
COVID-19

Continence Tips

Whether you are caring for someone with incontinence, or your own symptoms have been worsened by stress and anxiety about COVID-19, we are here to help. Here are a few things you can do:

1

Call our free helpline

Our friendly team is available to take your calls 9am to 5pm Monday to Friday.

Just call 0800 650 659.

2

Carers - access support

We can help carers with support and info on incontinence issues.

Call Carers NZ on 0800 777 797 if you need general advice.

3

Work your pelvic floor

We advise doing pelvic floor exercises every day. You can find everything you need to get started on our website.

4

Drink plenty of fluids

Drink 1.5 - 2 litres of fluids each day, which should be mostly water.

Try to limit your caffeine intake!

5

Get fibre in your diet

Eating enough dietary fibre helps keep bowel motions soft. Kiwifruit is a great source of fibre and is in season!

6

Keep a routine

Extra important for parents and carers - a regular routine is essential for supporting those with disabilities or when toilet training children.

7

Find the right product

If you are unsure about product, please call our helpline. Items like washable bed pads can make a huge difference, depending on your situation.

8

Take time out

Taking even short moments to relax, where you can, will help with stress and anxiety.

Breathe deeply, and repeat!