

Swimming with incontinence

Can I swim with incontinence?

Yes, you can absolutely enjoy swimming by using specialised incontinence swimwear, which contains leaks discreetly, and by planning ahead with toilet breaks and hydration, while avoiding regular pads which become waterlogged; these products, including swim diapers, shorts, and swimsuits with built-in liners, offer comfort, security, and peace of mind for pool or beach days.

Key Strategies for Swimming with Incontinence:

- **Wear Specialist Swimwear:** Choose incontinence swimwear (like swim pads, swim shorts, or swimsuits with built-in liners) instead of regular pads, which absorb pool water and become ineffective and bulky.
- **Plan & Prepare:** Go to the toilet before swimming, locate the toilets at your destination, and pack extra swimwear or changes.
- **Stay Hydrated:** Drink plenty of water to keep urine diluted and the bladder happy, as dehydration can worsen leaks.
- **Empty Bowels/Bladder:** Emptying before you go in reduces risk, but remember to remove non-swim-specific aids like pull-ups.
- **Change Quickly:** Get out of wet swimwear as soon as possible to prevent skin irritation.

Further information

Find more information about bladder and bowel health in our information library at www.bbuk.org.uk. You can also contact the [Bladder & Bowel UK confidential helpline \(0161 214 4591\)](tel:01612144591).

For further advice on bladder and bowel problems speak to your GP or other healthcare professional.

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