

Managing Incontinence in Public

Managing incontinence can be stressful, especially when you're in an unfamiliar environment while out and about. Having to worry about embarrassing leaks or odours while in public can be intimidating for many people managing continence issues. To avoid this added stress, here are a few tips, many from our own customers, that can help you better manage incontinence in public.

Tip #1: Know Your Washroom Options

While many businesses are re-opening after being shut for several months due to COVID-19, their washrooms may not be. Restaurants, for example, may only be opening their patios in some areas and keeping their dining rooms closed, meaning that bathrooms may still be inaccessible.

A simple phone call to a business you're planning to visit to ask if bathrooms will be accessible can be a weight lifted from your mind.

If bathrooms aren't an option at the places you're visiting, consider making multiple short trips from home (with bathroom breaks between each) instead of one longer trip to multiple businesses.

Tip #2: Bring Supplies

If you know there's a chance you may need to change a soiled underwear /brief/pad while out, it makes sense to be prepared.

Bringing a change of product is necessary, but also consider cleanup products. These may include a small package of disposable perineal wipes (or even simply a few in a sealed sandwich bag instead of the whole package) or a wipe on/wipe off perineal cleanser that can be applied with regular toilet paper.

For ladies, a purse is the most common accessory to hold a small selection of supplies, and our male customers have reported they often carry messenger bags, waist pouches or backpacks for the same reason.

A helpful tip from our customers - also consider bringing a recycled grocery bag or small kitchen garbage bag so you can dispose of your product and wipes discreetly in the washroom waste bin.



Tip #3: Dress Accordingly

It may sound obvious, but our customers have also pointed out that times that they've forgotten to choose clothing appropriate for changing in a small bathroom stall.

The most expedient solution, of course, is simply a skirt but that's obviously not an option for everyone. For that reason, many people opt to go with either absorbent pads (with their regular underwear or comfort pants) OR tabbed briefs (commonly called adult diapers),

so that they don't have to disrobe from the waist down in a public washroom to put on a clean product.



A helpful tip for those who don't like the bulk and/or change to the fit of their pants with adult diapers – try wearing your regular underwear over top! This helps to mold the absorbent tabbed brief to your body, creating a slimmer profile and reducing any fear of a “rustling” sound.

We hope that you and your loved ones find these tips useful and help make managing incontinence in public a little easier. If you have any questions or need some help, please don't hesitate to get in touch with us. Our team of product experts are equipped with the knowledge and resources to help you find the best products to manage your incontinence. Don't forget that we offer Canada's largest selection of adult incontinence products with free samples.

Need some help?



We're Here to Help

Toll Free: 1-877-775-6656

help@healthwick.ca

Mon to Fri, 9am to 5pm EST