



GOING OUT WITH CONFIDENCE

It may be difficult to feel confident about going out and about when you have bladder and bowel problems. Here are some practical tips to aid you to manage when you leave home either for social or work related reasons:

Make sure you have:

- Moist cleansing wipes, tissues and toilet paper. Travel size packs are widely available and convenient.
- Spare underwear
- Supplies of disposable pads
- A deodorising spray to neutralise odours
- Scented disposal bags for soiled pads and underwear

All these can be carried in a rucksack, handbag or holdall that can be taken into a toilet cubicle for discretion and privacy.



If travelling in a car or if you feel it is difficult for you to access a toilet a urinal may suit your needs. These are designed for men and women with a variety available on prescription. Use the link below to access more information:

<http://www.bladderandboweluk.co.uk/wp-content/uploads/2016/12/Urinals-on-prescription-with-photos.pdf>

If you experience an urgent need to access the toilet then contact Bladder and Bowel UK for a Just Can't Wait card which will help you to access toilets in shops etc when there are no public toilets available.

There is, also, an App that can be downloaded that is a directory of public toilets, use the link to access

https://play.google.com/store/apps/details?id=com.bto.toilet&hl=en_GB

If you would like further information please contact Bladder and Bowel UK National Helpline on 0161 607 8219 for a confidential and discreet discussion or email bladderandboweluk@disabledliving.co.uk