
















Ideal product selection

Start with your client's mobility and then cognition to find the style that suits best, there are also gender specific and unisex options available. Then select the estimated urine leakage over an eight hour period. If there is not a product recommended, you may need to change style or increase absorbency. Call TENA Customer Service on 1800 623 347 (AUS) or 0800 443 068 (NZ) for further assistance.

1 Mobility	ACTIVE			LIMITED MOBILITY			
	Mobile/Active Minor leakage	Mobile/Active Minor to moderate leakage	Mobile/Active Men	Mobile/Weight bearing	Mobile/Weight bearing – requiring some assistance	Mobile/Weight bearing or Non mobile – Partial or full assistance	Non mobile/Non weight bearing – Full assistance
2 Cognition	CLEAR			DECLINING		DECLINED	
3 Style	 Liners	 Pads	 Men	 Pants	 Comfort/Fix	 Flex	 Slip
4 Gender	 Female	 Female	 Male	 Unisex	 Unisex	 Unisex	 Unisex
5 Urine leakage (8 hours)							
Minor <250mls ●○○○○○○○ to ●●○○○○○○○	Liners - Standard - Long - Extra Long	Pads - UTM Standard - Mini Plus Long	Men - Protective Shield - Level 1				
Light 250 - 500mls ●●○○○○○○○ to ●●●○○○○○○○		Pads - XStandard - Extra Long Length - InstaDRY Standard	Men - Level 2 - Level 3				
Light - Moderate 500 - 750mls ●●●○○○○○○○ to ●●●●○○○○○		Pads - InstaDRY Long Length - Super	Men - Level 4	Pants - Discreet (M,L) - Discreet Creme (M,L) Pants - Men Level 4 (M,L) - Creme Men Active Fit - Navy (M,L) Pants - Normal (M,L, XL)	Comfort - Normal - Fix (S-3XL)		
Moderate 750 - 1300mls ●●●●○○○○○ to ●●●●●○○○				Pants - Plus (S,M,L,XL,XXL) - Super (M,L,XL)	Comfort - Plus - Extra - Fix (S-3XL)	Flex - Plus (S,M,L,XL)	Slip - Plus (XS,S,M,L)
Moderate – Heavy 1300 - 2000mls ●●●●●○○○				Pants - Maxi (M,L)	Comfort - Super - Fix (S-3XL) - Fix (S-3XL)	Flex - Super (S,M,L,XL)	Slip - Super (S,M,L)
Heavy 2000mls - 2500mls ●●●●●●○					Comfort - Maxi - Fix (S-3XL) - Fix (S-3XL)	Flex - Maxi (S,M,L,XL)	Slip - Maxi (S,M,L)
Heavy Plus > 2500mls ●●●●●●●					Comfort - Ultima - Fix (S-3XL) - Fix (S-3XL)	Flex - Ultima (S,M,L,XL)	
Faecal smearing				 Duo	Use TENA Duo within Pants, Comfort, Flex or Slip		
Faecal incontinence					Use TENA Pants, Comfort, Slip or Flex for full containment		

TENA Skincare

Healthy skin is vital to quality of life and preventative skin care increases individual comfort, produces better care outcomes and benefits the entire care home.

BODY

TENA Shampoo & Shower

Method as a shampoo: Massage into hair and rinse.

Method as a body wash: Massage gently over whole body and rinse off.

Benefit: Conditioning and anti-static properties plus Provitamin B5 leaves hair manageable and easy to comb. pH balanced, dermatologically tested, and mild for fragile, delicate skin.

TENA Body Lotion

Method: Gently massage a thin layer over dry skin to the entire body post-shower.

Benefits: Restores natural moisture balance of dry and sensitive skin. Leaves skin with a protective layer. Includes Vitamin E which protects fragile skin. Proven to reduce skin tears.¹

TENA Wash Cream & Soft Wipe

Method: Apply to skin with a disposable TENA Soft Wipe. No need to rinse.

Benefit: Mild, pH balanced and soap free. Has a protecting effect and maintains skin integrity better than soap and water.³



PERINEUM

TENA Wet Wipes

Method: Remove any excess faeces with toilet paper, wipe areas gently to clean.

Benefit: Mild and soap-free. A convenient alternative to soap.

TENA Wash Mousse

Method: Remove any excess faeces with toilet paper, apply with TENA Soft Wipe to clean, no need to rinse.

Benefit: Mild and soap-free. A convenient alternative to soap.

TENA Barrier Cream

Method: Apply a thin layer to 'at risk' skin (reddened or unbroken skin folds). Do not apply heavily. Apply every 2-3 hours in cases of diarrhoea.²

Benefit: Includes Vitamin E which protects fragile skin from irritants, urine, faeces and sweat. Use on pressure points and bony prominences to prevent skin breakdown

PROskin



TENA National Home Delivery Distributors

Australia		
BrightSky	brightsky.com.au	1300 886 601
Independence Australia	independenceaustralia.com	1300 788 855
Intouch Direct	intouchdirect.com.au	1300 134 260
IncontinenceProducts.com.au	IncontinenceProducts.com.au	
New Zealand		
Capes Medical	capesmedical.co.nz	0800 181 919





We choose to care for people and the planet

TENA PRODUCT

Quick Reference Guide



tenaprofessional.com.au
tenaprofessional.co.nz

Better Care For Everyone

TENA Product Quick Reference Guide

Range	Product	Absorbency Droplet Guide	Waist Size (cm)*	Article no.	Colour Absorbency	Units per Case (packs x units)	Total Capacity (mL)^	Working Capacity (mL)	Available from
TENA Liners									
	Standard Length		••••••••	-	2309658	180 (6x30)	45	25	
	Long Length (39) AU only		••••••••	-	2309659	234 (6x39)	75	40	
	Long Length (26) NZ only		••••••••	-	2321001	156 (6x26)	75	40	
TENA Pads									
	Ultra Thin Mini Standard Length		••••••••	-	760388	120 (6x20)	165	116	
	Mini Plus Long Length		••••••••	-	760397	96 (6x16)	230	161	
	Extra Standard Length (12)		••••••••	-	760783	72 (6x12)	350	245	
	Extra Standard Length (24)		••••••••	-	760781	288 (12x24)	350	245	
	InstaDRY Standard Length (10)		••••••••	-	760850	60 (6x10)	585	410	
	InstaDRY Standard Length (20)		••••••••	-	760852	120 (6x20)	585	410	
	InstaDRY Long Length		••••••••	-	760860	48 (6x8)	600	420	
	InstaDRY Extra Long Length		••••••••	-	760946	36 (6x6)	800	560	
	Super		••••••••	-	757730	180 (6x30)	860	602	
	Maxi Night		••••••••	-	2309017	42 (3x14)	960	672	
TENA Pants - Women									
	Discreet Blanc (white) M		••••••••	75-100	796210	24 (3x8)	880	616	
	Discreet Blanc (white) L		••••••~•••	95-125	796320	24 (3x8)	880	616	
	Discreet Noir (Black) M		••••••••	75-100	795520	30 (3x10)	880	616	
	Discreet Noir (Black) L		••••~••••••	95-125	795623	27 (3x9)	880	616	
	Discreet Crème M		••••~••••••	75-105	782532	18 (2x9)	1010	707	
	Discreet Crème L		••••~••••••	95-130	782629	16 (2x8)	1010	707	
TENA Pants PROskin - Unisex									
	Normal M		••••~••••••	80-110	791528	72 (4x18)	1100	770	
	Normal L		••••~••••~•••	100-135	791628	72 (4x18)	1100	770	
	Normal XL		••••~••••~•••	120-160	791761	90 (6x15)	1100	770	
	Plus S		••••~••••~•••	65-85	792632	56 (4x14)	1440	1008	
	Plus M		••••~••••~•••	80-110	792539	56 (4x14)	1440	1008	
	Plus L		••••~••••~•••	100-135	792613	56 (4x14)	1440	1008	
	Plus XL		••••~••••~•••	120-160	792710	48 (4x12)	1440	1008	
	Plus XXL		••••~••••~•••	157-203	792862	48 (4x12)	1440	1008	
	Super M		••••~••••~•••	80-110	793520	48 (4x12)	2010	1407	
	Super L		••••~••••~•••	100-135	793614	48 (4x12)	2010	1407	
	Super XL		••••~••••~•••	120-160	793713	48 (4x12)	2010	1407	
	Maxi M		••••~••••~•••	80-110	794512	40 (4x10)	2550	1750	
	Maxi L		••••~••••~•••	100-135	794623	40 (4x10)	2550	1750	
	TENA Men								
	Protective Shield – Black		••••~••••~•••	-	750404	42 (3x14)	140	98	
	Level 1		••••~••••~•••	-	750658	48 (4x12)	275	193	
	Level 2		••••~••••~•••	-	750759	40 (4x10)	450	315	
	Level 3		••••~••••~•••	-	750836	24 (3x8)	710	497	
	Men Active Fit Navy M		••••~••••~•••	75-105	772533	18 (9x2)	1010	707	
	Men Active Fit Navy L		••••~••••~•••	95-130	772629	16 (8x2)	1010	707	
	Pants Level 4 M/L		••••~••••~•••	95-125	798340	24 (3x8)	1350	945	

For questions or samples contact TENA Customer Service 1800 623 347 (AUS) 0800 443 068 (NZ)
www.tenaprofessional.com.au (AUS) www.tenaprofessional.co.nz (NZ)

Range	Product	Absorbency Droplet Guide	Waist Size (cm)*	Article no.	Colour Absorbency	Units per Case (packs x units)	Total Capacity (mL)^	Working Capacity (mL)	Available from
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TENA Flex PROskin



Plus S			61-87	723130		90 (3x30)	1522	1065	
Plus M			71-102	723230		90 (3x30)	1780	1246	
Plus L			83-120	723330		90 (3x30)	2081	1456	
Plus XL			105-153	723430		90 (3x30)	2337	1636	
Super S			61-87	724130		90 (3x30)	1833	1283	
Super M			71-102	724230		90 (3x30)	2179	1525	
Super L			83-120	724330		90 (3x30)	2292	1604	
Super XL			105-153	724430		90 (3x30)	2906	2034	
Maxi S			61-87	725122		66 (3x22)	2654	1858	
Maxi M			71-102	725222		66 (3x22)	2979	2085	
Maxi L			83-120	725322		66 (3x22)	3601	2521	
Maxi XL			105-153	725421		63 (3x21)	4476	3133	
Ultima M			71-102	725220		60 (3x20)	3866	2706	
Ultima L			83-120	725320		60 (3x20)	4257	2980	
Ultima XL			105-153	725400		51 (3x17)	5100	3570	
Extra Belt		-	29cm	720000		120 (12x10)	-	-	

TENA Slip PROskin



XS			49-74	710430		90 (3x30)	1410	987	
Plus S			56-75	710530		90 (3x30)	1650	1155	
Plus M			72-122	370100		72 (6x12)	1843	1290	
Plus L			92-144	370200		72 (6x12)	2146	1502	
Super S			56-75	711130		90 (3x30)	1760	1232	
Super M			72-122	369900		60 (6x10)	2249	1574	
Super L			92-144	370000		60 (6x10)	2667	1867	
Maxi S			56-75	710824		72 (3x24)	2160	1512	
Maxi M			72-122	369700		54 (6x9)	2865	2005	
Maxi L			92-144	369800		54 (6x9)	3810	2667	

TENA Slip Bariatric PROskin



Super XL			133-163	711023		84 (3x28)	2400	1680	
Super 2XL			163-178	61490		64 (2x32)	2650	1855	
Super 3XL			173-243	61391		32 (4x8)	3080	2156	

TENA Duo



Protection Layer™		-	-	2308907		180 (6x30)	-	-	
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TENA Comfort PROskin



Normal			-	2311291		80 (4x20)	1200	840	
Plus			-	2335803		80 (4x20)	1600	1120	
Extra			-	2311292		80 (4x20)	2000	1400	
Super			-	2311293		80 (4x20)	2500	1750	
Maxi			-	759128		56 (2x28)	2900	2030	
Ultima			-	759205		68 (4x17)	3300	2310	

Key



Gender Specific – Female



Gender Specific – Male



Unisex



Selected Supermarkets



Selected Pharmacies



Healthcare Distributors

Range	Product	Absorbency Droplet Guide	Waist Size (cm)*	Article no.	Colour Absorbency	Units per Case (packs x units)	Total Capacity (mL) ^a	Working Capacity (mL)	Available from
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TENA Fix



S		-	70-90	754028		25 (1x25)	-	-	
M		-	80-100	754029		25 (1x25)	-	-	
L		-	90-110	754030		25 (1x25)	-	-	
XL		-	100-120	754031		25 (1x25)	-	-	
2XL		-	120-140	754032		25 (1x25)	-	-	
3XL		-	130-180	754047		5 (1x5)	-	-	

TENA Bed



60x90cm	-	-	770120	140 (4x35)	-	-	
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TENA Identifi Sensor Wear



Slip S			74-112	6208		24 (2x12)	1900	1330	
Slip M			91-132	6100		24 (2x12)	1900	1330	
Slip L			111-163	6104		24 (2x12)	2250	1575	
Pants S			65-85	8275		24 (2x12)	2010	1407	
Pants M			80-110	8276		24 (2x12)	2010	1407	
Pants L			100-135	8277		24 (2x12)	2010	1407	
Pants XL			120-160	8278		24 (2x12)	2010	1407	

Currently available for Residential Aged Care only – contact TENA for more information

Range	Product	Article no.	Colour Range	Size Volume	Packaging	Units per Case
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TENA Skin Care



Wash Cream	4242		3-in-1	500mL	Pump bottle	10
Wet Wipes	2310915		3-in-1	20x30cm 50pcs	Soft pack with click-top lid	10
Soft Wipe	740700		Cleanse	19x30cm 135pcs	Dispenser box	8
Shampoo & Shower	1207		Cleanse	500mL	Pump bottle	10
Wash Mouse	4246		Cleanse	400mL	Pump bottle	15
Body Lotion	1115		Restore	500mL	Pump bottle	10
Barrier Cream	6503		Protect	150mL	Tube	10

See over for skin care usage guide. For 20ml sample sachets of wash cream, shampoo and shower, skin lotion and barrier cream contact your TENA Continence Management Consultants

TENA Sizing Guide

Women	Dress Size	Men	Pants Size
XS	6-10	XS	24-28
S	8-12	S	28-32
M	12-14	M	32-38
L	14-18	L	38-42
XL	18-22	XL	42-46
XXL	22-26	XXL	46-50
3XL	26+	3XL	50+

Colour | Absorbency

- Normal – Light absorbency
- Plus – Light to moderate absorbency
- Extra – Moderate absorbency
- Super – Moderate to higher absorbency
- Maxi – Higher absorbency
- Ultima – Highest absorbency