



Protective Underwear Sizing Guide

Selecting the appropriate protective underwear size ensures comfort, leakage protection and dignity.

Sizing Grid

Weiaht

	Weight																														
Height	100	105	110	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250	Over 250
4' 10"																															
4' 11"																															
5' 0"																															
5' 1"																															
5' 2"																															
5' 3"																															
5' 4"																															
5' 5"																															
5' 6"				Sn	nall	/M	edi	um												Lar	ge)	(-L a	rge		XX-Large
5' 7"																															
5' 8"																															
5' 9"																															
5' 10"																															
5' 11"																															
6' 0"																															
6' 1"																															
6' 2"																															
6' 3"																															
6' 4"																															

Instructions:

- Pinpoint your height and weight (lbs.) on the sizing grid
- Match the color on the grid to the color on the Key to obtain the appropriate protective underwear size

Protective Underwear Sizing Key

Grid	Size	Waist	Elastic color							
	Small/ Medium	34"-46"	4 Green Strands							
	Large	44"–54"	4 Blue Strands							
	X-Large	48"-66"	7 Blue Strands							
	XX-Large	60"-80"	4 Black Strands							

The Protective Underwear Sizing Guide is to be used as a guideline only. Waist and/or hip measurements should be taken to ensure proper sizing. Allowances must be made for gender and certain conditions such as hernias, amputations, etc. Clinical assessment recommended for anyone over 250 lbs.

Note: sizing is extremely important. Inappropriate size or improper application can result in leakage.



Adult Brief Sizing Guide

Selecting the appropriate adult brief size ensures comfort, leakage protection and dignity.

Sizing Grid

Weight

	weight																																										
Height	85	90	95 100	105	5 110	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245 2	50 2	55 2	60 2	65 2	70 2	75 2	280	285 2	290 2	95 30	00 3	J0+
4' 10"																																											
4' 11"																																											
5' 0"																																											
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5' 7"																																											Bariatric
5' 8"																																											
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5' 11"																																											
6' 0"																																											
6' 1"																																											
6' 2"																																											
6' 3"																																											
6' 4"																																											

Instructions:

- Pinpoint your height and weight (lbs.) on the sizing grid
- Match the color on the grid to the color on the Key to obtain the appropriate brief size

Brief Sizing Key

Grid	Size	Waist	Brief color
	Youth	20"-31"	Green
	Small	20"-31"	Peach
	Medium	32"-44"	White
	Large	45"-58"	Blue
	X-Large	59"-64"	Beige
	XX-Large	65"-69"	Green
	Bariatric	70"–95"	White

The Adult Brief Sizing Guide is to be used as a guideline only. Waist and/or hip measurements should be taken to ensure proper sizing. Allowances must be made for gender and certain conditions such as hernias, amputations, etc. Clinical assessment recommended for anyone over 250 lbs.

Note: sizing is extremely important. Inappropriate size or improper application can result in leakage.

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