

fledglings

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Finding Solutions
Changing Lives

SWIMSUITS

Many children and adults enjoy swimming and using hydrotherapy pools for exercise, fun and therapy. Specialist swimwear can enable someone with incontinence issues to continue to go to the pool and take part in hydrotherapy sessions. Most families find that as their child gets older, they grow out of the commercially brought swim nappies that are available in the high street shops, and that without an adequate alternative their child may not be able to go to the pool.

There are a range of incontinence swimwear products available which will enable the wearer to have more freedom in the pool or on the beach. They provide an alternative solution to disposable swimming products and come in a variety of different styles, colours and patterns.

Swimsuits with an integral waterproof lining: these swimsuits have an integral, waterproof inner pant which is elasticated at the waist and the top of the leg. This integrated pant usually has a polyurethane nylon coating and a silicone seal at the waistband to provide protection and containment for the wearer. The advantage of these swimsuits is that they look much the same as any other swimwear. The swimsuits are also washable. Styles available include girls and women's swimsuits and tankinis, boys and men's boxer style shorts, swim brief and swimster styles. They are not designed to be used with any other pad or nappy. A good fit is essential. Take measurements before buying, as this will help you choose the best size for you. The swimwear needs to be 'snug' where the integral pant fits at the waist and the top of the leg. This must not be so tight that it is uncomfortable or restricting to the wearer's circulation.

Re-useable Swim Nappies: with a fabric outer layer and a waterproof lining these swim nappies are designed to replace disposable nappies and can be purchased in child to adult sizes. They usually have elastic at the leg and an adjustable waist band- either with Velcro or ties. They can be worn alone but are more often worn under regular swimwear. However these swim nappies may not be as effective for loose stools and diarrhoea and are usually recommended for incontinent swimmers with solid bowel movements. Please check with the supplier or manufacturer if you are unsure. Again the fit would need to be good to ensure the swim nappy is effective.

Swimsters: these unisex swim pants have a waterproof lining which is designed to retain solid bowel movements rather than loose stools. The swimsters are not as high at the sides as some swimsuits and are often worn under other swimwear. Make sure that you have your measurements before purchasing as you will need a good fit to prevent unwanted leaks.

Disposable Swimsters: there are disposable swimsters on the market but these can be expensive in the long run as there is a limit to the amount of times they can be used if they haven't been soiled. They can be used up to to 2 times if they are not soiled the first time they are worn. On the other hand they can be a good stop gap for occasional use and for holidays - especially if there is no access to laundry facilities.

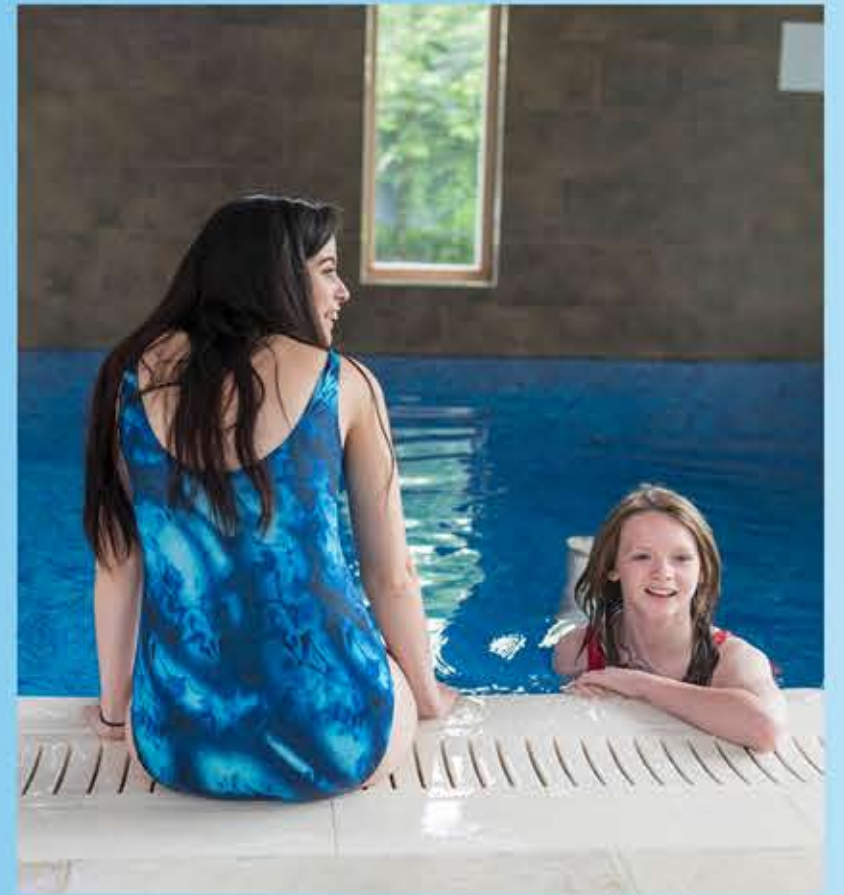
PLEASE NOTE

- As a rule incontinence swimwear needs to fit well to stop unwanted leakage. It is best to take measurements before ordering your swimwear

To Measure: Please measure around the waist, just below the belly button and then at the upper leg, following the line where pants would normally sit.

For girls you would also need to measure the bust, around the body – under the arms at the widest point of the chest.

- Most incontinence swimwear is designed to be washable, but please check with the supplier or manufacturer for the correct washing instructions. As the swimwear has an integral waterproof lining tumble drying is not recommended for these products. Also be aware that as with normal swimwear, the cleaning chemicals used in swimming and hydrotherapy pools can cause fading of fabrics with prolonged use.



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