






## Adult Brief Sizing Guide

Selecting the appropriate Adult Brief Size ensures comfort, leakage protection and DIGNITY

### Instructions:

- Pinpoint resident/patient's 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

Sizing Grid		85	90	95	100	105	110	115	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					
Weight	Height																																							
4' 10"																																								
4' 11"																																								
5' 0"																																								
5' 1"																																								
5' 2"																																								
5' 3"																																								
5' 4"																																								
5' 5"																																								
5' 6"																																								
5' 7"																																								
5' 8"																																								
5' 9"																																								
5' 10"																																								
5' 11"																																								
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6' 2"																																								
6' 3"																																								
6' 4"																																								

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

The Adult Brief Sizing Guide is to be used as a guideline only. Waist and/or hip measurements should be taken by facility nursing personnel, or one of our Incontinence Care Nurse Consultants, 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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