

Comparing Incontinence Supplies

Leakage Level	Absorbency	Best Products
Minimal to Light 	Up to 2 Cups (16 oz.)	Bladder Control Pads or Male Guards 
Moderate 	Up to 3 Cups (24 oz.)	Pull-Ons (Protective Underwear) 
Heavy to Overnight 	3.75 Cups or More (30 oz.)	Diapers (Briefs) 