



“Lighting the way with better patient care.”

Anova
HEALTH CARE SYSTEM

Home Health · Hospice · Palliative · Home Care

HOSPICE PATIENT AND FAMILY EDUCATION AND TRAINING

MANAGING BLADDER INCONTINENCE

What is Bladder Incontinence?

- Loss of bladder control causing loss of urine.
- The problem has varying degrees of severity. Some people have only small, minor leaks or dribbles of urine, while others lose large amounts of urine at a time.
- Bladder muscles and nerves as well as the brain all work together to control bladder function.
 - A problem in any of these areas can result in incontinence.
 - Infection, constipation and mobility problems can also cause incontinence.
- Urine left on the skin can lead to irritation and odors.

What can I do to control the urinary leakage?

- Establish a regular pattern of urinating
 - Plan to go to the toilet every two hours during waking hours.
- Make it easier to get to the bathroom.
 - Use a bedside commode, urinal or bedpan.
- Protect your privacy and dignity.
- Avoid fluids or foods that contain caffeine (soft drinks, coffee, tea, or chocolate).
- Avoid alcohol as it can over stimulate the bladder.
- Ask your nurse about:
 - Exercises that can help develop more control.
 - Medications that may help improve bladder function.
 - A catheter to drain the urine from the bladder. Catheters are not right for everyone.

What can be done to prevent odor or skin irritation?

- Keep skin clean and dry.
 - Take extra care to wash and dry the area.
 - Products are available that can help you feel clean and eliminate odor.
 - Use barrier creams to protect skin from urine.
- Use protective products to try to keep clothing dry.
 - Your nurse can help you select which type of garment and products would be most helpful for you.
 - Change the garment frequently.
- Wash your hands before and after care to help prevent infection.
- Ask your nurse for things that can further control any odors.

Report to your hospice and palliative care team any changes in your bladder function (burning, changes in amount/color/odor), medications, and/or skin irritation.

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