



**PREMIUM  
OVERNIGHT  
PROTECTION**

**100%  
SATISFACTION  
GUARANTEED**

# Attends®

.....PREMIER.....

## Attends® Premier Briefs Sizing Chart (ALI-BR)

Finding the right size is extremely important, whether you're using the product yourself, or caring for a loved one. **Proper sizing can help to prevent leaks, skin irritation and improve overall comfort.** Use the chart below to see the recommended size of product to use.

Sizing is not a perfect science; sizes provided below are only recommendations.

If you have any questions about sizing or about Attends® Premier products, please call our **Customer Care Team at 1.800.4.Attend (1.800.428.8363).**

HEIGHT	WEIGHT																																		
	85 38kg	90 41	95 44	100 45	105 47	110 50	115 52	120 54	125 57	130 59	135 61	140 64	145 66	150 68	155 70	160 73	165 75	170 77	175 79	180 82	185 84	190 86	195 88	200 91	205 93	210 95	215 98	220 100	225 102	230 104	235 107	240 109	245 111	250 113	250-300 113-137
4'10" 147cm	SMALL						MEDIUM														LARGE										2X		3X		
4'11" 150	SMALL						MEDIUM														LARGE										2X		3X		
5'0" 152	SMALL						MEDIUM														LARGE										2X		3X		
5'1" 155	SMALL						MEDIUM														LARGE										2X		3X		
5'2" 157	SMALL						MEDIUM														LARGE										2X		3X		
5'3" 160	SMALL						MEDIUM														LARGE										2X		3X		
5'4" 163	SMALL						MEDIUM														LARGE										2X		3X		
5'5" 165	SMALL						MEDIUM														LARGE										2X		3X		
5'6" 168	SMALL						MEDIUM														LARGE										2X		3X		
5'7" 170	SMALL						MEDIUM														LARGE										2X		3X		
5'8" 172	SMALL						MEDIUM														LARGE										2X		3X		
5'9" 175	SMALL						MEDIUM														LARGE										2X		3X		
5'10" 178	SMALL						MEDIUM														LARGE										2X		3X		
5'11" 180	SMALL						MEDIUM														LARGE										2X		3X		
6'0" 183	SMALL						MEDIUM														LARGE										2X		3X		
6'1" 185	SMALL						MEDIUM														LARGE										2X		3X		
6'2" 188	SMALL						MEDIUM														LARGE										2X		3X		



800.4.Attend (800.428.8364) : [www.attends.com](http://www.attends.com)

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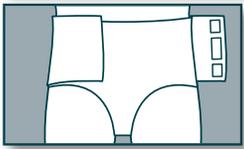
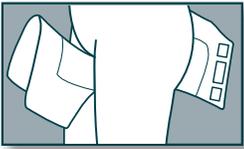


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## Standing Application

1. Fully open brief. Fold in half lengthwise. Place between legs, with inner lining against skin.
2. Open and lift back of brief so top of wetness indicator aligns with coccyx. Pull front of brief up between legs, with pad snug against perineum. Smooth side panels across hips. Front/back of brief should be even at the waist. Gently move excess skin while positioning leg gathers in the natural crease of the groin.
3. Fasten tape tabs. Adjust panels for a comfortable, secure fit.



## In-Bed\* (Steps 1, 2 & 6) • Seated Application\*\* (Steps 3, 4, 5 & 6)

- \*1. While the individual is on the bed fully open brief. Fold in half length wise. Place between legs, with inner lining against skin.
- \*2. Open and lift back of brief so top of wetness indicator aligns with coccyx. Pull front of brief up between legs, with pad snug against perineum. Smooth side panels across hips. Front/back of brief should be even at the waist. Gently move excess skin while positioning leg gathers in the natural crease of the groin.
- \*\*3. If individual is seated, help them stand. Make sure they are stable.
- \*\*4. Place brief on seat, so they will sit in brief center. Position soft side against skin.
- \*\*5. Seat them on brief. Align top of the wetness indicator to coccyx.
- \*6. Fasten tape tabs. Adjust panels for comfortable, secure fit.

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