
A Resident/Family Guide to Continence and “Toileting Patterns”

Continence means that you have control of your bladder and bowel functions.

Incontinence means that you do not have control of your bladder and bowel functions.

Understanding of your normal toileting needs/patterns is important to your Care Team.

- Care Team members will work with you to make a care plan specific to your needs.
- Care Team members will assist you to the toilet or commode to help keep your voiding and bowel pattern.
- By understanding your toileting patterns your Care Team will be able to support your comfort and well being.

Family and Staff Working Together

You and your family members are invited to discuss any of your toileting and continence issues with your Care Team.

Information that will help your Care Team in planning your care:

- Your past toileting patterns.
- Your previous lifestyle, activity level, job, interests, hobbies.
- History of your present medical condition

By working together with your Care Team your care plan will suit your toileting needs.

Assessment of Your Needs

By reviewing your needs, plans can be made to assist you to the toilet and/or commode as needed.

Voiding

Emptying your bladder is called *voiding*.

- A diary will be kept for seven days to find out how often and the usual times when you empty your bladder.

This is your voiding pattern.

Bowel Routine:

- Your bowel movements (**BM's**) will be checked for one week to find out your usual bowel pattern.
- Please discuss your needs and feelings about toileting with your Care Team member.

You will be:

- encouraged to drink at least 8 glasses of water
 - given extra fiber once a day and more often if needed
 - assisted to the toilet or commode. Staff may need to use a lifting machine to help you
 - provided with a gentle oral laxative and if needed a
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