

# Toileting aids and urinals



It is encouraging to know that there are a large variety of toileting aids and urinals available, but important to know that no single product will suit everyone's needs and it is not uncommon for people to use a combination of products. It is a case of finding what best suits an individual's needs and this will be identified following a full assessment which may be undertaken by a nurse, occupational therapist, physiotherapist, or a multi-disciplinary approach.

For some people (adults, children and young people) can be at the very least, somewhat difficult or a challenge, or is simply an impossible task to undertake independently. There are many toileting aids available that can assist people and help them manage their toileting needs more independently.

## Hand held urinals

A hand-held urinal is a device which you urinate into, which then contains the urine until it can be disposed of. Hand-held urinals can give people the opportunity to independently manage toileting either in their home or when out and about. Handheld urinals are particularly useful in the following circumstances:

- When there is an urgent and/or frequent need for bladder emptying and getting to the toilet in time is an issue.
- Where limited mobility or flexibility makes using the toilet difficult.
- Going on long journeys or any other time when access to a toilet is difficult.
- To promote independence and less reliance of others, thus being more independent and private with toileting.

## Bedpans

Bedpans are used for passing urine or stool while in bed or on a chair.

## Commodes

A commode is a portable toilet, with a disposable or reusable pan or bowl beneath. A commode can be very useful and can enable independent living with limited help, and they come in a variety of forms e.g. static, movable, multi-purpose, shower chair.

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**Toilet seat raisers and frames** – Toilet raisers increase the height of your usual toilet seat to make getting on and off easier if moving between standing and sitting is difficult.

## **Urine directors**

Urine directors can help direct the flow of urine for a man who has a short or retracted penis. Some men have a urine stream that sprays and a urine director can assist with accurate direction of the stream.

## **Bottom wipers**

A bottom wiper is a device which helps you reach your bottom to clean it in people who have, for example, poor hand control or reduced ability to turn around.

## **Bidets and specialist toilets**

A bidet looks similar to the bottom of a toilet. They produce a jet of water which washes the bottom area following use of the toilet, which can be useful if you have a problem wiping yourself after using the toilet. Other more specialist toilets are available. These can be expensive, but may be a consideration.

## **Urinals on prescription**

Some urinals are available on prescription. Speak to your healthcare professional or contact us at Bladder & Bowel UK for further information.

## **Further information**

Find more information about adult bladder and bowel health in our information library at [www.bbuk.org.uk](http://www.bbuk.org.uk)

You can also contact the Bladder & Bowel UK confidential helpline. For further advice on bladder and bowel problems speak to your GP or other healthcare professional.