

Falls Prevention – Urge Incontinence

You may find that you have less warning about going to the toilet and your bladder may need to be emptied more often. You may also be woken up a few times at night to go to the toilet. It may also cause you to be incontinent.

If you have urge incontinence, seek help from a qualified health professional



Urge incontinence can cause falls in these ways

- Rushing to the toilet, may cause you to pay less attention to your surrounds causing you to slip or trip over things.
- Getting out of bed quickly and hurrying to get to the toilet in the dark or when feeling sleepy.
- Not using a walking aid for support (if required) when you are in a hurry to reach the toilet.
- Having a disturbed sleep can cause you to be at a higher risk of falling during the day if you are tired and drowsy.

What you can do

- Seek help from your doctor.
- Check with your doctor if your medications are causing the problem.
- Your doctor may refer you to a continence specialist: physiotherapist, nurse or doctor.
- Avoid drinking too much or too little fluid. Your doctor can help you work out your appropriate fluid intake.
- Cut back on caffeine and alcohol, especially before going to bed at night.
- Ensure the path to the toilet is free from clutter, obstacles and slipping hazards.
- Ensure that there is good lighting to the toilet. Use night lights for route to the toilet at nights.
- If the toilet is not nearby, place and use urinals or commode chairs close to the bed.



Acknowledgement to:

iSOLVE fall prevention partnership project
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Continence Foundation of Australia

For further information scan this with your
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