

How to Talk to Your Doctor About Incontinence

If you are dealing with urinary or bowel incontinence, you should know that talking to your doctor is the first step to managing and dealing with incontinence. Even though you might feel embarrassed to discuss your incontinence with a doctor, remember that doing so is beneficial for you in more than one way.

Here are some reasons why it's worth talking to your doctor about incontinence.



- 1)** Incontinence, if taken care of in the proper manner is manageable and doesn't have to be something that you put up with. Remember that talking to your doctor is the best way to find out what is causing your incontinence and the best way to treat it.
- 2)** If your incontinence is being caused by an underlying dangerous medical problem, the doctor will identify that particular problem as well. In this way, he will not only help your incontinence but your overall health as well.
- 3)** Not talking to your doctor about the incontinence will take its toll on your health as well as your emotions. If you are not going to social events and attending activities because of your incontinence, you are moving away from your friends, family and the things you love to do.
- 4)** Poor management of urine incontinence (usually without a doctor's advice) can lead to skin rashes, infections and bladder infections.

If you're experiencing any form of incontinence, we recommend speaking to your healthcare professional as soon as possible.

So now that you understand the importance of talking to your doctor, go over some of the questions that you could ask him regarding your incontinence. Remember to jot down these questions before you visit the clinic in case you forget about them. Below are a few questions that you could start off with. You can ask the doctor about:

- 1) The type of incontinence that you have.
- 2) The cause of the incontinence and if it could be related to a medical condition or caused by any medication that you are taking.
- 3) The amount of water that you should drink and if there is anything like alcohol or caffeine that you should avoid.
- 4) The absorbent products that you should use depending upon the severity of your situation.
- 5) The recommended treatments and how long it would take for these treatments to be successful.

Remember that incontinence is a very common issue in adults. You shouldn't feel embarrassed to talk to your doctor about it.

Need some help?

We're Here to Help

Toll Free: 1-877-775-6656

help@healthwick.ca

Mon to Fri, 9am to 5pm EST



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