



Important information about your pads

- Pads will be delivered by NHS Home Delivery Service (HDS) to your home address
- You will get 16 weeks supply at each delivery
- Your pad prescription is
..... **per day**
..... **per night**
- If you use more than the prescribed number per day you will run out before your delivery is due. **You will have to BUY your own until your next delivery is due.** Most big chemists and supermarkets sell them.
- You need to keep your delivery note in a safe place as this has your next delivery date on it and contact details for HDS
- You must ring HDS to activate your delivery at least 3 working days before it is due
- Please tell us if you are unable to ring them yourself and have no-one to do this on your behalf
- You can delay ordering if you have plenty of stock (you will not be removed from system if you do this)
- You will be reviewed annually by a nurse from the Continence, Urology and Colorectal Service
- If you have a delivery query please ring HDS on **0800 030 4466**
- If you think your needs have changed and would like to request a re-assessment please ring the Continence, Urology and Colorectal Service on **0113 305 5138**
- **If you have carers, please show them this card**

Helpful tips

- Please check your delivery as soon as it arrives to ensure you have the right products.
- If you need help with unpacking your delivery please let Home Delivery Service know and they will ask the driver to do this for you - **0800 030 4466**.
- If using the Tena Comfort range of pads you need to wear close fitting stretchy underwear (with Lycra) to keep the pad in a comfortable position and to avoid leaks.
- Shaped pads should be creased down their length to form a slight trough before use to help avoid leaks.
- Please recycle as much general waste as you can. This will free up space in your non-recycled waste bin for used pads.
- If you use a lot of large pads or there is more than one pad user in the household you can ask Leeds City Council to provide a clinical waste bin on **0113 222 4406**.
- Used pads should be placed in a plastic bag and then placed into the non-recycled waste dustbin for collection.