

Naturally, the notion of having to wear incontinence pads is one which may be difficult and distressing.

However, these days there is a wide range of products available, many from chemists or even supermarkets.

Tenaform pads are specifically designed for women with incontinence, and come in different thicknesses according to the volume of urine lost.

There are underpants which have inbuilt pads (Marsupial system) either external or internal.

There are also washable underwear items for men and women. (see below for details of where you can find out more about these products).