



Continence Tips

Care Together



Over 5.1 million Australians* experience incontinence which is 1 in 3 people over the age of 35. But having incontinence doesn't mean that your life is on hold. With the right lifestyle changes, you can still enjoy a full life.

For more information on continence management or to request a free sample, call 1800 028 334 or visit: **www.dependcare.com.au** for carer information, **www.poise.com.au** for information on POISE® products or **www.depend.com.au** for information on DEPEND® products.

*Millward Brown (2018) U&A, ABS population.



Understanding incontinence & its effects

Everyone experiences incontinence differently, so it's important to understand what type of incontinence you have so that you can find the right help.

If you're experiencing any of the symptoms below, let your doctor or healthcare professional know and they can discuss your treatment options.

Stress incontinence is urine leakage after movement like when you cough, sneeze, lift, bend, laugh or play sport.

Urge incontinence is a sudden desire to urinate, without enough time to make it to the toilet.

Overflow incontinence is where the bladder doesn't empty properly, perhaps due to outlet obstruction or low bladder tone.

Reflex incontinence is loss of urine without bladder sensation, due to damage to the nerves controlling bladder function.

Functional incontinence is where a person's ability to reach or use the toilet is compromised – perhaps because of poor building design or loss of mobility or memory.



Continence Tips

From everyday exercises to bigger lifestyle changes, there are a variety of ways you can help manage incontinence and improve your bladder and bowel health.

Diet

Providing your body with the right nutrients to keep healthy and regular is key in helping you manage incontinence as well as prevent constipation.

- A diet high in fibre helps maintain bowel regularity.
- Drinking cranberry juice can support a healthy urinary tract and bladder.
- Avoid spicy foods as they can irritate.



Fluid Intake

Consuming 6-8 glasses of water a day is important in maintaining a healthy bladder capacity and preventing dehydration.

However if you find it difficult to drink this much, consider other options like fruits, vegetables or foods that are high in water and easy to digest like stews, soups and jellies. It's best to minimise processed foods that require more effort in digestion.

Consult your doctor if you are on a fluid restriction regime.

Caffeine, alcohol and juices

Limiting the consumption of caffeine, alcohol and juice can help manage and reduce incontinence.

- Drinks that contain caffeine like coffee, tea and soft drinks can irritate the bladder and contribute to urine leakage, as well as result in dehydration and constipation.
- Alcohol increases the passing of urine but reduces the ability to hold on before going to the toilet.
- Citrus juices can irritate the bladder so health professionals suggest just one glass in the morning.

Did you know?

Excess body weight can aggravate the bladder or increase bowel weakness by putting stress on muscles. A 5-10% weight loss can help improve control by reducing intra-abdominal pressure.

Exercise

Keeping active with regular exercise is important for improving continence. While general exercise for your whole body is beneficial for your health, strengthening your pelvic floor in particular can help.

Pelvic floor exercises

These exercises are recommended for both women and men who experience incontinence. They can be done anywhere, anytime, while sitting, lying or standing.

To identify your pelvic floor muscles, imagine stopping the flow of urine. The muscles used are your pelvic floor muscles.



Did you know?

The pelvic floor is a large muscle slung across the pelvis from front to back. It supports the pelvic and abdominal organs so they are in the correct position. Weak pelvic floor muscles are the most common cause of bladder weakness and can lead to leakage when laughing, coughing, sneezing or exercising.

How to exercise

To strengthen your pelvic floor, pull up and hold or tighten pelvic floor muscles as if stopping the flow of urine. You can also clench or tighten buttocks together, as if stopping wind escaping.

- Quick exercise: pull up or tighten and then relax straight away.
- Slow exercise: Tighten the muscles and hold for 3-5 seconds. When the muscles get stronger, tighten for 10 seconds or longer. Relax for 3-5 seconds, then tighten them again.

Do 3-5 of these exercises at a time, at least three times a day.

Things to remember

- It's best to empty your bladder first.
- Don't hold your breath – breathe normally.
- Tighten the pelvic floor muscles, not the abdominal or chest area.
- It may take several weeks to notice an improvement but if symptoms do not improve, ask your doctor for help.

Pelvic floor exercises should be done regularly so it's best to set little daily reminders. For example, you might decide to do them every time you stop at traffic lights, when the first set of commercials start on TV, or when you answer the phone. Be creative and think of triggers that suit your lifestyle.

In the bathroom

There are some simple tips to use in the bathroom that will help manage your incontinence.

For the bladder, it's best not to go 'just in case' as this minimises bladder storage capacity and means small amounts of urine will have to be emptied more frequently.

For the bowels, it's important to go to the toilet as soon as you get the urge to defecate. If you put it off, the urge will disappear until a later time – possibly the next day – which may cause constipation and contribute to incontinence.







Protection

There are a variety of good quality disposable protection products such as **DEPEND®** and **POISE®** that will keep you feeling comfortable and confident, no matter what type of incontinence you are experiencing.

Choose your protection

FOR WOMEN					
Light to Moderate Protection			Maximum Protection		
					
Liner	Ultrathin	PADS	REAL FIT® Underwear	Unisex Underwear	Briefs

FOR MEN				
Light to Moderate Protection		Maximum Protection		
				
Shield	Guard	REAL FIT® Underwear	Unisex Underwear	Briefs

Choosing the right protection

For women

POISE® Liners

- Thin, discreet protection.
- More absorbent than leading period liners.



POISE® Thin & Discreet Range

- Absorb-Loc quickly and continuously neutralises odours.
- RapidDry cover is at least 3x drier than leading Ultrathin period pads.
- Thin-Flex core designed to hold its shape all day without scrunching, bunching, twisting and curling.



POISE® Pads

- Soft quick dry cover keeps you dry.
- 5x Drier than leading period pads excluding Thin & Discreet and Ultrathins.



DEPEND® REAL FIT® Underwear for Women

- Designed to fit, feel and look like real underwear.
- Protection against heavy loss of bladder control.
- Available in 3 levels of absorbency - regular, super and overnight.
- Super is 60% more absorbent than regular REAL FIT® Underwear.
- Night Defence™ features side leak guards and the longest absorbent core in the REAL FIT® range.



DEPEND® Unisex Underwear

- Soft, stretchy underwear-like waistband.
- Easy to fit.
- Available in Normal, Super and Super Plus absorbencies.



DEPEND® Briefs

- Designed for bladder and bowel incontinence.
- Can be fitted while sitting, standing or lying.
- Soft, cloth-like outer with full-length wetness indicator.
- Breathable design.



For men

DEPEND® Shields for Men

- Thin and discreet protection for light leakage.



DEPEND® Guards for Men

- Cup-shaped protection for moderate leakage.
- Designed to fit the male anatomy.



DEPEND® REAL FIT® Underwear for Men

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- Protection against heavy loss of bladder control.
- Night Defence™ features side leak guards and the longest absorbent core in the REAL FIT® range.



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- Breathable design.



DEPEND® Bariatric Straps

- Designed to be used with a Depend® Brief.
- Allows comfortable fit for larger clientele when XL Brief is insufficient.



Help is at hand

If you'd like more information, advice or practical support, contact:

- Your doctor
- A continence nurse advisor
- A continence clinic
- The Continence Foundation Australia **www.continence.org.au**
- The National Continence Helpline, freecall **1800 330 066**
- Visit **www.bladderbowel.gov.au**



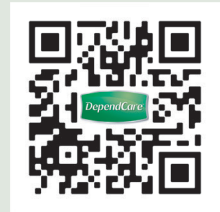
Did you know that those experiencing incontinence may be eligible for financial assistance?

You may be entitled to Government funding towards your continence products. For example, the Continence Aids Payment Scheme pays over \$600 a year for continence products to individuals aged five and over who have permanent and severe incontinence due to an eligible condition.

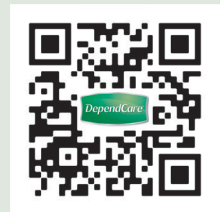
To find out more, phone the National Continence Helpline freecall **1800 330 066** or talk to your local continence clinic.

Request a Free product sample

For **Healthcare professionals** seeking to order samples please scan here



If you or a loved one are looking to trial a **POISE®** or **DEPEND®** product please scan here to order a free sample





For a free sample or help selecting the most suitable **DEPEND®** or **POISE®** product, call 1800 028 334 or use one of the online product selector tools available:

- For carers at **www.dependcare.com.au**
- For **DEPEND®** products at **www.depend.com.au**
- For **POISE®** products at **www.poise.com.au**

DEPEND® and **POISE®** products can be purchased at supermarkets or pharmacies.

Statistics sourced from the Continence Foundation of Australia. For more information please visit: <https://www.continence.org.au>. This information is not intended to be medical advice. If you have a medical concern please consult with a healthcare professional.