



Moli continence care range

Your personal guide



The Moli range from HARTMANN

Designed with you in mind

The comprehensive Moli range from HARTMANN enables you to select the right continence care product to meet your needs.

MoliMed®

A shaped pad with adhesive strip for slight incontinence



MoliForm®

A range of shaped pads to cover all degrees of incontinence



MoliCare®

All-in-one fixation briefs for moderate to severe incontinence



The Moli range from HARTMANN also includes rectangular pads, male pouches, pull-up pants and underpads.

The unique colour coding system from HARTMANN helps you to identify the product absorbency at a glance.



Yellow
for slight
incontinence



Green
for moderate
incontinence



Blue
for severe
incontinence



Magenta
for severe/very severe
incontinence



Violet
for very severe
incontinence

What do I need to know about my continence care product?

Your HARTMANN products are manufactured in an environmentally sensitive way, with emphasis on quality and comfort for the end user. You can be confident that

MoliForm® has two unique blue barriers, at the front and rear of the pad, which push urine back into the pad and help to prevent leakage.

The top, soft, non-woven layer helps to keep you dry and comfortable.

The dry-plus layer is made up of curly cellulose fibres which rapidly guide urine into the absorbent core.

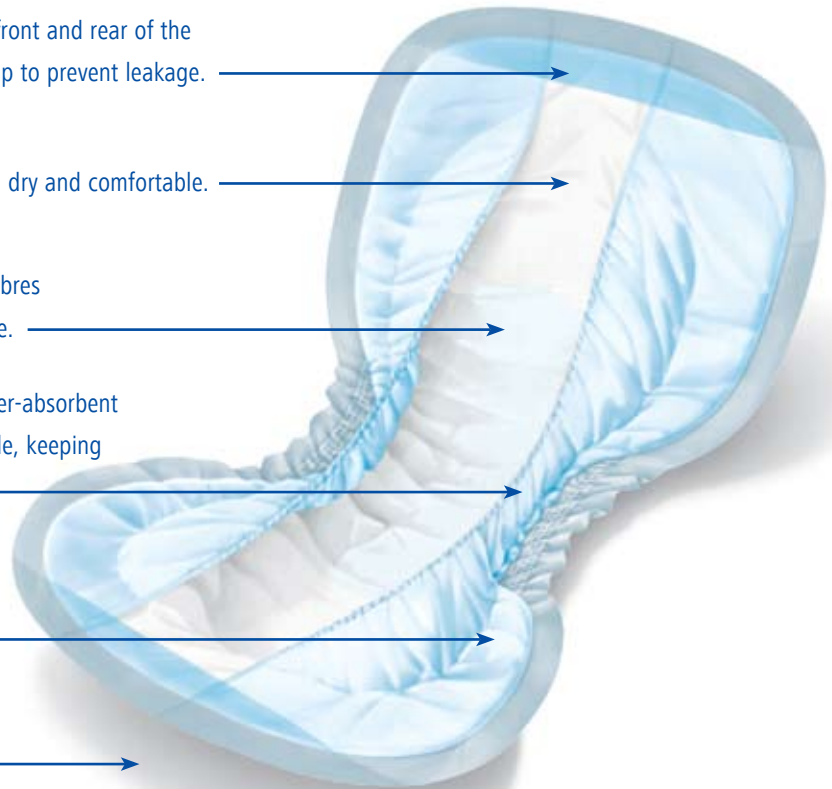
The absorbent core consists of cellulose and super-absorbent polymers (SAP). SAP locks urine and odours inside, keeping you dry and comfortable.

The soft, water-repellent, anti-leak cuffs offer additional leakage protection at the sides.

The waterproof backing prevents leakage, whilst being comfortable and quiet when you move.

Ongoing investment means a continued programme of improvement as new technology develops, so you can always be sure you have the most advanced product on

your HARTMANN continence product will keep your skin dry and protect you from leakage and odours, so letting you lead a normal life.



the market. New technologies allow products to become thinner and more discreet but guarantees at the same time, maximum absorbency and leakage protection.

What other features are important to me?



- Many of the HARTMANN products are made of breathable materials enabling the air to circulate. This guarantees you maximum wearing comfort and helps to keep your skin healthy.
- The products' absorbent core provides a pH neutral skin environment and has anti-bacterial properties.
- The skin friendly material of the products is suitable even for sensitive skin. An odour neutraliser within the absorbent core locks unpleasant odours safely away.

Wetness Indicator

Many of the HARTMANN products include a wetness indicator which is integrated into the waterproof backing of the products. The integrated wetness indicator on the backing of most HARTMANN continence care products, will blur or disappear as the product is used and is a guide to when the product needs to be changed.

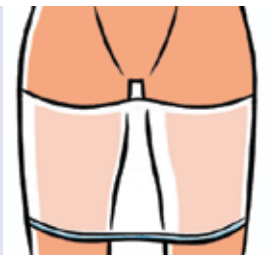


How do I fit a shaped continence product?

MoliForm® body-contoured pads can be worn with specifically designed MoliPants® or close-fitting underwear.

Pads may leak if not fitted correctly, so, to ensure you get the most from your shaped product:

- Choose close-fitting **MoliPants®** (measure waist size in cms) or suitable equivalent.
- Pull **MoliPants®** as high up between the legs as possible, rolling the waistband downwards at the same time to form a platform between the thighs.



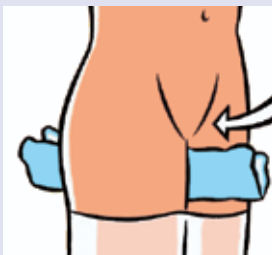
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- Ensure **MoliForm®** is 'cupped'
- Make a firm fold or crease along the pad lengthways ensuring the cuffs are angled inwards.
- The smaller absorbent area of **MoliForm®** should be positioned at the front of the body.

- Insert **MoliForm®** between the thighs from the front, with the soft white side next to the skin and the larger area for containment at the back.
- It is very important that the rear absorbent area is completely unfolded.
- The wetness indicator should be in line with the spine.



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- Pull **MoliPants®** right up at the back, then carefully unfold the front absorbent area and pull up the net pants at the front.
- Ensure that the waterproof backing is not folded and check that the net pants and the pad fit snugly.
- Ensure the leg openings are comfortably positioned and are not pinching the skin.

This will ensure maximum performance of MoliForm® and MoliPants® as well as optimum comfort.

How do I fit an all-in-one brief?

MoliCare® has unique, breathable side panels for your personal comfort to enable air to circulate and perspiration to escape. The elasticised fixation tapes react flexibly to pressure and can expand or contract to ensure

optimal comfort in all body positions. Briefs may leak if not fitted correctly, so, to ensure you get the most from your fixation brief:

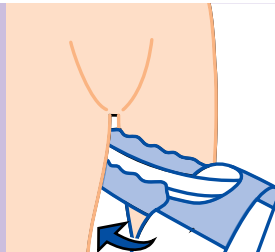
- Measure the waist and hips - use the larger size.
- Choose correct product size - if between sizes try the smaller size first.
- Open up the brief lengthways, leaving the non-woven side panels in folded position.
- Hold brief at each end and gently fold it lengthways once. This activates the inner cuffs and creates an anatomical 'cupped' shape for fitting.



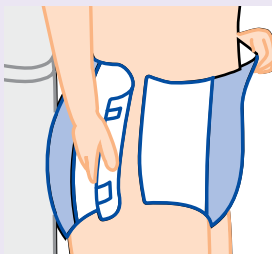
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- Place the 'cupped' brief between the thighs from the front - the soft white absorbent layer next to the skin and the absorbent area with tapes to the rear.
- Unfold rear absorbent area and fit snugly to the body.
- Wetness indicator should be in line with the spine. At the front, centre the absorbent cushion in the crotch area.



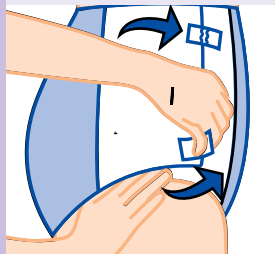
- Unfold front area and fit into position, as high as possible in the groin area.
- Unfold front side panels, fit snugly to the body and unfold side panels at the back.
- To fasten the brief, position the upper adhesive tapes at a slightly downwards angle onto side panel or backing.
- The lower adhesive tapes should point diagonally upwards.



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- Check that the brief is comfortably and closely fitted.
- When the stripes on the product are aligned, the super absorbent core is correctly positioned.
- To open and re-fasten the tapes, open the white tape only and re-fasten the white tape back onto the blue tape, which remains attached to the brief.



How should I look after my skin?

All continence care products supplied by HARTMANN are latex-free thus minimising the risk of skin irritation and allergies. The high-quality raw materials used in the Moli range should also ensure that skin problems are rare. However, if you are worried about any change in the condition of your skin, seek the advice of a health care professional.

- ☺ Ensure that your product is fitted correctly
- ☺ Maintain a nutritious diet and if you are in good health, of average weight and height drink 1½ litres of fluid each day. Avoid caffeinated drinks if possible.
- ☺ Check your skin regularly for any redness or irritation.
- ☺ Use a pH skin neutral wash lotion or foam cleanser, such as Menalind® professional cleansing foam for gentle skin cleansing. This will be less drying on the skin than soap and water.
- ☹ Where possible, avoid using oil-based creams on the skin as these may affect the absorbency of the product. If using a prescribed cream, apply thinly and as directed.
- ☹ Avoid using talcum powder
- ☹ Avoid vigorous rubbing of the skin



How should I look after my Moli products?

At HARTMANN, we use compact packaging to ensure your products take up as little space as possible for storage.

To maintain your products in optimal condition, you should:

- ☺ Store open and unopened packets at room temperature, away from humidity, as moisture will be attracted to the super-absorbent core in the pad.
- ☺ If you are at risk of skin damage from pressure, it is advisable to smooth the folds in the pad by hand prior to use.
- ☹ For example do not store in your:
 - Shed • Garage • Bathroom
- ☹ The risk of flammability of disposable continence care products is classed as very low. However, as with any kind of fabric or cellulose-based material, such as clothing or paper towels for example, disposable continence care products are flammable when in contact with naked flame. Therefore, during storage and use, products must be kept away from naked flame.

Before use:

- Remove pads from packaging at least half an hour before use, to allow the cellulose fibres in your product to 'breathe' and 'fluff up' after storage. This will ensure the product will be at its best before use.

Why not remove your daily supply of pads from the packet the night before?

How should I dispose of my Moli products?

When you are ready to dispose of your continence care products, you are advised to:

- ☺ Roll-up the used product with the waterproof backing on the outside.
- ☺ Wrap the used product in newspaper or in a plastic bag.
- ☺ In most areas, you can place the products with household refuse. However, some local councils will provide you with a special 'clinical waste' bag in which you should store your used products, ready for collection.
- ☺ If you are unsure about the local disposal policy, check with your Continence Advisor or nurse who arranged your supply, or with your local council.



How does HARTMANN help to protect the environment?

Whilst our key objective is to manufacture high-quality products, HARTMANN also takes great care to select raw materials that meet environmental considerations.

Approximately **90%** of the raw materials HARTMANN employs in production are **renewable**, about 70% cellulose and 20% cotton.

Chlorine-free bleaching

- the oxygen bleaching method has been used exclusively since 1990.

Care is taken to only purchase raw materials that have not been chlorine-bleached.



Super-absorbent polymers (SAP) can absorb and store liquid many times its weight. This enables us to produce **thinner products** in **smaller packaging**.

The greatest part of the cellulose is obtained from the southern region of the USA, where types of rapidly growing wood are cultivated under **controlled forestry conditions**.



Our outer packaging is made of **100% recycled** corrugated brown cardboard.

Who can help me if I want further advice?

If you experience any problems with your continence care product, you should contact your assessing nurse in the first instance, or your local continence service.

Why not make a note of their contact details here:

MY NURSE: _____ **TEL:** _____

MY CONTINENCE SERVICE: _____ **TEL:** _____

Useful continence support organisations:



Bladder and Bowel Foundation

SATRA Innovation Park, Rockingham Road,
Kettering, Northants, NN16 9JH
Registered Charity Number 1085095

Nurse helpline: 0845 345 0165

Counsellor helpline: 0870 770 3246

General enquiries: 01536 533255

Email: info@bladderandbowelfoundation.org

www.bladderandbowelfoundation.org

For confidential advice and support please contact the Bladder and Bowel Foundation (B&BF), the UK charity for people with bladder and bowel control problems.



36 Old School House, Britannia
Road, Kingswood, Bristol BS15 8DB

Tel: 0117 960 3060

Fax: 0117 960 0401

www.eric.org.uk

Information about bedwetting
for kids, teenagers, parents and
professionals

PromoCon

Redbank House, 4 St Chad's Street,
Cheetham, Manchester M8 8QA

Tel: 0161 214 5959

Fax: 0161 214 5961

Helpline: 0161 834 2001

www.promocon.co.uk

Provides independent and impartial
advice on continence care products



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HARTMANN - Your partner in continence care

For further information on the HARTMANN continence care range, visit our website at:

www.hartmandirect.co.uk

You may also wish to request a copy of our direct purchase catalogue by telephoning the customer service line on

0800 028 9490

