

Using Eenees: Tips and Benefits

Eenees & Weenees are a bit different to standard 'plastic' disposables, in that they work as a two part system (pads and pants), so we've provided some tips to help you optimise their use.

Benefits:-

The Eenee eco incontinence system provides a normal looking undergarment for those who want *independence and complete security* for light to mild urinary, and/or bowel incontinence. They are also ideal for bedwetting, post maternity and menstrual needs. They provide the perfect alternative for those who want to use an Environmentally friendly absorbent pad that won't confine them to the laundry. Weenees have the convenience of a standard disposable pad while being 100% compostable.

They are easy to use and easy to dispose of.

Switching from cloth pads will give you many benefits:

- significantly *less laundry*
- less leaks, less rash, less fiddling at change time as there are no pins, clasps or fasteners
- either the economical option of *continuing to use your cloth nappies or the Eenee Eco Microfiber cloth* with the outer pant, or swapping to disposable pads. Some people prefer to use Weenees Disposable Pads for going out, and use cloth pads at home.

Switching from "plastic disposables" will mean several differences:

- a more *hygienic and greener way of disposing* of pads. Soiled Weenees Disposable Pads can be torn and flushed down the toilet; wet pads may be *flushed, or composted* into valuable mulch.
- no rubbish bins full of soiled pads (some States prohibit soiled pads in bins)
- a two-part system: the plastic and pulp of standard "plastic disposables" are completely bound together as a baffle system. This has the advantage of being very efficient at absorbing and containing wastes, however it has a significant disadvantage: **"plastic disposables" take decades or even centuries to breakdown!** Weenees Disposable Pads contain no plastic, enabling the pad to be 'recycled' and the outer pants to be reused. With Weenees you can achieve disposable effectiveness without the environmental devastation.

Looking for a change:

If you are looking for a more convenient absorbent garment or to change your pad choice, rest assured you are not compromising by choosing Weenees. Weenees will afford you the quality of life of a disposable, while being a sustainable choice for this world's future environment.

Fitting Eenee Undies & Boxers

Eenee Undies and Boxers are worn like normal underwear and need to be a firm but comfortable fit. Just slip the pants up to the knees, place the Weenees absorbent pad into the crotch area and pull up. Check the pad is sitting with the narrow section between the legs and all the pad is completely inside the garment. The neat fit of the pants will support the pad and hold it in place, no pockets or fasteners are needed.

Absorbency

Weenees pads come in 200ml or 400ml capacity. Pads can be combined together for extra absorbency if required. Alternativley rectangular folded cloth squares can be used as a reusable absorbent pad inside the garments. Use a stay dry flushable Eenee nappy liner for comfort and easy clean up. If using other brands of pads - DO NOT ADHERE any sticky backed pads to the inner super stretchy material, as this can damage the unique waterproofing of the inner lining.

Changing & Washing

The pants do not need changing at every pad change, just take out the used pad and replace with a fresh one. Eenee garments can be warm machine washed. If they need to be santised, use a non chlorine bleach.

Flushing

As Weenees pads contain no plastic, they can be flushed down most standard toilets. A few helpful tips:

- Don't try to flush down tree infested or faulty plumbing
- use the full flush rather than the half flush button.
- tear the pad into at least two lengthwise strips. If you rip down both long edges of the pad and shake a little, most of the pulp will fall out of the body of the pad into the toilet.
- use the toilet brush to stir and separate the pad, even while the toilet is flushing.
- if a lot of pulp is left inside the casing it may be too bulky to flush properly, especially when saturated with water. If a bulky pad clogs the toilet, generate suction by plunging the toilet brush in and out of the water several times. This should shift most clogs.

Septic Systems

Some systems may not deal with all of your pads over a 24-hour period. Wet pads are better composted (don't waste them), and hygienically flush just the soiled pads to reduce the over all load on septic systems.

Composting

Weenees can make your pads waste a positive contribution to the environment. The pads break down quickly in standard compost systems and are worm safe. It is not recommended that soiled pads be composted as faecal matter can sometimes contain infectious bacteria.

Generally the best ratio for composting is two-thirds 'browns' carbon matter, in this case Weenees pads, newspaper, paper products, shredded leaves, bark or straw, and one-thirds 'greens' nitrogen matter, for instance grass and soft food wastes. When composting Weenees remember that they are usually wet, and your compost may need less water than normal.

Pads will **completely** compost in one compost cycle. This can take from 50 to 150 days depending on the conditions of your compost. They are also suitable for worm composting, composting toilets or simple soil burial if out bush walking.

Composatable Eenee Nappy Bags

To bag and bin used pads, use an Eenee Nappy Bag.

Eenee Soft Waterproof Pull-On Pants

For those who want a traditional waterproof 'plastic' pant the Eenee Soft Waterproof Pull-On Pants provide a comfortable waterproof but breathable over pant. Great for over night for use over any type of absorbent product. They do not crack and split like the plastic variety, and are breathable and long lasting.

Suggestions or Questions?

If you have a helpful tip to offer, or you need further help with our products, please feel free to contact us. Free call 1800 336 331 or visit our website at:-

www.eenee.com

Happy Greener Living !

