



PHAKAMA SIZWE  
— *Nation Rise Up* —



## PRODUCT INFORMATION BOOKLET

### ADULT INCONTINENCE PRODUCTS

With Velcro Tape / Pull Ups

### BABY NAPPIES

With Velcro Tape / Pull Ups

LINEN SAVERS / UNDER PADS /  
WET WIPES / SANITARY PADS /  
FACE MASKS



NEXT >

# INTRODUCTION

Phakama Sizwe (Pty) Ltd is a division of Infinity Care (Pty) Ltd. Infinity Care is a local nappy manufacturing company with the aim of producing comfortable and affordably priced nappies. We make sure that our products care for your needs and are easily accessible.

Good hygiene belongs to all and our aim is to provide the best hygiene products specially made to suit the user's needs.

All our products are manufactured in South Africa and comply with the relevant National and International Standards. We are also proud to announce that our products are the first in the industry to have been awarded with the CANSA Smart Choice Seal by the Cancer Association of South Africa (CANSA), which has deemed these products to be free of all known carcinogens and/or hormone disruptors and may improve the quality of life, dignity, health, care and support of cancer patients.

***Phakama Sizwe offers:*** A range of Adult Incontinence Products, Baby Disposable Nappies, Wet Wipes, Linen Savers, Sanitary Towels and Face Masks.



## ADULT NAPPIES

### ADULT BRIEFS ULTRA

The **Ultra** range adult nappies are designed for heavy absorbency allowing extra security to the user.

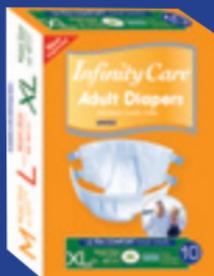
Suitable for highly dependent/bedridden users who require maximum absorbency.

---

European sizes allowing the user a comfortable fit. Printed cloth like back sheet creates less noise and irritation. The nappy has a wetness indicator and a high absorbency resulting in a longer lasting nappy. Velcro fastening allows flexibility in opening and closing.

The nappy is odour controlled and the Aloe Vera prevents skin rash (depending on the sensitivity of the skin). The inner leg cuffs acts as a barrier preventing leakage.

#### SIZES AVAILABLE:



**Small:**  
60 - 80 cm,  
**Medium:**  
70 - 110cm,  
**Large:**  
100 - 150cm,  
**X Large:**  
130 - 180cm,  
**XX Large:**  
160 - 200cm

Pack sizes: 10's

## ADULT PLUS RANGE

The **Plus** range adult nappies are designed for medium absorbency. Suitable for mobile users and users who require a lower level of absorbency.

European sizes allowing the user a comfortable fit. Printed cloth like back sheet creates less noise and irritation to the user. The nappy has a wetness indicator and a high absorbency resulting in a longer lasting nappy.

Velcro fastening allows flexibility in opening and closing.

The nappy is odour controlled and the Aloe Vera prevents skin rash (depending on the sensitivity of the skin).

The inner leg cuffs acts as a barrier.

### SIZES AVAILABLE:



**Small:**  
60 - 80 cm,  
**Medium:**  
70 - 110cm,  
**Large:**  
100 - 150cm,  
**X Large:**  
130 - 180cm,  
**XX Large:**  
160 - 200cm

Pack sizes: 10's

**\* NEW packaging to be launched soon!**

## ADULT PULL UP PANTS

The **Pull-Ups** are ideal for mobile, self-sufficient or bedridden users and it is suitable for normal to high levels of incontinence.

A soft, comfortable, simple-to-use product which resembles the normal underwear. The pants offer benefits for users with an active lifestyle allowing the user prolong independence. Designed with elasticity thus ensuring the pants fit closely and can be worn with confidence.

An entirely soft, cotton feel composition allows the product to

replace conventional underwear. The pants should be selected by waist size. The enhanced anti-leak cuffs help to prevent leakage and offer a snug fit around the legs.

### SIZES AVAILABLE:



**Medium:**  
70 - 110cm  
**Large:**  
100 - 150cm  
**XLarge:**  
130 - 180cm

Pack sizes: 10's



# SANITARY PADS & FACE MASKS

## PADS WITH WINGS

A Sanitary Pad is an absorbent item worn in the undergarment. It is used to absorb the flow of blood.

- Cotton Feel
- Unique shape designed to fit
- Anti-Leak
- Odour Control



## 3 PLY SURGICAL FACE MASKS



- 3 ply surgical mask with meltblown centre film to prevent droplets
- Comfy ear loop
- Bacterial filtration
- Reduces exposure to blood and body fluids
- Minimized contamination from inhaled microorganisms



## UNDER PADS & WET WIPES

### UNDER PADS / LINEN SAVERS

Disposable sheets used to protect bedding and mattresses.

This sheet affords maximum protection by forming a moisture barrier between skin and bedding. They are strong, super absorbent, disposable underpad with waterproof backing and gel which absorbs fluids unlike the tissue type linen savers. Linen Savers are ideal as a baby change mat.



**SIZES AVAILABLE:**  
60cm X 60cm,  
60cm X 90cm

**Pack sizes:**  
20's

**\* NEW packaging to be launched soon!**

### WET WIPES

A wet and small disposable cloth with vitamin E, enriched with Aloe Vera and PH balanced. The wet wipes have been dermatologically tested.



**Pack Size: 80 pack**



## BABY NAPPIES

---

### ABSORB MAXX

The Absorb Maxx range has an approximate 12 hour absorption level.

It is designed with a super soft printed back sheet, elasticated waistband, hook & loop (velcro), acquisition distribution layer (sub-layers designed to improve fluid distribution in hygienic products) and leakage Barrier.

---



#### AVAILABLE SIZES

**Small:** 3 - 5 kgs

**Medium:** 5 - 9 kgs

**Large:** 9 - 13 kgs

**X Large:** 13 kgs +

#### Pack sizes:

20's and 50's

---

## PLAYTIME

The Little Bear Playtime range has an absorption level of approximately 4 - 6 hours.

The nappy contains refastenable tape, tissue, non-woven cover, anatomical design and anti - leakage barriers.

---



### SIZES AVAILABLE

**Small:** 3 - 5 kgs

**Medium:** 5 - 9 kgs

**Large:** 9 - 13 kgs

**X Large:** 13 kgs +

### Pack sizes:

20's and 50's



### SIZES AVAILABLE

**Small:** 3 - 5 kgs

**Medium:** 5 - 9 kgs

**Large:** 9 - 13 kgs

**X Large:** 13 kgs +

### Pack sizes:

20's and 50's

---

## LITTLE BEAR SOFT & DRY

Little Bear Soft & Dry range has an absorption level of approximately 6 – 8 hours.

The diaper contains an elasticated waistband, softer back sheet, hook & loop, leakage barrier and acquisition distribution layer (sub-layers designed to improve fluid distribution in hygienic products).

---

# FREQUENTLY ASKED QUESTIONS

## Why do we use adhesive in nappies?

Adhesives are used to keep material layers in position and ensuring the contents stay inside. The adhesives are tucked away from the skin. These adhesives have been thoroughly tested and evaluated for safety and efficacy on the skin.

## Tips on how to improve absorbency and prevent leaks?

Choosing the right nappy is the key. The individuals age, what they consume (eat, drinks and medication) and how much they move around. *Babies:* If the child is close to the end of the weight range on the weight chart, the child might need the next size. Even babies within the weight range can outgrow the absorbency before they outgrow the fit. And for leaks at night, try the next size up for overnight use only.

## How can I prevent bowel movement leaks?

Bowel movement leakage is a very difficult situation to assess. Stool is not totally liquid like urine and it is not absorbed into the padding of the nappy as urine does. The correct size nappy used should help keep the user dry.

*Babies:* if the baby consistently has this experience, it might be time to move into the next size diaper for added absorbency and protection. Babies can outgrow the absorbency and protection level of a diaper before they outgrow the fit. Things to consider include: Baby's age, Eating and drinking habits, mobility, stool consistency and baby's built (for example, a slim child might fit into Size 3 but need the added protection of Size 4).

## How do I choose the right size nappy?

Choose a size that does not sag or gap, even as the user moves. This will help prevent leaks.

## How many nappies of each size will my baby need?

There are a lot of factors that determine how many of each size diaper your baby will need. Each baby's weight, shape, size, and growth rate are unique. You would be the best judge according to your baby's needs.

## What is incontinence?

Incontinence is the lack of being able to control urine or bowel movements.

## What are some things I can do to avoid incontinence?

Drink enough liquid. You need to keep enough fluid in your system to keep it running smoothly. Have enough fiber in your diet to keep your bowels in good working order.

## Will drinking less fluid decrease my incontinence?

Reducing fluid intake can lead to dehydration, constipation and irritation of the bladder. Certain types of fluids (which irritate the bladder) should be avoided eg: alcohol and caffeine.

## What can I do to stop leaking with my current incontinence products?

When choosing the correct incontinence products, consider the following: Sizing and Fit: Make sure you have the right size product. Start with taking the measurement of the largest part of your body between the waist and hip. Fitting that measurement will give you a good place to start. Remember, when fitting products, that leg openings should be snug fitting with no gaps. If using a tape style product, tapes should land half way between the belly button and the hips. Style and absorption capacity required: Make sure that you are wearing the correct product style and absorbency level to meet your needs.



## CONTACT US

Patient Care Specialist:

Tel: 083 462 5507

Email:

phakama.sizwe@mweb.co.za

