

# How to change a pad

1

## You need:

- Gloves
- Towel
- Disposable wipes
- Clean pad
- Rubbish bag



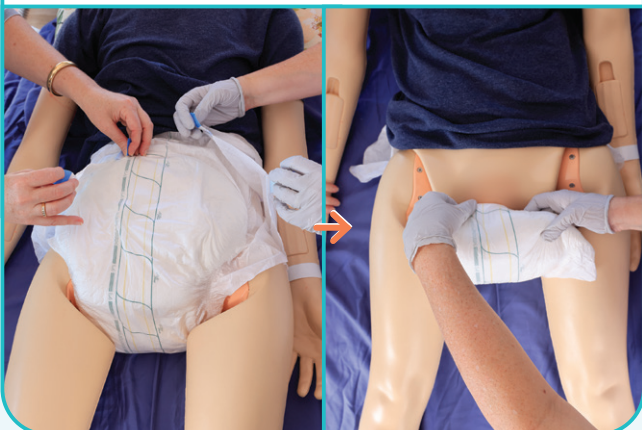
2

## Put on gloves



3

## Undo dirty pad and roll it down



4

## Use wipes to clean groin and pubic area

- ★ Wipe from front to back
  - ★ Pay attention to skin folds
- Place used wipes in rubbish bag



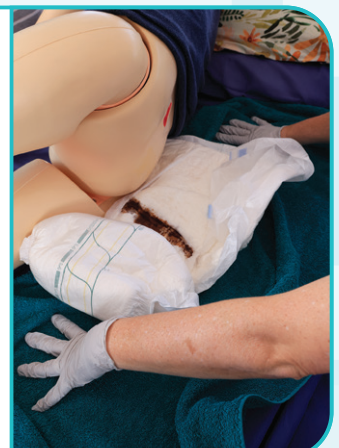
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## Lift and bend the leg and roll person onto their side



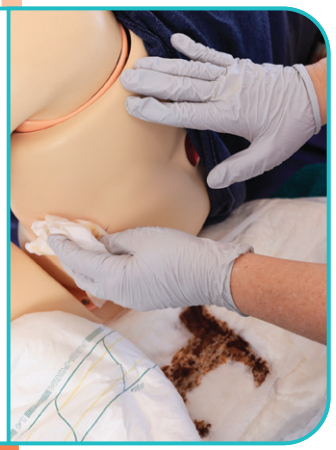
6

## Place towel under dirty pad



**7**

**Clean the person's bottom with wipes**



**8**

**Put used wipes in the pad, roll it up and place in rubbish bag**



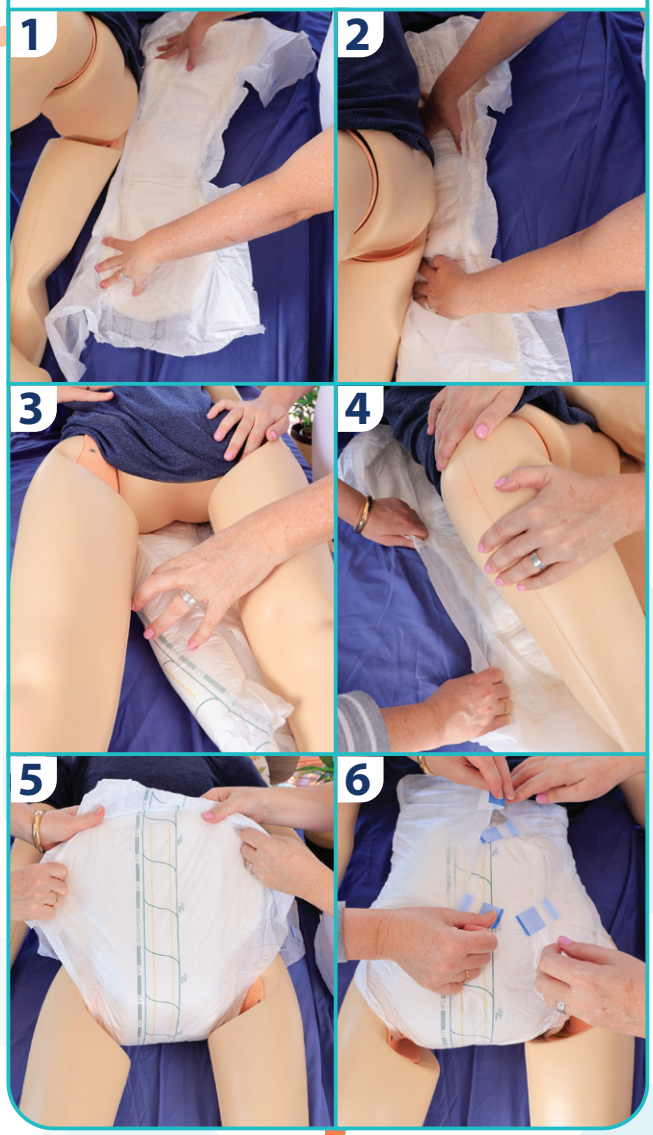
**9**

**Remove towel**  
Remove gloves and place in rubbish bag



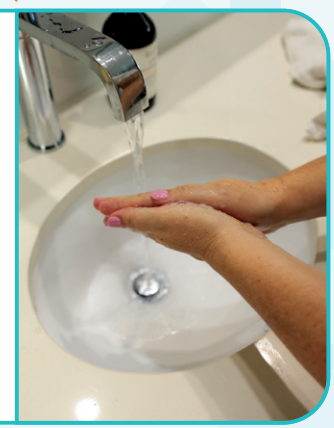
**10**

**Put on a new pad**



**11**

**Wash your hands**



**If you need help**

**Service name:** .....

**T:** .....