

Carewell's Essential Checklist for Bowel Incontinence

Lifestyle changes for bowel incontinence care

- Consume a nutritious, high-fiber diet
- Drink plenty of water
- Exercise regularly
- Take a fiber supplement
- Eliminate irritants
- Pelvic floor exercises

Top 10 necessary products for bowel incontinence care

- 1. Adult diapers
 - Pull-ups
 - Reusable diapers
 - Adult briefs
- 2. Underpads (Chux)
- 3. Top-line booster pads
- 4. Wipes
- 5. Gloves
- 6. Skin protectants
- 7. Clean clothing
- 8. Clean bedding
- 9. Laundry detergent, baking soda, and white vinegar
- 10. Paper towels and trash bags

Life hacks for incontinence care

- Understand that accidents will happen
- Remember that successful treatment takes time
- Join a support group
([The Bladder & Bowel Community](#), [Beyond My Battle](#))

Have a question?

Reach out to us at (855) 855 - 1666 or email us at support@carewell.com

Or you can visit our website at Carewell.com