



# Prevent IBS Accidents

by YVONNE BANKS

---

## One Thing All IBS Sufferers Should Have With Them at All Times

You may have had an incident where you have been on the road with no bathroom facilities available. Your irritable bowel decides to act up and you begin to cramp up with the need to evacuate. This is one of the worst case scenarios for an IBS sufferer. Your only choice is to find an isolated part of the road to do your business or attempt to hold it.

It is very common for an IBS sufferer to have a soiling accident because the bowel sphincter cannot hold the stool back. If you have had situations where you have had near misses or actual accidents, you should prepare yourself for the worse. It is inevitable that you will eventually experience problems, and you can save yourself from embarrassment by putting together a bag of essentials to help you when you feel the symptoms coming on and you do not have access to a rest room. Having the things you need available to you will reduce the stress of the issue when it comes about, thereby reducing the IBS symptoms.

### The Essentials

First of all, shop for a handy bag to keep the items in. It can be something discreet so that no one would think of looking in, or you can opt for a decorative bag that goes with your car décor. You should buy a small bag to carry the smaller items in case you are going to be walking where there are no toilets.

Being prepared will offer you the confidence to be able to go places and not worry about your IBS. You can feel assured that if something does aggravate your IBS, you have the means to deal with it in a dignified manner. Let's look at what you should keep in your designated bag. This kit should include the following things, though some are back-up items you may need in case the restroom is poorly stocked.

- Toilet paper (most important!!)
- Wet wipes
- Antibacterial soap
- Instant Hand Sanitizer
- Imodium
- Air Freshener
- Plastic bag (to put used toilet paper in)

If you are worried you will have an actual accident where you soil your clothes, you should also keep these items in your car:

- Change of clothes
  - Adult incontinence pads (or sanitary pads)
  - Portable toilet, if it is a long trip
-

---

Having these articles on you at all times is essential. You never know when your IBS will flare up, and it seems like when it does it's only at the most inconvenient times. But being prepared doesn't mean you are giving into the IBS. By acknowledging that you do have the condition, you know that it is important to prepare yourself, and this will make you more confident and relaxed so that you enjoy the activities you participate in.