

# Tips for living with Urinary Incontinence



Here are some tips to help make living with urinary incontinence a little easier

- Order a Need to Pee card from The Urology Foundation
- Stop or reduce caffeine & alcohol intake.
- Reduce consumption of high-acidity drinks, drink more water instead.
- Stop smoking as nicotine and other toxins can be bladder irritants. In addition the chronic smokers cough can put extra pressure on the bladder.
- Lose weight if you are overweight, as this puts pressure on the pelvic floor
- Train your pelvic floor muscle by doing Kegels.
- Check [greatbritishpublictoiletmap.rca.ac.uk](http://greatbritishpublictoiletmap.rca.ac.uk) to plan your outings.
- Keep extra supplies (pads, underwear, and change of clothes) with you.
- Plan where to sit when travelling or when out in public. Sit closer to exits or bathrooms.
- Keep a bladder diary to understand your pee patterns.
- Avoid clothing that is tight around the tummy.
- Empty your bladder prior to intense physical activity.
- Wear free and easy-to-remove clothing to avoid difficulty when you are ready to go.
- Talk to your GP. There may be local support groups near you that can be accessed through your GP; in addition, your GP can suggest other forms of treatment.

The sooner you can seek help for incontinence the quicker you can get back to living life to the full.

The Urology Foundation is committed to finding better treatments and hopefully a cure for incontinence and other urological conditions through dedicated urology research and professional training and education. Find out how you could help in the fight against urology disease visit our website at [theurologyfoundation.org](http://theurologyfoundation.org)

The Urology Foundation (1128683)

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