



SIZING DISPOSABLE BRIEFS

Fit Right Sizing Reference

By Hip and Waist Measurements:

Measure the hips or waist, whichever appears larger as follows:

Step 1:

Measure hip bone to hip bone and over the abdomen.

Step 2:

Double the largest measurement obtained in Step 1 and add two inches.

Step 3:

Using this figure, make product size selection from the chart on the right.

Example:

Hip bone to hip bone = **19"** (49 cm)

19" x 2" (49 cm x 5 cm) = **38"** (97 cm)

38" + 2" (97 cm + 5 cm) = **40"** (102 cm)

40" (102 cm) = **Medium** or **Regular Brief**



Brief Size Selection:

MEDLINE BRAND	
Small = 20-32" (51-81 cm)	Green or Light Blue
Medium = 32-42" (81-107 cm)	White
Regular = 40-50" (102-127 cm)	Purple
Large = 48-58" (122-147 cm)	Blue
X-Large = 59-66" (150-168 cm)	Beige
XX-Large = 60-69" (152-175 cm)	Green
Bariatric = 65-90" (165-229 cm)	Beige

By Height & Weight:

FEMALE WEIGHT	BRIEF SIZE	COLOR	WAIST/HIP*
75-90 lbs.	Small	Green	20-32" (51-81 cm)
90-115 lbs.	Medium	White	32-42" (81-107 cm)
115-130 lbs.	Assess for Medium/Regular	Purple	40-50" (102-127 cm)
130-175 lbs.	Assess for Regular/Large	Blue	48-58" (122-147 cm)
175-235 lbs.	X-Large	Beige	59-66" (150-168 cm)
235-250 lbs.	XX-Large or Mesh Pants	Green	60-69" (152-175 cm)
250 lbs. & heavier	Bariatric	Beige	69" & Up (175 cm +)

MALE WEIGHT	BRIEF SIZE	COLOR	WAIST/HIP*
120-150 lbs.	Medium	White	20-32" (51-81 cm)
150-200 lbs.	Assess for Medium/Regular	Purple	40-50" (102-127 cm)
200-235 lbs.	Assess for Regular/Large	Blue	48-58" (122-147 cm)
200-235 lbs.	X-Large	Beige	59-66" (150-168 cm)
235-250 lbs.	XX-Large or Mesh Pants	Green	60-69" (152-175 cm)
250 lbs. & heavier	Bariatric	Beige	69" & Up (175 cm +)

*Use the larger of the two

By Height & Weight:

FIND USER'S HEIGHT & WEIGHT	WEIGHT IN POUNDS																																			
HEIGHT	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250				
4'10"																																				
4'11"																																				
5'0"																																				
5'1"																																				
5'2"																																				
5'3"																																				
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6'2"																																				

Sizing chart above is a recommendation only. Also available: Bariatric Size XXXL for patients weighing more than 250 lbs. (waist size: 70-90").



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