

Washable absorbent underwear

Washable absorbent underwear products offer a practical and dignified solution. They contain a sewn-in absorbent pad which absorbs and traps urine (wee). This has special fibres that stop smells. They are made for your comfort and protection, giving you confidence and reducing waste.

What are the benefits?

They look and feel like normal underwear, made from soft breathable fabric that stops any germs.

They are sized to fit and are moulded to body shape. They can be washed and reused and last up to 200 washes. This reduces waste and their effect on the environment. About three billion disposable adult and children's products are thrown away every year in the UK, accounting for 2-3% of all household waste.

They also take up less storage space.



Frequently asked questions

Should I wash them before wearing them for the first time?

Yes, when you get your washable absorbent underwear, you should wash them once before wearing.

Do they need to be washed at high temperatures?

Wash in cold or warm water with mild detergent, avoid bleach and fabric softeners to keep the absorbency and quality of the fabric.

Can they be tumble dried?

Tumble dry on low heat or air dry. High heat can damage the absorbent properties and elastic. Do not use 'dryer sheets', they will affect the absorbency.

Are they less absorbent than disposable products?

If you have light to moderate wee leaks, then a washable product will be suitable. If your symptoms are worse, then a disposable product may be more suitable.

continued over...

Are they hygienic?

Yes, if washed and cared for as per instructions. For care homes, individual laundry bags for washing machines are available.

Can they be used at night?

Yes.

Can you mix disposable and washable underwear?

This will be discussed as part of your clinical assessment and individual needs.

What happens if I am suitable for washable underwear?

A sample of a washable absorbent underwear will be sent to you to try. We will then get your feedback. If the underwear is suitable, we will send you four additional washable products.

That will be your annual allocation.

What size will I need?

It is important that you get the right size for you. The underwear should give a snug fit to maximise protection.

- Women – use the hip size
- Men – use the waist size
- Children – use the waist size

Is there support available for increased water usage/costs?

Depending on your situation there could be help – please visit the Citizens Advice website www.citizensadvice.org.uk and search 'WaterSure scheme'.

If you require more information or assistance, please contact:

Wirral Bladder and Bowel Service **0151 514 2222**, select option 1.
Or email wchc.continence@nhs.net

If you would like this information in another format or language, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email wcnt.yourexp@nhs.net

May 2025 V3



wchc.nhs.uk



[@nhsbuzz](https://www.facebook.com/nhsbuzz)



[@wchc_nhs](https://twitter.com/wchc_nhs)