

It is encouraging to know that there are a large variety of toileting aids and urinals available, but important to know that no single product will suit everyone's needs. It is not uncommon for people to use a combination of products. It is a case of finding what best suits an individual's need and this will be identified following a full assessment which may be undertaken by a nurse, occupational therapist, physiotherapist, or with a multi-disciplinary approach.

For some people – adults, children and young people – accessing a toilet can be at a challenge. For others, it might be an impossible task to undertake independently. Thankfully, there are many toileting aids available to help people manage their toileting needs more independently.

Hand-held urinals

A hand-held urinal is a device which you urinate into, which then contains the urine until it can be disposed of. Hand-held urinals can give people the opportunity to independently manage toileting either in their home or when out and about. Handheld urinals are particularly useful in the following circumstances:

- When there is an urgent and/or frequent need for bladder emptying and getting to the toilet in time is an issue.
- Where limited mobility or flexibility makes using the toilet difficult.
- When going on long journeys or any other time when access to a toilet is difficult.
- To promote independence and less reliance of other thus being more independent and private with toileting.

Bedpans

Bedpans are used for passing urine or stool while in bed. Bedpans are most commonly used in a hospital environment.

Commodes

A commode is a portable toilet, with a disposable or reusable pan or bowl beneath. A commode can be very useful and can enable independent living with limited help, and they come in a variety of forms e.g. static, movable, multi-purpose, shower chair.

Toilet seat raisers and frames

Toilet raisers increase the height of your usual toilet seat to make getting on and off easier if moving between standing and sitting is difficult.

Urine directors

Urine directors can help direct the flow of urine for a man who has a short or retracted penis. Some men have a urine stream that sprays and a urine director can assist with accurate direction of the stream.

Bottom wipers

A bottom wiper is a device which helps you reach your bottom to clean it in people who have, for example, poor hand control or reduced ability to turn around.

Bidets and specialist toilets

A bidet looks similar to the bottom of a toilet. They produce a jet of water which washes the bottom area following use of the toilet, which can be useful if you have a problem wiping yourself after using the toilet. Other more specialist toilets are available. These can be expensive, but may be a consideration.

Toileting Aids and Urinals

Your continence nurse or GP can advise you with the most appropriate equipment.

Raised toilet seats & commodes will require an assessment from an Occupational Therapist to ensure the correct equipment is prescribed.

Urinals on prescription

Some urinals are available on prescription.

Further information

Find more information about bladder and bowel health in our [Adult's information library](#). You can also contact the [Bladder & Bowel UK confidential helpline](#) (0161 214 4591). You can find out more about companies who supply continence products on [Disabled Living's Directory](#).

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

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