

# INCONTINENCE



After a stroke, it is common for people to develop incontinence.

This means the muscles that help you control urine and stool are weakened, therefore making it more likely to lose control of your bladder and/or bowel.



Most people regain function within a few months.

With lifestyle changes and treatment, about 80% of incontinence problems can be resolved.



## WHAT DOES IT MEAN FOR YOU?

- You may feel a sudden need to void
- You may need to use the toilet very often
- Your bladder may feel full, even after urinating
- You may lose small amounts of urine (leakage)
- You may urinate or pass a bowel movement without knowing



## WHAT YOU CAN DO...



Drink 6 to 8 cups of water daily



Avoid eating spicy food as it may irritate the walls of your bladder



Use the bathroom every 2 hours during the day



Modifications to your clothing and home may help prevent accidents



Retrain your bladder: practice waiting a few seconds building up to minutes before voiding



Avoid or cut down on alcoholic drinks, tea, coffee, and sodas. These drinks cause the bladder to make more urine.



**TALK TO YOUR HEALTHCARE PROVIDER ABOUT YOUR SYMPTOMS AND TREATMENT OPTIONS FOR INCONTINENCE**