

## How to Use Your Night n Day Incontinence Swimwear

Follow these steps to ensure the best performance and comfort when using your swimwear.

1. **Put on your swimwear** — Ensure a firm, comfortable fit around the waist and legs to create a watertight seal.
2. **Check the absorbent pad placement** — Make sure the internal absorbent pad is centred to effectively catch and hold any urine or faecal leaks.
3. **Enjoy your swim** — You can confidently enjoy swimming or water activities knowing your product is designed to contain leaks when fitted correctly.
4. **After swimming** — When leaving the pool or water environment, empty and rinse the swimwear immediately (ideally in a shower or change room).
5. **Re-entering the water** — Repeat steps 1–4 if you plan to return to swimming or water activities.

---

### Important Disclaimer

While this product is designed with a watertight seal to help prevent leaks, **some water may enter the swimwear during use**. However, as long as the product is fitted correctly and securely, **nothing will escape the pant**. Always ensure a snug and comfortable fit for optimal performance.