

Carewell's Essential Checklist for Urinary Incontinence

Lifestyle changes for urinary incontinence care

- Avoid foods and beverages that irritate the bladder
- Maintain a healthy weight
- Familiarize yourself with medications and their associated side effects

Behavioral techniques for urinary incontinence care

- Bladder training
- Kegel exercises
- Scheduled toilet trips
- Scheduled fluid intake

Necessary products for urinary incontinence care

- 1. **Adult diapers**
 - [Pull-ups](#)
 - [Reusable diapers](#)
 - [Adult briefs](#)
- 2. **Underpads (Chux)**
- 3. **Booster pads**
- 4. **Catheters**
- 5. **Wipes**
- 6. **Skin ointments**
- 7. **Laundry Essentials**
 - Detergent
 - Baking soda
 - White vinegar

Life hacks for incontinence care

- Understand that accidents will happen
- Stay positive
- Try several products until you find those that meet your needs, or those of your loved one.

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](https://www.carewell.com)