AEROFLOW UROLOGY

HOLIDAYS WITH INCONTINENCE

Travel, Food, & Money-Saving Guide for the Holidays!



‘Tis the Season!



As the holidays draw near, the air is filled with excitement, merriment, and the promise of cherished moments with family and friends. However, for those with incontinence, this festive time of year can be accompanied by stressors.

The hustle of holiday travel, festive meals, and the desire to make the most of every moment can sometimes lead to apprehension for those managing bladder leaks. But worry not!

This downloadable, comprehensive guide is here to help you confidently navigate the holiday season! We’ll share tips on travel, eating, and saving money on incontinence supplies because this season ‘tis not a reason to be held captive by bladder concerns!





Saving Money On Incontinence Supplies

Let's be honest— the holidays can get expensive. From traveling to gift-giving to extravagant meals, the costs of celebrating can really add up! On top of usual holiday expenses, those managing incontinence need to pay for protective products, adding to the financial burden.

Make sure you lessen the monetary pressure this season by **getting your or your loved one's incontinence products for free** through your Medicaid or Medicaid-managed care plan! If you or your loved one has incontinence due to an underlying medical condition or disability, you may be eligible for this service with Aeroflow Urology!

All you need to do is complete our secure Eligibility Form on your phone or computer. Then, you can save money by having your supplies shipped directly to your home every month. We will pair you with adequately fitting undergarments to effectively prevent leaks and check in monthly to see if you need to make any changes.

Go to
aeroflowurology.com/qualify-through-insurance
to see if you or your loved one is eligible for free incontinence products!

Traveling Stress-Free During the Holidays

- Be prepared. Try to think of and write down everything you or your loved one with incontinence might need regarding your travel plans. Look up the airport ahead of time to view bathroom locations and book an aisle seat for easy access during your flight. You can also use apps like SitorSquat to instantly find a wheelchair-friendly public restroom at a moment's notice.

- Keep an eye on traffic. Before heading out on a road trip, remember that holiday traffic can suddenly spring out of nowhere! Check your GPS to see how long you might be in traffic so you can plan for bathroom breaks. Check how busy the airport lines are at baggage claim, too!

- Pack everything you need. If you're flying, pack your check-in and carry-on bags with everything you'll need when you arrive at your destination and while on the plane. If you're driving, pack a bag you can access easily with all the supplies you might need on the road.

- Choose a route with bathrooms. If you're traveling by car, find bathrooms along the way for frequent breaks every couple of hours. Map out rest stops, gas stations, or restaurants you know will have clean bathrooms for incontinence product changes or voiding. At holiday gatherings, be sure to find the restroom when you first arrive so you don't have to struggle to find it when the urge strikes.

- Prepare your own snacks. Because certain foods and drinks can irritate the bladder and worsen incontinence symptoms, instead of relying on fast food stops or your relative's menu, be prepared with healthy lunches and beverages for yourself and your loved one. Nutritious, fibrous items such as fruits and vegetables can help stop diarrhea and relieve pressure on the bowels.

- Dress accordingly. Dress in outfits that help hide your incontinence products if you feel self-conscious. Wear darker clothes to hide any stains that might show during your travels if an accident occurs. Use extra-absorbent products for longer trips if you get stuck without access to a restroom. Prevail Air Overnight Briefs for adults are an excellent option for more extended wear because they're equipped with maximum leak protection.

- Be discreet. If your loved one is managing leakage, keep their privacy in mind. They may not want strangers, friends, or family members you're traveling with to know about their condition. If an accident occurs while traveling, help them clean up quietly and don't make a big deal out of the situation. Be supportive and let them know everything is alright. The trip won't be ruined by any leaks!

- Protect furniture. Use disposable underpads, like the TENA Extra Absorbency Underpad, or bed pads to protect car furniture and mattresses at your destination.

- Use the bathroom before leaving. Void your bladder and bowels before heading out on your trip.

Holiday Foods List for Incontinence



The holiday season is a perfect time to indulge in festive treats, but moderation is key for those with incontinence. Certain items are bladder irritants, so you'll want to avoid them at gatherings, or at least know your body's limit and practice moderation.

Also, keep drinking water! Restricting your or your loved one's fluid intake may seem like a smart way to prevent accidents, but dehydration can stress out your bladder and lead to urinary tract infections (UTIs) and constipation.

Foods to Avoid

- Caffeine
- Chocolate
- Artificial sweeteners
- Alcohol
- Carbonated beverages.
- Tomato-based products.
- Spicy foods.
- Citrus fruits.
- Cranberries
- Highly-processed foods.



Extra Tips for Holidays With Incontinence

- Wear incontinence products that are discreet enough to go unnoticed under party outfits. TENA Intimates Bladder Control Pads are an excellent option for women seeking thinner incontinence solutions.

- Try to relax! Remember that you're on vacation. Take the time to relax by not overfilling your itinerary with too many activities. Stress will only lead to more incontinence issues and may cause you to forget what really matters: Making holiday memories with your family.

- Have your extra incontinence supplies shipped to you before traveling. If you don't want to worry about traveling with products, you can have them shipped to the hotel or house you'll be staying at ahead of time by asking Aeroflow Urology's Continence Care Specialists to change your shipment address.

- Seek medical advice. Speak with your healthcare provider about medications to help prevent urinary incontinence symptoms if you're worried prevention tips won't do the trick. These medications may be able to help control symptoms related to overactive bladder (OAB).