Brief Guide

5 Top Tips to manage bladder leaks – for men

Leaks happen - but they don't have to stop you

Out and about, on holiday, or staying active:

1 Choose the right protection – stay dry, stay confident

Men's absorbent pads and pants are designed to fit discreetly in your underwear or boxers offering comfort, odour control and peace of mind. Some men prefer external sheaths (also called condom catheters), which direct urine into a drainage bag. Especially useful for longer outings or overnight use.

Keep a spare in your bag or glovebox so you're always prepared.

Speak to your GP or nurse for advice on what might suit you best, or ask at your surgery for more information.

2 Watch what you drink – stay hydrated, skip the triggers

Drink regularly to avoid bladder irritation, but be mindful of caffeine, alcohol, and fizzy drinks - especially before you go out.

These can *irritate the bladder,* make overactive bladder symptoms worse and increase the risk of leaks or urgency.

3 Plan ahead – know your toilet options

Use a toilet finder app or carry a **RADAR** key for quick access to locked accessible toilets. The **'Need to Pee'** card from The Urology Foundation can also help explain your situation discreetly. *(See overleaf).*

4 Get moving – but get support if you need it

Staying active is great for bladder and prostate health but leaks during exercise can be frustrating.

Leaks after prostate surgery or during exercise are common. Pelvic floor exercises and the right continence products can help.

Ask your GP or continence nurse for support.

5 Strengthen down below - pelvic floor exercises aren't just for women

Yes - men have pelvic floor muscles too and training them can reduce leaks and improve control.

They're especially helpful after prostate surgery or for managing urgency.

Learn how at:

www.baus.org.uk/_userfiles/pages/files/Patients/Leaflets/Pelvic%20floor%20XS%20male.pdf

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Do you know why you leak?

Bladder leaks in men may be caused by:

- **Prostate enlargement or surgery**
- **Overactive bladder**
- **Stress incontinence**
- **Underlying health conditions**

Knowing the cause can help you find the right treatment.

If you feel embarrassed, you're not alone.

2 million men in the UK experience bladder leakage. Especially after prostate treatment or as we get older.

Don't put off getting help. Speak to your GP or nurse, or ask at your surgery for advice and support.

'Need to Pee' Card from The Urology Foundation

A wallet-sized card designed to explain your need for urgent toilet access in a simple, respectful way.

Ideal for those living with bladder conditions or incontinence.

Order your card by emailing:

- **info@theurologyfoundation.org**

Need fast access to toilets?

TOILET

Instant access to locked accessible toilets across the UK - usually costs around £5-£6.

Available from multiple providers:

- **www.radarkey.org**

The Radar Key Company
For Keys Which Reliably Unlock All The Toilets - Proven Since 1992

Bladder Diary

If you've been asked by your healthcare professional to fill in a bladder diary, download ours here:
www.theurologyfoundation.org/urology-health/resources/

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