

## **Incontinence**

Incontinence is the word for leaking urine when you don't want to. This is called urinary incontinence:

- It is not normal to leak urine. The problem can usually be helped or cured. Don't be embarrassed to ask your doctor for help
- Some things that can cause incontinence are:
  - An infection in the bladder or in the tube that carries urine out of the body
  - Some medicines
  - Weak muscles around where the urine comes out (pelvic muscles) – ask your doctor or nurse about pelvic exercises
  - Constipation
  - A blockage in the tube that carries urine out of the body
  - Not being able to get to the bathroom easily