

Prevention

- Keep catheter equipment clean and draining freely
- Empty bladder routinely
- Follow a regular bowel programme (try to keep stool soft)
- Check skin daily
- Wear loose-fitting clothing
- Check for painful stimuli
- Empty bladder and bowel before sexual activity and consider using medication
- Carry an Alert card

What to do during an attack:

1. sit up or raise the head of the bed IMMEDIATELY
2. look for the cause of the irritation: check bladder/bowel/skin
3. remove the cause
4. catheterise /check catheter for kinks/empty bag: note: empty bladder slowly to avoid spasms; is an infection present?..treat as advised by physician
5. if there is stool in the rectum, apply numbing gel, wait 5 minutes and remove stool gently.
6. Loosen tight clothing; remove any sharp objects in pockets or on seat; reduce irritation

from cuts/burns etc. with cold cloth and medication; trim ingrowing toenails after first anaesthetising the area (treat infection if present)

7. If AD occurs during sexual activity, check for pressure on testicles or penis; stop, sit up and rest.