



# TENA® Unisex Protective Underwear Size-Wise Chart

To select the size that will provide the best fit for wearer comfort and leakage security, measure the wearer's waist or hips (whichever is larger) and follow the chart. The size of the protective underwear is printed on the back.

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

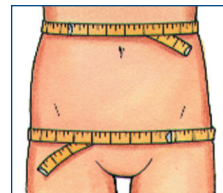
REGULAR



PLUS



EXTRA



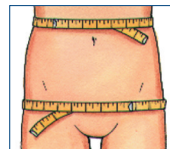
## REGULAR, PLUS & EXTRA ABSORBENCY

		WEIGHT (Lbs.)																												XX-LARGE 68" - 80" / 173cm - 203cm (Regular Absorbency Only)							
		75	80	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
HEIGHT (Feet, inches)	4'11"	REGULAR																	PLUS									EXTRA	NEW XXL Size Available!								
	5'0"	REGULAR																	PLUS									EXTRA									
	5'1"	REGULAR																	PLUS									EXTRA									
	5'2"	REGULAR																	PLUS									EXTRA									
	5'3"	REGULAR																	PLUS									EXTRA									
	5'4"	REGULAR																	PLUS									EXTRA									
	5'5"	REGULAR																	PLUS									EXTRA									
	5'6"	SMALL 25"-35" / 64cm-89cm				MEDIUM 34"-44" / 86cm-112cm										LARGE 45"-58" / 114cm-147cm							X-LARGE 58"-68" / 147cm-173cm														
	5'7"	SMALL 25"-35" / 64cm-89cm				MEDIUM 34"-44" / 86cm-112cm										LARGE 45"-58" / 114cm-147cm							X-LARGE 58"-68" / 147cm-173cm														
	5'8"	SMALL 25"-35" / 64cm-89cm (Extra Absorbency Only)				MEDIUM 34"-44" / 86cm-112cm										LARGE 45"-58" / 114cm-147cm							X-LARGE 58"-68" / 147cm-173cm														
	5'9"	REGULAR																	PLUS									EXTRA									
	5'10"	REGULAR																	PLUS									EXTRA									
	5'11"	REGULAR																	PLUS									EXTRA									
6'0"	REGULAR																	PLUS									EXTRA										
6'1"	REGULAR																	PLUS									EXTRA										

Please note: this tool serves as a guideline only. In cases where sizing varies from the information presented on chart, please reference the methods indicated in the TENA® Procedure Manual.

To select the size that will provide the best fit for wearer comfort and leakage security, measure the wearer's waist or hips (whichever is larger) and follow the chart. The size of the protective underwear is printed on the inside back.

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



## TENA® MEN™ Protective Underwear - Super Plus Absorbency



### Sizes

MEDIUM/LARGE  
X-LARGE

### Fits Waist/Hips

34" - 50" / 86cm - 127cm  
44" - 64" / 112cm - 163cm

## TENA® Women™ Protective Underwear - Super Plus Absorbency



### Sizes

SMALL/MEDIUM  
LARGE  
X-LARGE

### Fits Waist/Hips

29" - 40" / 74cm - 102cm  
37" - 50" / 94cm - 127cm  
48" - 64" / 122cm - 163cm

### Questions? Contact us:

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