You may find that you have less warning about going to the toilet and your bladder may need to be emptied more often. You may also be woken up a few times at night to go to the toilet. It may also cause you to be incontinent.

If you have urge incontinence, seek help from a qualified health professional.

Urge incontinence can cause falls in these ways:

- Rushing to the toilet, may cause you to lose focus on your surroundings causing you to trip over things.
- Getting out of bed quickly and hurrying to get to the toilet in the dark or under falling sleeping.
- Using a walking aid for support (if required) when you are in a hurry.
- Having a disturbed sleep can cause you to be at a higher risk of falling during the day if you are tired and drowsy.

What you can do:

- Seek help from your doctor.
- Check with your doctor if your medications are causing the problem.
- Your doctor may refer you to a continence specialist, physiotherapists, nurses or others.
- Avoid drinking too much or too little fluid. Your doctor can help you work out your appropriate fluid intake.
- Cut back on caffeine and alcohol, especially before going to bed at night.
- Ensure the path to the toilet is free from clutter, obstacles and slipping hazards.
- Ensure good lighting to the toilet. Use night lights or leave the lights on at night.
- If the toilet is not nearby, place and use commodes or mobile chairs close to the bed.

Acknowledgement to:
iSOLVE fall prevention partnership project (The University of Sydney, Northern Sydney Medicare Local, Clinical Excellence Commission)
Continence Foundation of Australia

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Version 1
SHPN: (CEC) 150326 NH 700058