

# DATING WHILE INCONTINENT



Dating can be a nerve wracking experience. What's the other person like? Will you hit it off? Will you have anything in common? What will you wear? Do you look okay? the? What should you eat?

That's a lot to worry about, not to mention if you're an individual living with incontinence! Don't let it get you down. Being prepared, and keeping a few tips in mind, can help take the stress out of the situation and let you confidently enjoy dating...and maybe even have some fun, which is the point of it all, isn't it?

## **Be Prepared**

Planning ahead and being prepared is half the battle. Ensure that you pack adequate changing and cleaning supplies. Carrying a small amount of perfume or aftershave can be a good idea, if not only to help you smell good (just be careful not to overdo it!)

## **Be Familiar with your Surroundings**

If possible, go somewhere that you're familiar with so that you know where the bathrooms are. This will allow you to easily and conveniently excuse yourself to go to the toilet as you need. Another thing to do is double voiding (emptying the bladder twice, 10-15 seconds apart) before your date, which can help you avoid having to frequent the bathroom too often. If you're stressed about having a severe episode of incontinence, have an escape plan ready. Have a nearby location available where you can take the time to properly clean and change yourself. It's okay to have a cover story and bring it up early on in the date. Something as simple as texting a friend to give you a call pretending to be a relative who needs to be picked up from the hospital will work fine. Just make sure you let your date know that you're not ditching them and that you would love to have a second date another time (or if you're not into them, you can simply escape!).

## **Be Confident**

Confidence is attractive! Not only should you be confident for your date, you should be confident in your ability to manage incontinence. You don't need to bring it up during the date if you don't want to, and should only bring it up if you feel comfortable doing so. Remember, incontinence is a physiological condition and is nothing to be embarrassed about, just as a person with a severe nut allergy wouldn't be embarrassed to ask if a dessert contains peanuts.

These tips should help you have a fun an enjoyable date. Lastly, remember that your date is looking to get to know you, and if you hit it off with them, the fact that you live with incontinence shouldn't be a big deal.

<http://www.teenincontinence.com/tips/dating-while-incontinent>