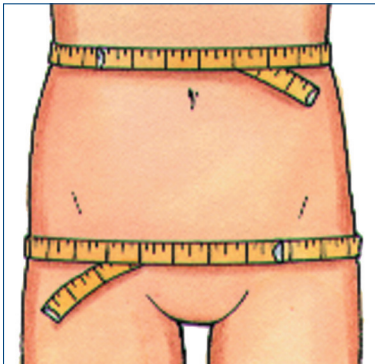




TENA® Stretch Brief Sizing Instructions

To determine the accurate size, measure the individual's waist or hips (whichever is larger) and follow the chart below. The size of the brief is printed along the length of the wetness indicator.



Sizes

STRETCH ULTRA

Medium/Regular (lavender)

Large/X-Large (beige)

**Now Available for the needs
of larger/taller individuals**

2XL (white)

3XL (white)

STRETCH SUPER

Medium/Regular (green)

Large/X-Large (green)

Fits Waist/Hips

33" - 52"

41" - 64"

64" - 70"

64" - 95"

33" - 52"

41" - 64"

You will generally find that women have larger hips while men have larger waists.

Questions? Contact us:

1.800.992.9939 | info.usa@tena.com | www.tena-usa.com

TENA® Stretch Brief Size-Wise Chart

Use this quick & easy reference guide to determine the appropriate TENA® Stretch Brief size.

		WEIGHT (Lbs.)																																							
		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	255	260	265	270	275	280	285+		
HEIGHT (Feet/ Inches')	4'11"																									TENA® Stretch Ultra Medium / Regular (lavender)						TENA® Stretch Ultra Large / X-Large (beige)						TENA® Stretch Ultra 2XL 64"-70" (white)			
	5'0"																									TENA® Stretch Ultra Medium / Regular (lavender)						TENA® Stretch Ultra Large / X-Large (beige)						TENA® Stretch Ultra 2XL 64"-70" (white)			
	5'1"																									TENA® Stretch Ultra Medium / Regular (lavender)						TENA® Stretch Ultra Large / X-Large (beige)						TENA® Stretch Ultra 2XL 64"-70" (white)			
	5'2"																									TENA® Stretch Ultra Medium / Regular (lavender)						TENA® Stretch Ultra Large / X-Large (beige)						TENA® Stretch Ultra 2XL 64"-70" (white)			
	5'3"																									TENA® Stretch Ultra Medium / Regular (lavender)						TENA® Stretch Ultra Large / X-Large (beige)						TENA® Stretch Ultra 2XL 64"-70" (white)			
	5'4"																									TENA® Stretch Ultra Medium / Regular (lavender)						TENA® Stretch Ultra Large / X-Large (beige)						TENA® Stretch Ultra 2XL 64"-70" (white)			
	5'5"																									TENA® Stretch Ultra Medium / Regular (lavender)						TENA® Stretch Ultra Large / X-Large (beige)						TENA® Stretch Ultra 2XL 64"-70" (white)			
	5'6"																									TENA® Stretch Ultra Medium / Regular (lavender)						TENA® Stretch Ultra Large / X-Large (beige)						TENA® Stretch Ultra 2XL 64"-70" (white)			
	5'7"																									TENA® Stretch Ultra Medium / Regular (lavender)						TENA® Stretch Ultra Large / X-Large (beige)						TENA® Stretch Ultra 2XL 64"-70" (white)			
	5'8"	TENA® Stretch Super Medium / Regular (green)						TENA® Stretch Super Large / X-Large (green)						TENA® Stretch Super Large / X-Large (green)						TENA® Bariatric 3XL 64"-95" (white)																					
	5'9"	TENA® Stretch Super Medium / Regular (green)						TENA® Stretch Super Large / X-Large (green)						TENA® Stretch Super Large / X-Large (green)						TENA® Bariatric 3XL 64"-95" (white)																					
5'10"	TENA® Stretch Super Medium / Regular (green)						TENA® Stretch Super Large / X-Large (green)						TENA® Stretch Super Large / X-Large (green)						TENA® Bariatric 3XL 64"-95" (white)																						
5'11"	TENA® Stretch Super Medium / Regular (green)						TENA® Stretch Super Large / X-Large (green)						TENA® Stretch Super Large / X-Large (green)						TENA® Bariatric 3XL 64"-95" (white)																						
6'0"	TENA® Stretch Super Medium / Regular (green)						TENA® Stretch Super Large / X-Large (green)						TENA® Stretch Super Large / X-Large (green)						TENA® Bariatric 3XL 64"-95" (white)																						
6'1"	TENA® Stretch Super Medium / Regular (green)						TENA® Stretch Super Large / X-Large (green)						TENA® Stretch Super Large / X-Large (green)						TENA® Bariatric 3XL 64"-95" (white)																						

Please note: this tool serves as a guideline only.

2 sizes fit most!

Traditional Brief Sizing

TENA® Stretch Ultra and Stretch Super Brief Sizing

