Helpful Hints for Incontinence

Sometimes a little planning ahead can save a few embarrassing moments.

- Wiping with dry toilet paper can irritate the skin. Most toilet paper has wood fibers in it. Carrying small packets of alcohol-free moist wipes can decrease irritation.
- It is sometimes difficult to get clean with dry toilet paper. Alcohol-free moist wipes can clean the area better.
- Wiping can encourage your bowels to move more. Pat dry instead of wiping.
- A small plastic squeeze bottle that you can fill with warm water will work in place of moist wipes to help clean the area.
- If you are unable to feel the rectal area, a small pocket mirror might be useful to check that you are clean.
- Scented garbage bags available in most stores are useful for carrying soiled pants home for washing.
- Completing 2 tap water enemas before leaving the house can help put off a bowel accident.
- Dark colors and patterned fabrics hide stains.
- Pocket size body spray can help disguise odor from bowel accidents.
- Wear cotton underwear to allow the skin to breath.