






# Managing Incontinence

It is important to talk with your physician about managing incontinence to determine the best plan for your needs. Here is an overview of the options you will most likely discuss.

| Behavioral Therapy   | Diet Modification   | Medication   | Surgery  | Incontinence Products  |
|--|---|--|--|--|
| <p>Behavioral Therapy involves understanding your body.</p> <ul style="list-style-type: none"> <li>You may create toileting schedules to proactively visit the bathroom.</li> <li>Use a Bowel &amp; Bladder Diary to create a schedule &amp; discuss with your physician. (See the Resource Section)</li> <li>For Women, Kegal Exercises are also sometimes recommended to strengthen pelvic muscles. (See the Resource Section).</li> </ul>  | <p>Certain foods act as diuretics and may be removed from the diet.</p> <ul style="list-style-type: none"> <li>Eliminating one or all of the foods may improve your urine control.</li> <li>Look into foods &amp; beverages that are bladder irritants. (See the Resource Section).</li> </ul>  | <p>Certain medications for unrelated issues can trigger incontinence.</p> <ul style="list-style-type: none"> <li>Look into medications that are bladder irritants. (See the Resource Section).</li> <li>Other medications can help treat bowel and fecal incontinence. Discuss these with your physician.</li> </ul>  | <p>All surgery must be considered carefully. Surgery comes with risks and potential complications.</p> <ul style="list-style-type: none"> <li>Talk with your physician.</li> </ul>  | <p>Prevail® Products are designed to address the different needs of those with Stress, Urge, Reflex, Overflow, Functional, &amp; Mixed Incontinence.</p> <p>They can be used alone or with any of the other treatment options.</p>  |

Ask for **Prevail!**

(800) 227 - 3551

Please note: It is important to discuss incontinence with your physician.

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