

# Planning for Bowel Incontinence: Stool Leakage or Smearing

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## How to reduce problems with stool (poop) leakage and accidents:

Sometimes a little planning ahead can save you from a few embarrassing situations where you lose stool.

- Wiping with dry toilet paper can irritate your skin because most toilet paper has wood fibers in it. Carrying small packets of alcohol-free moist wipes can decrease irritation. Placing some Aquaphor® ointment on the toilet paper before wiping can also help.
- Getting clean with dry toilet paper is sometimes difficult. Alcohol-free moist wipes can clean the area better. Using a small plastic squeeze bottle filled with warm water will also work in place of moist wipes to help clean the anal area.
- Pat dry instead of wiping. Wiping can encourage your bowels to move more.
- If you are unable to feel your anal area, use a small pocket mirror to check that you are clean.
- Buy scented garbage bags (available in most stores) to have if you need to carry soiled pants home for washing.
- Completing 2 tap water enemas before leaving the house can help you put off a bowel accident.
- Wearing dark colors and patterned fabrics can help you hide stains.
- Carrying a pocket-sized body spray can help you hide the smell from bowel accidents.

For more information on bowel incontinence, see this handout on wicking:  
[www.med.umich.edu/1libr/MBCP/Wicking.pdf](http://www.med.umich.edu/1libr/MBCP/Wicking.pdf)

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