Brief Guide

5 Top Tips to manage bladder leaks – for women

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

Out and about, on holiday, or staying active:

1 Pack the right pants - confidence starts underneath

Absorbent underwear and pads have come a long way - breathable, discreet and odour-controlling.

Consider the type, size and severity of leaks you experience to find a pad or pants with the right absorbency and features for you. There are many types available now in supermarkets, pharmacies and online.

Try different products to prioritise comfort, especially if you have sensitive skin.

Keep a spare pair of pants or pads in your bag for peace of mind.

2 Sip smart – stay hydrated, not harassed

Drink regularly to avoid bladder irritation, but try cutting down on caffeine, alcohol, and fizzy drinks before heading out - they can make symptoms of an overactive bladder worse and increase the risk of leaks.

3 Plan ahead – know where the toilets are

When out or away, check toilet locations in advance. Download a toilet finder app and consider a **RADAR** key or toilet access card for peace of mind. The **'Need to Pee'** card from The Urology Foundation can also help explain your situation discreetly. *(See overleaf).*

4 Stay active - with support if you need it

Gentle movement helps bladder and bowel health.

If you leak when exercising (stress incontinence), ask your healthcare professional about internal bladder support devices that can help support the bladder and pelvic floor when you exercise.

5 Squeeze daily - your pelvic floor is powerful

Pelvic floor exercises help control leaks. Try short daily squeezes while brushing your teeth, waiting for the kettle, or sitting on a train.

It all adds up!

Learn how at: **thepogp.co.uk/_userfiles/pages/files/resources/20818_pogp_pelvicfloor_for_women_signed_off_1.pdf**

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Do you know why you leak?

Finding out the cause can help you get the right support - whether it's stress incontinence, urgency, or something else.
Speak to your GP, continence nurse, or pelvic health physio.
Leaks are common - and manageable.
You're not alone.

'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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