

The 3 P's Checklist for Traveling with Bowel Incontinence

Prepare, Pack, Proceed!

01: PREPARE

- Try Exercises for Bowel Incontinence**
Sphincter strengthening: Practice Kegel exercises to help with controlling sudden urges.
- Look at Alternative Therapies**
Exploring other options: Research therapies such as biofeedback, bulking agents, or SNS.
- Scan the Seating Plan**
Aisle seats: Reserve seating with quick access to a toilet, just in case of any poop emergencies!

02: PACK

- Choose the Right Clothing**
Comfort: Sportswear or loose clothing can help reduce pressure and discomfort.
Discretion: Dark-colored clothing (e.g. black, navy) can conceal leaks better than lighter colors.
- Consider the Supplies You May Need**
Essential items: Pack anti-bacterial gel, bin bags, deodorant, spare clothes, tissue, and wipes.
Protective products: Wear incontinence underwear or adult briefs as a protective back-up.

03: PROCEED

- Plan Your Food and Medication**
Keeping healthy routines: Opt for light meals, and adhere to prescribed medications or diet plans.
- Use a Toilet-Finding Tool**
Mobile apps: Aside from Google Maps, use an app like Flush or Bathroom Scout to locate toilets.
- Learn the Foreign Language Translation**
Grasp the basics: Search online for how to ask "Where is the toilet?" in the local language.

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