

Incontinence.

The unspoken subject



COMPLETE
CARE SHOP

Living with incontinence? You're not alone

It's thought that millions are affected by incontinence, both men and women. Yet even though incontinence can affect people of all ages, many of us are too embarrassed or uncomfortable to talk about it.

However, it's only by talking about it that you can find your way to a solution or to things that can help you to live well with incontinence.

Speaking with your doctor should be your first step, and while it may feel awkward this will ease over time.

The different types of incontinence

- **Stress** - This is the most common type of incontinence and can be a result of a weakened pelvic floor.
- **Urge** - Also sometimes known as unstable or overactive incontinence.
- **Faecal** - This is bowel incontinence.
- **Mixed** - This is where people have a combination of stress and urge incontinence.
- **Overflow** - Often caused by a blockage or obstruction preventing your bladder from emptying properly.
- **Nocturnal Enuresis** - Also known as bedwetting. It's incontinence that happens at night when you're sleeping.

Separating the myths from the facts

Perhaps because many of us are so reluctant to talk about incontinence, there are a lot of myths out there that simply aren't true. Here we debunk some popular misconceptions.

Myth: "I can control it by drinking less"

In reality, you can actually make your incontinence worse by not drinking enough, as this can cause bladder irritation.

What could actually be contributing to your incontinence is the type of drink you're having, as too many caffeinated drinks, alcohol or some fruit juices can be irritating to your bladder. If in doubt, it's usually better to drink water for hydration.

Myth: "It's just because I'm getting old"

You don't have to accept incontinence as a part of getting older and shrug it off. Incontinence can have many different causes, so it's always important to speak to your doctor as they will be able to offer you help and support.

Myth: "I don't need an incontinence pad, I can just use a sanitary pad"

Sanitary pads are designed for use during your menstrual cycle, they're not designed for use with urine, meaning you'll likely end up feeling very uncomfortable and irritated. You should always use incontinence pads or pants as these are specially designed to deal with urine.

Myth: "There's nothing that can be done about incontinence"

This is not true. There are lifestyle changes you can try and treatment options available, depending on what type of incontinence you have. The key thing is to speak to your GP who can help you out.

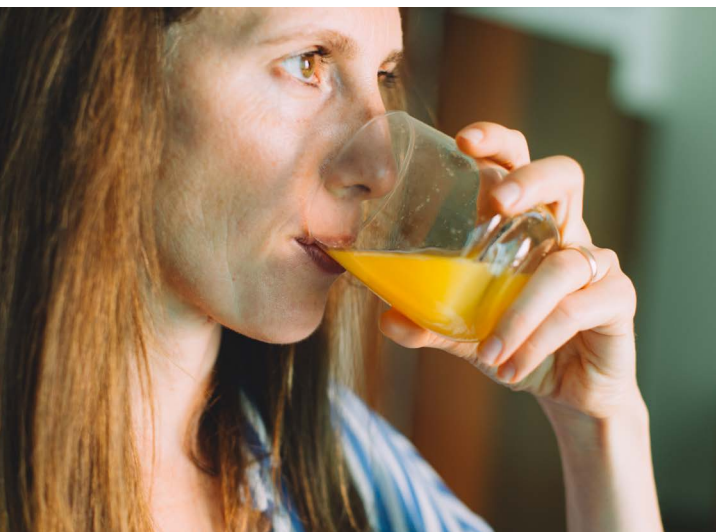
There are also a variety of incontinence products that will help you go about your day in confidence, knowing you're protected against leaks.

Myth: "I can't talk about it, it's only affecting me"

You are not alone in experiencing incontinence and there is help and support out there. Incontinence can affect your mental health as well as your physical, which can have a knock-on effect into all areas of your life.

You are not alone. Please speak with your GP for help and support with incontinence.

Tips for living with incontinence



Consider what you drink

Alcohol and caffeinated drinks can all irritate your bladder, so try to reduce the amount of these you drink. Cut them out altogether, if possible.

Download an app to find a nearby toilet

It can be incredibly stressful to urgently need a toilet and not know if there's one you can use nearby. There are free apps available for Android and Apple phones that can tell you where your nearest toilet is.



Get a RADAR key

The RADAR National Key Scheme lets those with a RADAR key get access to locked public toilets, like those found in places like shopping centres or train stations. It's small enough to carry with you and you can get a version with a larger head to make it easier to turn.

Get a “Just Can’t Wait” card

These free cards are available from the Bladder & Bowel UK charity to help you get access to a toilet. They’re supported by many retail and service organisations, so if you show the card to staff at these organisations, you’ll be allowed to use the toilet.



Stop smoking

We’re all aware of the damage that smoking can do, but did you also know it can irritate your bladder? If you smoke, consider quitting or at least reducing the amount you smoke.

Keep a diary

Make a note of when you go to the toilet or have an accident – it can help you to see any patterns around your urination and what might affect it. It can also be helpful information to have to hand when you speak to your GP.



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Check the absorbency of incontinence pads and pants

Some incontinence wear uses a droplet method on their packaging to indicate absorbency – the more droplets are filled in, the more absorbent a product is. Others will state in the product description how many millilitres of urine they can absorb.

Products to help

There's a variety of products available to help if you're living with incontinence and these are improving all the time as more people come forward and share their experiences.



Incontinence pads and pants

Depending on your level of incontinence and your personal preference will depend on which of these will suit you best. There are pads and pants available to suit all needs, whether you only have light incontinence or are dealing with heavy incontinence.

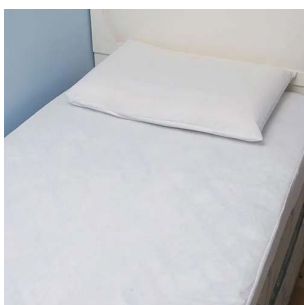
[Shop incontinence pad](#) | [Shop incontinence pants](#)



Urinals

Whether you find it difficult to reach the toilet in time, travel a lot and can't always find a toilet, or want to monitor your output, a urinal might be just what you're looking for. There are versions designed specifically for men, for women, or you can get unisex urinals as well.

[Shop urinals](#)



Waterproof bedding

If you're prone to Nocturnal Enuresis, you may want to consider waterproof bedding to help protect your mattress and sheets. This type of bedding is usually machine washable or can be wiped clean. The bedding comes in a variety of sizes – there are even sheets available for kingsize beds.

[Shop waterproof bedding](#)



Incontinence wipes

Incontinence can be hard and irritating on your skin. Incontinence wipes are designed to soothe irritated skin, keep it clean, and help to keep infection at bay. They're especially useful if you find it difficult to get out of bed and need to clean up after using a bed pan or urinal.

[Shop incontinence wipes](#)

You can [find our full range of incontinence products here](#)

Sources

- https://www.theurologyfoundation.org/images/World_Continence_Week/WCW19_Incontinence_Myths_Facts_download.pdf
- <https://www.nhs.uk/conditions/urinary-incontinence/>