

Planning for Bowel Incontinence: Stool Leakage

Sometimes a little planning ahead can save you a few embarrassing moments. The following tips will help you prepare for small amounts bowel incontinence/leakage and prevent irritation:

- 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 on the toilet paper before wiping can also help.
- Getting clean with dry toilet paper is sometimes difficult. Alcohol-free moist wipes clean the area better.
- Wiping can encourage your bowels to move more. Pat dry instead of wiping.
- Carrying a small plastic squeeze bottle that you can fill with warm water in place of moist wipes will help clean the anal area.
- If you are unable to feel the rectal area, a small pocket mirror might be useful to check that you are clean.
- Keeping scented garbage bags on hand (available in most stores) is useful for carrying soiled pants home for washing.
- Completing 2 tap water enemas before leaving the house can help put off a bowel accident.
- Wearing dark colors and patterned fabrics helps to hide stains.
- Carrying a pocket-sized body spray helps disguise odor from bowel accidents.
- Wearing cotton underwear allows the skin to breath.

For more information on bowel incontinence, see the handout on wicking:

<http://www.med.umich.edu/1libr/MBCP/Wicking.pdf>

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