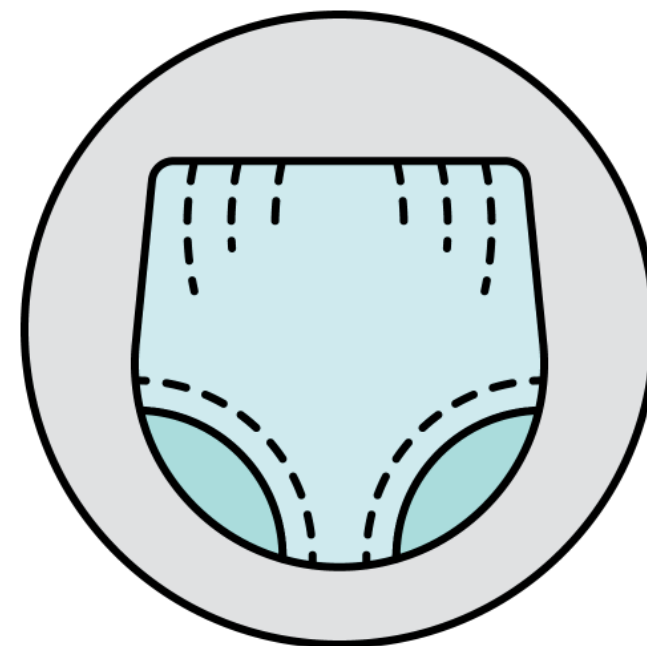
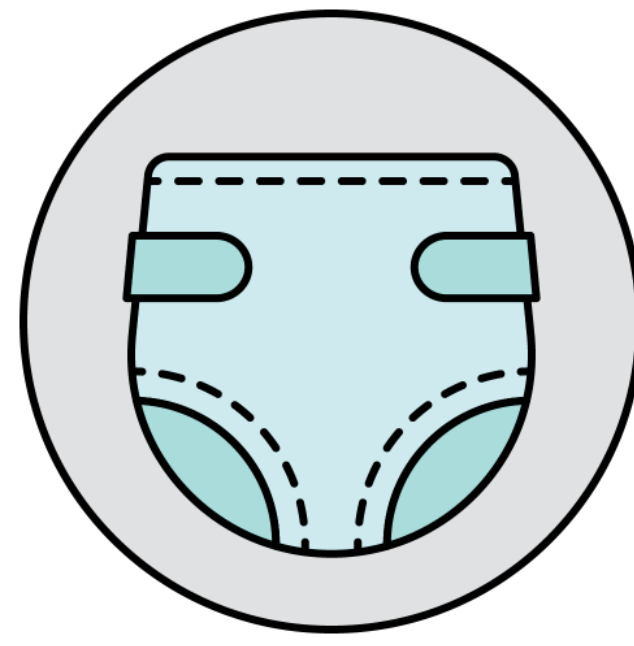


# How to Change an Adult Brief



Being incontinent means the person you're caring for can't control when they have to go to the toilet, so they may wet or soil themselves.

## Supplies Needed:

An adult brief, disposable gloves, toilet paper and/or wet wipes, special personal cleaning wipes or soap & water, prescription or barrier creams (as needed).

## Step-by-step

1. Ensure you have consent from the person before you start the procedure.
2. Start by washing your hands and putting on gloves.
3. Have the person you're caring for lying on their back.
4. Help them remove their pants and undo the tabs on the briefs.
  - If they use a pull-on style brief, you can pull and break the sides to open it.
5. Tuck the front of the brief down, rolling it as you go. Using toilet paper or wet wipes, wipe up any noticeably soiled areas.
6. Support the person in rolling on their side away from you and bend their knee.
7. Pull off the brief through their legs and finish rolling it up to contain any mess.
8. Dispose of the brief.
9. Wash their private areas thoroughly making sure to wipe from front to back.

♥ Encourage the person you are caring for to do as much of their own care as possible, if help is needed, please be sure to ask for permission to provide personal care to the individual

The most important thing to remember when helping someone who is incontinent is to keep their genitalia clean and dry by washing them after every bowel movement or wet brief change.

10. If applicable, apply any prescription or barrier creams they need.
  - At this time, you can introduce traditional methods for skin care such as herbal remedies known to soothe and protect the skin, which might be used alongside prescription of barrier creams.
11. To help them into a clean brief, put the back of the back of the fresh brief under their hips.
12. Support them in rolling back towards you and pull the front of the brief up between their legs.
13. Ensure the brief isn't pinching any skin from their legs or private areas.



**For a more detailed tutorial, please scan the QR code**