



## **Bladder and Bowel Community**

### **Factsheet and Products: Nocturnal Enuresis**

Wetting the bed at night (the medical term is nocturnal enuresis) affects about one person in every hundred, mainly men.

Some people wet the bed regularly all their lives. Others grow out of this during childhood but start again later in life. It can even happen if you doze off on a long coach or train journey. Bedwetting can often be cured. It is always worth seeking help even if you feel you have already tried everything.

### **Types of nocturnal enuresis**

Persistent Primary Nocturnal Enuresis is a condition which starts during childhood, where night time dryness has not been achieved for longer than six months. About 2 - 3% of adults over 18 years of age have this type of nocturnal enuresis. Adult Onset Secondary Enuresis is defined as nocturnal enuresis in which night time dryness has been achieved at some point in life. Dryness may have occurred for many years but then night time wetting suddenly begins at an older age.

### **What causes bedwetting?**

There are many causes of bedwetting and others remain unclear.

If you experience bedwetting, it may be due to a mixture of reasons. You may;

- lack the necessary muscle and nerve control
- produce a lot of urine at night
- Have a urine infection
- Drink a lot of alcohol, coffee
- Take diuretic medicines
- Take sleeping tablets
- Have diabetes
- Suffer from stress and anxiety
- Have other conditions

Research has shown that nocturnal enuresis can also be hereditary.

If you start bed wetting again as an adult and this persists, it could be the result of a more serious underlying problem. If this is the case, you need to go to the doctor immediately for further investigation.

### Further Information

You may wish to seek advice from your GP or local continence clinic, which are run by the NHS and there are many in the UK. You don't always need to be referred to a clinic by your GP you can sometimes book an appointment yourself. To find your nearest continence clinic please call our office on 01926 357220.

Pelvic Floor exercises are also very useful for strengthening the muscles that support the bladder and bowel. Performing these exercises can help alleviate symptoms and can often cure problems altogether. For more information about Pelvic Floor exercises, please see our Pelvic Floor factsheets in our [Resources section](#) of the website or can be obtained via our office by telephoning 01926 357220.

### Products Available

There are many products that you can use to help you manage your bedwetting problem. Below we have listed some products including pads and pants, bed and chair protection and bedwetting alarms, which you may find useful.

If you are struggling with incontinence speak to your GP who can arrange for you to be assessed and issued with pads and pants. As an individual you can also choose to buy your products directly from a supplier.

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

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Product	Description	Size
<b>Gents Washable Briefs and Boxers</b>	The Abri-Wear Deluxe range is made from cotton/ lycra mix to ensure a snug fit, together with the latest high absorbency materials. The Abri-Wear Deluxe range of continence garments offers you assurance and confidence.	Available in 3 styles including boxer, Y-front and full brief.
<b>Male Insert Pad</b>	Abri-Man Formula is a solution which enables you to live a normal active life. Designed especially for men to give all day comfort, dryness and security. Ultimate protection against leakage by unique pocket shaped barriers.	Available in 2 Absorbencies: 450 ml and 700 ml.
<b>Male Insert Pad</b>	Abri-Man Zero is a cup shaped product which follows the contours of the body for a snug, secure fit. The adhesive	Absorbency 2000 ml Size 18 x 9 CM

	strip secures the pad in position within your own underwear. This product is perfect for men who only loose drops of urine.	
<b>Male Rectangular Pad</b>	Abri-Man Slipguard offers extra absorbency and a different shape in comparison to the other Abri Man range.	absorbency 900 ml size 9 x 40 CM
<b>Shaped Pad</b>	Abri San Premium Unisex shaped pad with wetness indicators to identify when the product needs changing and Air-Plus breathable textile backing offers great wearing comfort. New improved inner cuffs ensure maximum leakage protection	Available in 12 absorbency levels
<b>All-in-One Briefs</b>	Abri Form Premium range has supreme all- in- one protection with maximum absorption and security against leakage. Non-woven backing and side panels are made from soft and breathable material providing a higher level of security and hold the pad in place	Available in 13 absorbency levels.
<b>Pull-up Pants</b>	Abri-Flex Premium can be worn just like normal underwear enhancing the users feeling of freedom and dignity. Abri-Flex has an extraordinary high number of elastic threads, offering superb comfort.	Available in 5 Sizes and Absorbencies.
<b>Pull-up Pants Special</b>	Abri-Flex Special has unique elastication in both legs and crotch area which provides an extra snug body fit. It is the ultimate solution if you have problems fitting a conventional pull-up or for use during intense physical activity	Available in 2 sizes.
<b>Pull-up Brief</b>	Abri-Flex Zero is a high cut product with a full white back sheet ensuring a more comfortable fit. This product is for light incontinence but available in a larger fitting size.	Available in 2 sizes.
<b>Belted Briefs</b>	Abri-Wing has been designed especially for people who are independent. The wings allow the skin to breath whilst minimising pressure on the stomach due to the low positioning of the fixing points. By enabling you to manage your own incontinence we are offering you increased freedom and a better quality of life	Available in 2 size ranges and 3 absorbency levels.
<b>Belted Briefs Special</b>	Abri-Wing Special has additional fasteners which allow you to pull the product into an extra snug fit in the crotch area and around the legs	Available in 2 sizes and Absorbencies: 2200 ml and 2400 ml
<b>Fixation Pants</b>	The Abri-Fix products are made from quality fabrics to ensure the most comfortable and easy solution. Abri-Fix is easy to use and looks and feels like good quality underwear. The products are reusable and offer comfort, security and dignity.	The Abri- Fix range is available in 8 styles including body stockings and sizes small to XX-Large.
<b>Shaped Pad Special</b>	Abri-San Special has specially designed barriers with built in pockets which offer full protection against leakage. The breathable Air-plus backing reduces the risk of skin soreness caused by repeated contact with faeces.	Absorbency 2000 ML Size 38 x 70 cm
<b>Abri- Let Anatomic</b>	Recommended for light to moderate incontinence, to promote dignity and comfort we recommend close fitting underwear or fixation pants are worn. Abri-Let pads can also be used for faecal smearing	Absorbency 500ML Size 20 x 43 cm
<b>Bed Protection- Disposable</b>	Abri-Soft is a disposable bed protector. Abri-Soft is designed to cover mattresses in order to absorb leakages, reduce odours and maintain dryness. The Abri-Soft is also ideal for use as additional protection for bed wetting and chair protection during procedures such as changing pads/nappies or making beds.	Available in 2 sizes and absorbencies
<b>Bed Protection- Washable</b>	The Abri-Soft washable underpads are available with rounded corners, side tucks or handles. All bed pads are made with an absorbent polyester soaker to ensure high absorbency. With great attention to detail and with every care taken this product is of the highest standard in order to	Available in 3 styles, 2 sizes and absorbencies

	provide you with a comfortable product, without compromising on quality or durability.	
<b>Chair Protection-Washable</b>	Attractive discreet protection for chairs, wheelchairs and flooring. The quick drying surface helps to protect patient's skin and the fluid proof layer protects your furniture.	Available in a variety of colours. Absorbency 235 ml
<b>Male Shaped Pad</b>	Abri-Man Special has a frontal double TopDry acquisition layer means extra absorption at the front. Specially designed pockets and a unique barrier system that prevents leakage.	Absorbency 2900 ml size 36 x 70 CM
<b>Ladies Washable Briefs</b>	The Abri-Wear Deluxe range is made from cotton/ lycra mix to ensure a snug fit, together with the latest high absorbency materials. The Abri-Wear Deluxe range of continence garments offers you assurance and confidence.	Available in 4 styles including full and mini briefs and ranging from 120ML absorbency up to 250ML absorbency.

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<b>Product</b>	<b>Description</b>	<b>Size</b>
<b>Tena Pads</b>	1:Tena Lady shaped pads with waterproof backing. 2:Tena Comfort shaped pads for use with support pants or close fitting underwear, with built in wetness indicator.	5 absorbency levels. Tena Lady are for light to moderate flow and Tena Comfort are for moderate to heavy
<b>Tena Pants &amp; Nappies</b>	1:Tena Fix are reusable stretch pants for use with Tena Comfort. 2:Tena Pants have a built in pad,breathable waterproof backing, elasticated waist and leg cuffs. 3:Tena Slip are an all in one diaper with built in Wetness indicator.	Tena Fix come in 6 sizes. Tena Pants have 3 absorbency levels & come in 5 sizes for Moderate to Heavy flow. Tena Slip come in 4 sizes with 3 absorbency levels & are for moderate to heavy flow
<b>Lille Range</b>	1:Lille Lady are economy small shaped pads with waterproof backing. 2:Lille Slip on are an all over pad for extra security.	Lille Lady come in 3 absorbency levels for light to moderate flow. Lille Slip on come in 1 size for moderate flow.
<b>Kanga Male Pouch Pants</b>	Washable Male incontinence pants with fly front opening and stay dry inner lining designed to hold disposable insert pads.	come in 4 sizes
<b>Bed &amp; Chair Pads</b>	1:Standard bed pad with non-slip waterproof backing and tuck in flaps.Polyester, felt and polyurethane 2:Bed pad machine washable to 60 degrees, supplied with free waterproof drawsheet.Polyester, felt and polyurethane 3:Disposable bed pad in Pulp paper and polythene 4:Chair, wheelchair or car seat, non-slip waterproof pad with Polyurethane backing.	Standard Bed Pad and Bed Pad both come in single and double size. Disposable Bed Pad comes in a range of sizes. Chair pads comes in 1 size.
<b>Mattress Covers</b>	1:Waterproof Mattress Cover in PVC 2:Waterproof, breathable, anti-bacterial, hypo-allergenic, machine washable Mattress cover in Terry Cotton with polyurethane membrane 3:Total enclosure zip on waterproof mattress cover. Textured PVC finish for better grip. Machine washable up to 75	Comes in Single, double and king sizes

	degrees C.	
<b>Duvet &amp; Pillow Protectors</b>	1:Waterproof, breathable, anti-bacterial, hypo-allergenic, machine washable duvet and pillow protector. Zip along edge. Machine washable. Terry Cotton with polyurethane membrane	Single, double and king size
<b>Pads for Men</b>	Small shaped pads designed specifically for the male anatomy	Come in 2 absorbency levels for light flow.
<b>Ladies Washable Pants</b>	Ladies pants with built-in pad. Choice of absorbencies.Made of Polyester/Cotton and last for 200 washes	5 sizes suitable for drip to light flow
<b>Mens Washable Pants</b>	1:Male Y front pants with fly front and built in pad 2:Male Boxer Short style with front opening and built in pad Both are made of Polyester/Cotton and last for 200 washes	5 sizes available suitable for light flow
<b>Uni sex washable pants</b>	1:Unisex all in one pants with built-in shaped pad 2:Unisex pants available with pouch on the inside or outside. Both are made of Polyester/Cotton and last for 200 washes.	5 sizes available suitable for moderate flow
<b>Readi Waterproof Pants</b>	Unisex Washable Waterproof incontinence pants made from softened polymer for extra protection against leakage. Can be worn over disposable pads for extra security.	Available in S,M,L, XL, XX large
<b>Lil Fit Supreme</b>	All in One Bodyworn Incontinence Pad.For heavy or continuous urinary incontinence or faecal incontinence, this incontinence pad is also ideal for the less mobile or bed based.	Come in 4 sizes
<b>Lil Pants</b>	Pull up Incontinence Pants with built in pad which can be worn like normal underwear. Incontinence Pants for Moderate Incontinence (larger loss or sudden need).	come in 4 sizes
<b>Lil Flex</b>	Belted All in One Bodyworn Incontinence Pad- combines security of all in one product with easy fixing and re-fastening. For heavy or continuous urinary incontinence or faecal incontinence	Come in 2 sizes
<b>Lil Classic Fit</b>	All in One Bodyworn Incontinence Pad. For heavy or continuous urinary incontinence or faecal incontinence, this incontinence pad is also ideal for the less mobile or bed based.	3 sizes available
<b>Tena Flex</b>	Tena Flex Incontinence Pads - Designed for maximum security against leakage for heavier conditions and/or users with lower levels of mobility. Added benefit of enabling normal toilet use without full product removal.	come in 4 sizes
<b>Lil Pad Insert</b>	Disposable incontinence pads that can be used as insert pads within washable pouch pants or as low cost disposable pad in normal underwear.	For light incontinence /bladder weakness

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<b>Product</b>	<b>Description</b>	<b>Size</b>
<b>Shaped Pads</b>	Attends Soft are shaped pads for light to heavy urinary incontinence with breathable back sheet, fixation tapes and a super absorbent core for improved skin dryness, leakage protection and odour protection.	Available in 11 absorbency levels.
<b>Pull-Ons</b>	Attends Pull-Ons are a pull up pant designed for light to heavy urinary and/or faecal incontinence. Breathable back sheet, elasticated waist and a super absorbent core for improved skin dryness, leakage protection and odour protection.	Available in a range of sizes from X Small to X Large and 3 absorbency levels.
<b>Under Pads</b>	Attends Cover-Dri are a range of disposable bed pads. Available in a range of sizes and absorbency levels. Contains super absorbent for improved skin dryness, leakage and odour protection	Available in 2 absorbency levels and 4 sizes
<b>Shaped Pads for Men</b>	Attends for Men are shields specifically designed for men with Post Micturition Dribble and slight to moderate urinary incontinence with a fixation tape and a super absorbent core for improved skin dryness, leakage protection and odour protection.	Available in 4 absorbency levels
<b>Shaped Pads</b>	Attend contours regular are shaped pads for light to heavy urinary and/or faecal incontinence with waterproof back sheet, wetness indicator, Contours Regular 2-5 have fixation tapes and a super absorbent core for improved skin dryness, leakage protection and odour protection.	Available in 9 absorbency levels
<b>Stretch Pants</b>	Attends Stretch Pants are fixation pants to secure Attends Contours 6-10 in place so reducing the risk of leakage. They can also be used with Attends Soft and Contours Regular 2-5 if close fitting underwear is not available.	Available in sizes Small to XX Large in 3 designs
<b>All-In-One Pads</b>	Attends Slips are all-in-one products for heavy/severe urinary and/or faecal incontinence. Available in a range of sizes and absorbency levels with a waterproof back sheet, wetness indicator, fixation tapes to secure the pad in place and a super absorbent core for improved skin dryness, leakage protection and odour protection.	Available in 3 designs, a range of sizes from X Small to X Large and 3 absorbency levels.
<b>Belted Products</b>	Attends Flex Air Comfort are an all in one belted product for heavy/severe urinary/faecal incontinence. Breathable back sheet, wetness indicator, fixation tapes to secure the pad in place and a super absorbent core for improved skin dryness, leakage and odour protection.	Available in 2 sizes and 3 absorbency levels
<b>Attends Male Washable Briefs</b>	The briefs look like normal underwear and have a built in absorbent pad. This allows the pad to stay in place and prevents twisting of the pad especially during the washing cycle. The product has a waterproof vinyl to prevent leakage, with an absorbency of 200mls. The products are guaranteed for 300 washes and can be washed at	Come in sizes, S,M,L,XL, XXL

	temperatures up to 95°C.	
<b>Attends Female Washable Briefs</b>	The briefs look like normal underwear and have a built in absorbent pad. This allows the pad to stay in place and prevents twisting of the pad especially during the washing cycle. The product has a waterproof vinyl to prevent leakage, with an absorbency of 270mls. The products are guaranteed for 300 washes and can be washed at temperatures up to 95°C	Come in sizes S,M,L,XL,XXL
<b>Attends Uni sex Washable Briefs</b>	The briefs look like normal underwear and have a built in absorbent pad. This allows the pad to stay in place and prevents twisting of the pad especially during the washing cycle. The product has a waterproof vinyl to prevent leakage, with an absorbency of 500mls. The products are guaranteed for 300 washes and can be washed at temperatures up to 95°C.	Come in sizes S,M,L,XL,XXL
<b>Adjustable</b>	Attends Adjustable is an all in one product designed to manage heavy/severe urinary and/or faecal incontinence. Breathable back sheet, wetness indicator, re-sealable fixation tapes that can positioned anywhere on the front panel for an improved fit, a superabsorbent core for improved skin dryness, leakage protection and odour protection.	Available in a range of sizes and one absorbency

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Product	Description	Size
<b>Penile Sheaths</b>	1: Simpla U Sheath with double sided uriseal liner, made of latex and comes in 4 sizes. 2: Simpla U Plus Ultra flex, double or single sided adhesive, comes in 4 sizes. 3: Simpla Aquadry Bulbous sheath, double or single sided adhesive, comes in S,M & L sizes and is made of latex. All items are available on prescription.	Simpla Range

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Product	Description	Size
<b>Pull-Up Pants</b>	Range of unisex disposable Pull-Up Pants from brands including: TENA Pants, Age UK Maxi Absorb, Lille Supreme and MoliCare. These discreet Pull Up Pants (Pull Up Adult Nappies) work just like normal underwear with a built in pad and are best suited for active people with moderate to heavy incontinence who are looking for more convenient and disposable incontinence products. They provide high security levels, include odour protection and are ultra absorbent. 100% breathable waterproof backing, elasticated waistband, anti leakage barrier, leg cuffs to prevent leakage and a wetness indicator to indicate when pull up pant should be changed.	Available in various sizes X Small - X Large and in absorbencies from 400 ml - 2900 ml
<b>All In One Briefs</b>	Range of unisex disposable All-In-One Incontinence Briefs from brands including: TENA Slip, Age UK Maxi Absorb Feel Dry, Lille Supreme Fit, MoliCare and Softisof Shaped. These All in One Briefs (Adult Nappies) are designed for moderate to heavier	Available in various sizes X Small - XX Large and in absorbencies from

	incontinence conditions and/or users with lower levels of mobility or those who are bed based. Designed with a textile like fabric against the skin, with breathable waterproof panels, all working to keep skin as fresh as possible and fits completely around the body before being fastened securely with tapes. Elasticated waist for extra comfort, stay dry non-woven top layers, leg cuffs to prevent leakage and a wetness indicator to indicate when pad should be changed.	1300 ml - 4100 ml
<b>TENA Flex Belted Product</b>	The TENA Flex Incontinence Pad is a revolutionary unisex range for heavy incontinence conditions. Unique 100% Breathable belted product that is easier and quicker to change than traditional products. It offers the security and flexibility of an all-in-one system combined with comfort and discretion and the added benefit of enabling normal toilet use without full product removal. Incorporates SuperFit waist belt and ComfiStretch elastic s which gently stretch to follow the body movements improving comfort for users, as well as odour neutraliser control and wetness indicator.	Available in various sizes Small - X Large and in absorbencies from 1700 ml - 4900 ml
<b>Mini &amp; Small Shaped Insert Pads for Women</b>	Range of Mini & Small Shaped Insert Pads from brands including: TENA Comfort Mini/TENA Lady, Supreme Lille Light, MoliMed Comfort and Age UK Maxi Absorb Discreet Women Pads. These discreet disposable pads fit neatly into your normal underwear as they are supplied with sticky fixing tapes to hold them in place. Highly absorbent inner core and suitable for light to moderate urine incontinence.	Available in various absorbencies from 140 ml to 1030 ml
<b>Small Shaped Insert Pads for Men</b>	Range of Male Shaped Insert Pads from brands including: TENA Men, MoliMed for Men and Age UK Maxi Absorb Discreet Men Pads. These discreet disposable pads have been specifically designed for the active man and are to be used and ed into normal underwear. Available in various styles including v-shaped, pouch-type and anatomically shaped all with a soft, breathable leak proof backing, odour control and a strong adhesive strip to secure into normal underwear. Suitable for urine incontinence.	Available in various absorbencies from 140 ml to 800 ml
<b>Large Shaped Insert Pads</b>	Range of unisex Large Shaped Insert Pads from brands including: TENA Comfort, Lille Supreme Form, MoliForm Soft, Softisof Shaped and Age UK Maxi Absorb Large Pads. These disposable large shaped pads are to be used with Stretch/Fixation Pants - specially designed to hold larger pads securely in place and hug the body more neatly and discreetly than day to day underwear. For moderate to severe incontinence and available in both daytime and night-time absorbency.	Available in various absorbencies from 500 ml to 3300 ml
<b>Rectangular Pads</b>	MoliNea Couche and Classic Lille rectangular disposable pads with waterproof backing. Thin and discreet to be used with our underwear.	Available in various absorbencies from 115 ml to 1250 ml
<b>Large Shaped Insert Pads for Men</b>	MoliForm Soft for Men large shaped disposable pads are specifically designed for men as it is larger at the front. For moderate to heavy urine incontinence and faecal incontinence. Wear with stretch fixation pants. Advanced Dry technology to provide 30% more dryness providing extra protection for the patient's skin avoiding swelling and irritation. Soft breathable waterproof backing and wetness indicator.	Absorbency 1000 ml



<b>Stretch/Fixation Pants</b>	Range of unisex Stretch/Fixation Pants from brands including: Age UK, TENA Fix and MoliPants. Stretch Pants are specifically designed, figure hugging pants to hold large shaped disposable pads securely in place. Making sure you get the right fit reduces the risk of incontinence leaks, will be more comfortable and will feel more secure.	Available in sizes Small - XX Large and in pack of 5 or 25
<b>Ladies Washable Pants</b>	Range of Ladies Washable Pants from brands including: Kylie, Martex and Senset. These pants look and feel just like everyday underwear but provides the additional security of an extra absorbent built in incontinence pad offering comfort and discreet support for mild urinary incontinence. Made from Polyester Cotton and last for 200 washes.	Available in sizes Small - XX Large and absorbencies 150 ml to 350 ml
<b>Men's Washable Pants</b>	Range of Men's Washable Pants from brands including: Kylie, Martex and Senset. These pants look and feel just like everyday underwear but provides the additional security of an extra absorbent built in incontinence pad offering comfort and discreet support for mild urinary incontinence. Available in Y-Front or Boxer Short styles. Made from Polyester Cotton and last for 200 washes.	Available in sizes Small - XX Large and absorbencies 300 ml to 650 ml
<b>Kanga Male Pouch Pants</b>	Washable Male Incontinence Pants with fly front opening and stay dry inner lining designed to hold disposable pads	Available in five sizes - Small - XXL
<b>Kanga Lady Pouch Pants</b>	Washable Female Incontinence Pants with discreet, externally fitted waterproof pouch to hold pads offering maximum protection, absorbency and reliability. Come in a fuller style along with elasticated waist and leg bands	Available in four sizes - Medium - XXL

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<b>Product</b>	<b>Description</b>	<b>Size</b>
Pull- Up Pants	MoliCare Mobile Light, MoliCare Mobile and MoliCare Mobile Super are discrete pull-up pants with soft breathable textile backing, which can be worn like normal underwear. They can be easily pulled on and off enabling you to continue with an active life.	For moderate to very severe use, available in up to 5 sizes.
Small Shaped Pads	MoliMed small shaped pads with adhesive strip, can be worn with own underwear. MoliMed for men active (pouch) and MoliMed for men (V-Shaped) are small pads designed for men.	For slight use.
All-in-one Briefs	MoliCare soft all-in-one briefs with textile-like backsheets, breathable side panels and Active Skin Protection for greater discretion and skin integrity. New re-closable hook and loop tabs for easy application. MoliCare Super Plus are all in one briefs have a fully waterproof backsheet and extra high absorption capacity for very severe use.	For moderate to very severe use, available in up to 5 sizes.
Belted Briefs	MoliFlex, MoliFlex Maxi & MoliFlex Super are belt all-in-one briefs with breathable textile backsheets.	For severe to very severe use available in 2 sizes.
Fixation Pants	MoliPants fixation pants hold shaped or rectangular pads securely in place.	Available in up to 5 sizes
Shaped Pads	MoliForm soft shaped pads with textile-like backsheets for maximum wearing comfort and highest discretion. Active Skin Protection	For slight to very severe

	features help to maintain your skin dry and healthy. For best product performance use MoliForm shaped pads with MoliPants fixation pants.	use.
Rectangular Pads	MoliNea rectangular pads with waterproof backsheet are to be worn with MoliPants fixation pants. MoliNea Couche pads with adhesive strip to be worn with your own underwear.	For slight use available in 5 sizes
Shaped Pads	MoliForm soft for men has been especially designed for the male anatomy with higher absorption at the front of the pad. For best product performance use MoliForm shaped pads with MoliPants fixation pants.	For slight to very severe use.

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@bladderandbowelfoundation.org](mailto:help@bladderandbowelfoundation.org) or write to us at The Bladder and Bowel Community, 7 The Court, Holywell Business Park, Northfield Road, Southam, CV47 0FS.

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