

10 quick tips to manage incontinence.

Stay confident with Member's Mark™ Total Protection® and lifestyle tools that can improve bladder leaks and your day-to-day life.

1.

Acceptance is key.

First, bladder leaks are more common than you think. The first step to managing incontinence is understanding and acceptance. With the right routine, diet and exercise, you can still keep up your active lifestyle.

2.

Find the right products.

Choose thoughtfully designed products made specifically for bladder leaks, not period protection.



3.

Adjust your diet.

Certain drinks and foods can irritate the bladder, including coffee, tea, alcohol and carbonated beverages, plus acidic fruits (oranges, grapefruits, lemons and limes) and spicy foods. Reducing these types of items in your diet can help improve leaks.

4.

Get in a daily routine.

Start a set bathroom schedule to train your bladder and to better manage leaks.

5.

Talk to your doctor.

Your doctor can help you so many ways. They can help you improve leaks, establish a well-balanced and nutritious diet and review your current medications that may affect incontinence.



6.

Maintain skin health.

It's important to take care of your skin after each incontinent episode. We recommend cleansing the area with Total Protection® Adult Washcloths.

7.

Perform pelvic exercises.

Kegel exercises strengthen the pelvic floor muscles that control leakage, manage sudden urges and help close the urethra, giving you more time to get to the bathroom.

8.

Keep moving.

Exercise has so many benefits! Movement boosts self-confidence, can help an overactive bladder and helps you avoid extra weight that can mean more pressure. Always consult a healthcare professional before starting any new exercise program or routine.

9.

Plan ahead.

Heading out? Be sure you're well stocked on products to ensure peace of mind. Also, it helps to know where the closest bathrooms are in new spaces.

10.

Stay hydrated.

It may seem counterintuitive, but it's important to drink water throughout the day. It's a better alternative to coffee, tea and other drinks that are more likely to irritate your bladder.