



We choose to care for people and the planet

TENA PRODUCT GUIDE 2024





























BETTER CARE FOR EVERYONE



tenaprofessional.com.au


















































































































































































































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 Mobile/Active Minor leakage | Mobile/Active Minor to moderate leakage | Mobile/Active Men | Mobile/Weight bearing | Mobile/Weight bearing – requiring some assistance | LIMITED MOBILITY 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 PRODUCT GUIDE 2024

| 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 | |
| | Maxi XL | | 120-160 | 794762 | | 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 (2x9) | 1010 | 707 | |
| | Men Active Fit Navy L | | 95-130 | 772629 | | 16 (2x8) | 1010 | 707 | |
| | Premium Fit Underwear M/L | | 95-125 | 798340 | | 24 (3x8) | 1350 | 945 | |

| 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 Flex PROskin | | | | | | | | | | |
|  | Plus S |   |  | 61-87 | 730437 |  | 90 (3x30) | 1522 | 1065 |   |
| | Plus M |   |  | 71-102 | 730430 |  | 90 (3x30) | 1780 | 1246 |   |
| | Plus L |   |  | 83-120 | 723333 |  | 90 (3x30) | 2081 | 1456 |   |
| | Plus XL |   |  | 105-153 | 724950 |  | 90 (3x30) | 2337 | 1636 |   |
| | Super S |   |  | 61-87 | 730453 |  | 90 (3x30) | 1833 | 1283 |   |
| | Super M |   |  | 71-102 | 730458 |  | 90 (3x30) | 2179 | 1525 |   |
| | Super L |   |  | 83-120 | 729281 |  | 90 (3x30) | 2292 | 1604 |   |
| | Super XL |   |  | 105-153 | 724980 |  | 90 (3x30) | 2906 | 2034 |   |
| | Maxi S |   |  | 61-87 | 730453 |  | 66 (3x22) | 2654 | 1858 |   |
| | Maxi M |   |  | 71-102 | 730434 |  | 66 (3x22) | 2979 | 2085 |   |
| | Maxi L |   |  | 83-120 | 729352 |  | 66 (3x22) | 3601 | 2521 |   |
| | Maxi XL |   |  | 105-153 | 725000 |  | 63 (3x21) | 4476 | 3133 |   |
| | Ultima M |   |  | 71-102 | 730436 |  | 60 (3x20) | 3866 | 2706 |  |
| | Ultima L |   |  | 83-120 | 729909 |  | 60 (3x20) | 4257 | 2980 |  |
| | Ultima XL |   |  | 105-153 | 728534 |  | 51 (3x17) | 5100 | 3570 |  |
| Extender Belt |   | - | 29cm | 720524 | | 120 (12x10) | - | - |  | |
| TENA Slip PROskin | | | | | | | | | | |
|  | Plus 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 |   |
| | Super XL |   |  | 120-160 | 711023 |  | 84 (3x28) | 2400 | 1680 |  |
| | 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 2XL |   |  | 163-178 | 61490 |  | 64 (2x32) | 2650 | 1855 |  |
| | Super 3XL |   |  | 173-243 | 61391 |  | 32 (4x8) | 3080 | 2156 |  |
| TENA Duo | | | | | | | | | | |
|  | Protection Layer™ |   | - | - | 2308907 | | 180 (6x30) | - | - |  |
| 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 |   |  | - | 759011 |  | 52 (2x26) | 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) [^] | Working Capacity (mL) | Available from |
|-------|---------|--------------------------|------------------|-------------|---------------------|--------------------------------|----------------------------------|-----------------------|----------------|
|-------|---------|--------------------------|------------------|-------------|---------------------|--------------------------------|----------------------------------|-----------------------|----------------|






























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) | - | - |  |
|---|---------|---|---|--------|--|------------|---|---|---|









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 |
|-------|---------|-------------|----------------|---------------|-----------|----------------|
|-------|---------|-------------|----------------|---------------|-----------|----------------|

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 Mousse | 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+ |

[^] Rothwell Method ISO 11948-1

Colour | Absorbency

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

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)

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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

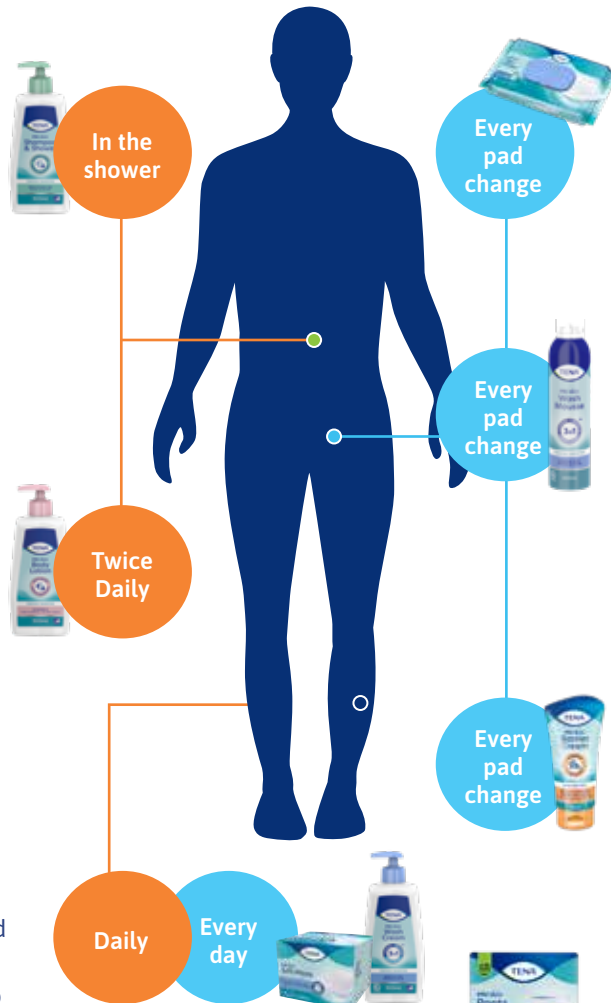
Method: Gently massage a thin layer over dry skin to the entire body post-shower.

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



WHERE TO BUY TENA PRODUCTS

The best thing about TENA is that it is available everywhere. You can purchase TENA at Supermarkets and Pharmacies or find your favourite distributor using the QR code



TENA Customer Service
Australia 1800 623 347
New Zealand 0800 443 068

Health Care Professionals
TENAprofessional.com.au
TENAprofessional.co.nz

Carers and Individuals
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