



BLADDER AND BOWEL COMMUNITY **Product Information**

Skincare and Hygiene

Bowel Problems

There is no simple answer to managing your bowel problems. It is a case of trial and error, finding the right products and aids that can help you live your life.

It is very important to take care of your skin. If you suffer from diarrhea, faecal or mucus leakage and/or frequent trips to the toilet to empty your bowel; you may get sore skin around your back passage. In some cases, the skin may become so inflamed that it breaks into sores. It is important to take extra care to try and prevent skin irritation and sores.

Skin care tips:

- Wash well each day and, if possible, each time you change or have an accident.
- Use a mild soap and rinse well. You could use a small mirror to check that you have cleaned the area thoroughly.
- There are special no rinse skin cleansing products available that suit some people better than soap. They are also useful when away from the home.
- Avoid scented washing products as these could irritate the skin even more. Pat dry with a soft towel and avoid rubbing the skin. A small hairdryer is a good way to dry yourself particularly when at home.
- Try not to wear tight fitting clothes. If they are tight, they may rub and cause more soreness. Loose fitting clothes will also help with air circulation and help to prevent sweating. Good hygiene is essential to prevent odour and to maintain healthy skin.
- After an accident, you should get to a toilet, change your pads or clothing and wash the area as thoroughly as you can. Any solid matter should be flushed down the toilet. Soiled pads or clothing should be put into an airtight container or sealed bag until they can be washed or disposed of.
- When out and about, you can use moist alcohol-free tissues or baby wipes. You may also like to use a barrier product to help protect the skin. These can be obtained by prescription.

If you are suffering from sore skin due to your bowel problems, you might find that damp cotton wool is very gentle for wiping. Try not to scratch the anal area as it may make things worse. It is important to get air to the anal area for some part of the day if possible.

Preventing Odours and Stains

When you have a bowel problem you may also have problems with wind and stains. These problems can obviously be embarrassing and may result in some people being too frightened to socialise or do normal activities.

Tips to prevent / control odours and stains:

- It is useful to gently massage your abdomen to pass wind when you are in the toilet rather than worry about passing wind accidentally.
- Some foods can lead to more production of wind than others. It is worth assessing what you eat and noting whether certain food make you more gassy than others. Foods that are likely to increase wind are beans (especially baked, canned and dried), eggs, nuts, bran, cabbage, cauliflower, Brussels' sprouts and broccoli.
- Some drinks can lead to more production of wind than others; these can include carbonated drinks including sparkling water, coke, cola and other canned/bottled drinks and excess alcohol, especially beer and lager.
- Make sure that you have good ventilation in the rooms that you are in.

Use an air odour control to dispel and disguise smells. Special odour control agents such as 'Nordor S,' are available on prescription if normal ones are not effective. Discuss this with your continence advisor or GP.

Products Available

B&BF aims to provide up-to-date and accurate product information. No liability is accepted for any errors in the information presented. B&BF endorses neither the companies nor the products listed here.

Abena UK Ltd Unit 2, Swallow Gate Business Park, Holbrook Lane, Holbrooks, Coventry, CV6 4BL
Tel: 024 7663 7663 Website: www.abenaonline.co.uk/shop/frontpage.html

Wet Wipes	Abena Body Wash Wet Wipes are made from a soft Non-woven material that makes it suitable for every need and purpose. Wet Wipes are a wiping and washing solution in one product, essential where the use of water is limited or no option at all. After use they can be easily disposed of in a litter bin (not flushable) with very low impact on the environment.	80 per pack
Wash Gloves	Abena Wash Gloves are a practical pocket shaped washcloth. Due to the pocket shape the glove stays securely on your hand whilst in use. In addition the Soft-Care wash gloves are made with an oval opening to help you with easy access.	50 per pack
Dry Wipes	Abena Soft Wipes are a strong Airlaid wipe that can be used wet or dry. Airlaid wipes are multi purpose wipes with a good absorption and a very soft feel.	125 per pack
Wash Lotion	Abena Washing Lotion puts a protective film on skin whilst simultaneously removing the dirt and odors from the skin. Contains no colour, fragrance or parabens	500 ml. 1 per pack
Ointment	Abena Skincare Ointment can be used for preventing irritation and skin damage caused by incontinence. At the same time removes the odour from urine and faecal pollution. It conditions the skin by putting a protective membrane onto the skin. Contains no colour, fragrances or parabens.	Come in 30 ml and 150 ml. 1 per pack

Zinc Ointment	Abena Zinc Ointment is applied to the skin where the injury has occurred to soothe red, irritated skin. It disinfects small skin lesions. The ointment becomes a protective film on the skin. It is easy to apply and easy to remove. Contains no colour, fragrance or parabens.	Come in 30 and 100 ml. 1 per pack
Shower and Bathing Liquid Soap	Abena Shower & Bathing Oil is a very good soap with gentle fragrance that contains oil, which adds moisture to the skin, calms the skin and makes it soft and supple. It is a suitable product for people with dry skin but can be used for all skin types.	500 ml and 1 per pack
Body Cream 70%	Abena Intensive Care Cream contains 70% fat, which is particularly suited to care of dry skin on the entire body. It helps to keep skin moist so it remains supple and soft. Contains no colour, fragrance or parabens.	come in 30 ml and 200 ml. 1 per pack
Body Cream 26%	Abena Body Cream contains 26% fat and is particularly suitable for all skin types as it gives the skin nutrients, retains moisture in the skin and leaves it soft and supple. Contains no colour, fragrances or parabens	200 ml and 1 per pack
Hand Cream	Abena Hand Cream contains 25% fat, it gives your hands and cuticles optimum care and provides the skin with moisture, it absorbs quickly into the skin and is non greasy. A good product for daily care and maintenance of your hands. Contains no colour, fragrance or parabens.	75 ml. and 500 ml. 1 per pack.

Allanda Ltd Address: Olney House, High Street, Olney. MK46 4EB Telephone: 0800 999 5565

Email: info@allanda.co.uk Website: www.allaboutincontinence.co.uk

Wet Wipes	Perfect for quick washing and cleansing, 80 wipes in a pack.	£2.80
Wash Lotion Foam	Soap free washing lotion 500ml pump.	£3.80
Wash Foam	Skin friendly cleansing foam, alternative to soap and water, 400ml aerosol.	£3.65
Wash Gloves	Disposable wash gloves, 50 pieces in pack.	£3.95
Neutradol	Room Deodoriser, 300ml aerosol.	£1.59

Attends Ltd Tel: 0845 601 3272 Fax: 0191 242 7130

3rd Floor, The Old Post Office, St Nicholas Street, Newcastle-upon-Tyne, NE1 1 RH

Website: www.attends.co.uk

Product	Size	Form	Description
Wet wipes	80 wipes	Refill with hard plastic lock	Soft and strong moist cleansing wipe
Washing lotion	200ml	Plastic bottle with press top opening	A mild cleansing lotion for washing and showering. Use in conjunction with water
Care foam	400ml	Aerosol can	A mild cleansing foam
cleansing glove	50 gloves	Bag	Skin friendly disposable glove
Body milk	500 ml	Plastic bottle with pump dispenser	Long lasting moisturising lotion which is quickly absorbed into the skin

Hydro gel	200ml	Plastic tube	A skin friendly gel for massaging specific areas of the skin
Care cream	200ml	Plastic tube	Rich cream which provides a protective layer for sensitive skin

Coloplast Direct Ltd Tel: 01733 392000

Peterborough Business Park Lynch Wood Peterborough Cambridgeshire PE2 6ZZ

Website: www.coloplast.co.uk

Product	Description	Price
Isagel	No rinse antiseptic hand cleansing gel. 21froz bottle.	4.99

Great Bear Healthcare Tel: 029 2074 7770 1 Lambourne Crescent, Cardiff Business Park, Cardiff CF14

5GF Email: mail@gbhl.co.uk Website: www.greatbearhealthcare.co.uk

Product	Description	Size
GB Soft Skin Range	GB Soft Skin consists of a Medical Adhesive Remover Spray and Medical Skin Barrier Wipe. Alcohol Free, non-stinging formula to protect, moisturise and soothe the skin prior to, and after, use of a Medical Adhesive Product (such as Sheath or Stoma Pouch).	Barrier Wipes are available in packs of 30. Medical Adhesive Remover Spray is a 50ml Aerosol Spray

Incontinence UK Address: 17c Weston Favell Centre Northampton Northamptonshire NN3 8JZ

Tel: 0800 068 3625 Email: info@incontinenceuk.co.uk Website: www.incontinenceuk.co.uk/

Product	Description	Size
Wet Wipes	These gentle, pre-moistened, alcohol-free, lightly fragranced skincare wipes are ideal when quick cleansing is required. They lift soiling quickly and easily and are suitable for frequent use, especially in incontinence care.	Come in two options - pack of 24 wipes or 48 wipes
Wash Cream & Wash Mousse	Perfect replacement for soap and water in addition to skin conditioning products. Cleanses, restores and protected even the delicate and fragile skin. Ideal for daily cleansing and incontinence care.	Wash Cream - 250ml and Wash Mousse 400ml
Hand Sanitiser	Anti-bacterial hand sanitiser pump dispenser that is ideal for decontaminating hands.	354ml
Wash Gloves	Disposable powder free vinyl gloves. These examination gloves are comfortable to wear and have a soft heel that maintains fingertip sensitivity.	Pack of 100 gloves

Paul Hartmann Ltd Tel: 0800 028 94 90 Fax: 01706 363211

Unit P2 Parklands Heywood Distribution Park Pilsworth Road Heywood Lancs OL10 2TT Website:

www.hartmann.co.uk

Product	Description
Wash Lotion	500ml bottle, cleanser for sensitive and dry skin

Skin cleansing foam	400ml Pump. Light foam for mild skin cleansing, even heavily soiled areas.
Skin protection foam	100ml Pump, forms a protective film on the upper dermal layer.
Body lotion	500ml bottle. Supports the skin's own protection mechanism
Moist Tissues	50 tissues in a box. For quick, gentle cleansing.
Shampoo	500ml bottle, mild cleansing for hair and sensitive scalp.
Skin Care Bath	500ml bottle. Mild bath for irritated and elderly skin

The Bladder and Bowel Community provides information and support for people with bladder and bowel issues. We publish a wide range of user friendly booklets and factsheets.

For more information please call us on 01926 357220, email help@bladderandbowel.org or write to us at The Bladder and Bowel Community, 7 The Court, Holywell Business Park, Northfield Road, Southam, CV47 0FS.

www.bladderandbowel.org

Registered office address: Pegasus House, Solihull Business Park, Solihull, West Midlands, United Kingdom, B90 4GT. Company number: 10377236. Registered in the UK