

# What You Need to Know

**Incontinence is a common diabetes complication.** High blood glucose (blood sugar) can damage the nerves and blood vessels that control your bladder and bowels.

## If you have incontinence, you may notice

- Strong, sudden urges to go
- Trouble getting to the bathroom on time
- Leakage (urine or stool) when laughing, coughing, or passing gas
- Bedwetting
- Feeling like your bladder isn't empty
- Skin irritation or infections

## Steps to prevent or delay incontinence

- Manage blood glucose, blood pressure, and cholesterol
- Eat healthy meals
- Be physically active
- Drink water
- Quit smoking
- Use the restroom when you feel the urge to go

## Work with your health care team to build a plan that fits your life

### This might include:

- Bladder and bowel training
- Diet changes (like limiting caffeine and spicy foods)
- Pelvic floor (Kegel) exercises
- Medication changes

## Products that protect your skin and keep you dry

### These may be available in:

- Day and night absorbency
- Men and women's sizing

**Contact your doctor to discuss ways to prevent or delay incontinence.**