

Bowel Incontinence Treatments

1 Use incontinence products to make managing leakage much cleaner, lessen worry, & improve quality of life.

2 Eat a diet full of fiber, whole grains, fresh fruits & vegetables, & avoid spicy foods, highly processed foods, & dairy products.

3 Hydrate by drinking as much water as you need during the day to keep things flowing.

4 Do Kegel exercises to strengthening your pelvic floor & improve incontinence symptoms.

5 Use pelvic floor therapy to maintain sexual function, core stability, & improve bowel & bladder control.

6 Try medications, such as laxatives, enemas, or anti-diarrhea medications.

7 Speak with your doctor about surgeries, such as sacral nerve stimulation, artificial sphincter, or colostomy.