

MANAGING INCONTINENCE DURING SPORTS



Playing sports or managing P.E. lessons can be very difficult for teen incontinence sufferers. The exertion you put on your bowels or bladder is bound to make them leak a little. However, at your age, even a few drops can make you conscious, especially since you feel that you're surrounded by other teens with x-ray vision or extremely sensitive noses.

If these thoughts worry you and are forcing you to stop playing your favourite sport altogether, it will be hard to get rid of them so quickly. However, here's a suggestion: be ready for these accidents. If you're prepared, you won't have to worry about someone finding out about your incontinence issues. So, here's how you can enjoy your P.E. periods and any sports you play without a single care in the world.

Control Your Fluid Intake

You can take as many fluids as you want while you exercise so that you don't end up dehydrating. However, try reducing the amount of fluids you consume before a game or sports class

Visit the Bathroom before You Start

Before class, make sure to head to the bathroom and empty your bladder or bowels. This is especially important if you're taking part in a game. Regardless, double void (empty your bladder or bowel once, wait a few seconds, and then go at it again). Doing so will ensure that you don't get the urge to go to the bathroom later on.

Remember and follow these tips to get the best experience while playing sports and to help your body receive the workout it needs to fight incontinence.