too loose. A good fit can help stop leaks and it can keep the skin from getting sore.

What are the types of adult underwear for women?

Elastic

An elastic pull-up style is made of a stretchy material.

Adhesive tab

Adhesive tab styles have tabs to help adjust and secure the underwear.

Cloth

Cloth pull-up styles are made to look and feel like standard briefs.

Elastic band/button

Elastic band and button styles use stretchy bands with buttons at the end to secure the pull-up on each side.

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Author: [Healthwise Staff](http://www.healthwise.org) (www.healthwise.org)

Medical Review: Adam Husney, MD - Family Medicine & Gayle E. Stauffer, RN - Registered Nurse & Kathleen Romito, MD - Family Medicine