DIAPPERS
Potentially reversible/treatable causes of urinary incontinence

Transient conditions/symptoms causing or contributing to urinary incontinence that you need to look for and treat

D - Delirium
- talking silly/funny stuff
- seeing funny things in the mind
- mixed up thoughts
- acting strange

I - Infection (urinary tract)
Bug that causes:
- recurrent or new infection
- smelly wee
- burning and stinging in men's and women's lower private parts
- weeing more
- feeling hot/unwell when passing wee
- pain in lower back/belly

A - Atrophic urethritis/vaginitis
Women’s problems:
- itching, dryness, tenderness of women's private parts
- pale skin colour in private parts
- sore when having sex

P - Psychological
- feeling sad/low mood
- withdrawn
- poor appetite
- no energy
- not sleeping

P - Pharmacological
- medicine/drugs or potions/other stuff that affect waterworks or bowels

E - Excessive urine output/endocrine disorders (diabetes)
- passing lots of wee day time or night time

R - Restricted mobility
- unable to walk far
- unable to get to the toilet
- unable to undress self to wee or poo
- can’t get about easy

S - Stool impaction (constipation leads to impaction)
- hard, lumpy poo, dry motion
- poo blockage that is not fixed/helped/cleared out
- bunged up for a long time

To be used with local area language and interpretation.

For further continence information contact National Continence Helpline:
Freecall 1800 330 066
RED FLAGS
Significant and causative factors related to urinary incontinence in older people
Warning signs/what to look out for

Pain in lower pelvic region:
• sore/hurts
• discomfort
• straining/grunting to pass poo

Recent unexplained weight loss:
• losing weight without trying and without a reason

Recent sudden change in bowel habit (poo changes):
• hard/runny/soft/watery
• size/time/colour and amount
• going to the toilet more or less

Pelvic mass:
• lump in the belly or private parts

Rectal bleeding:
• blood in poo
• blood from back passage

Persistent diarrhoea:
• runny/soft/watery poo that does not go away
• liquid bowel/poo/motion
• smelly poo

Haematuria (wee changes):
• pink/red blood in the urine
• water passed is red colour

Recurrent symptomatic urinary tract infection:
(wee infection that recurs and is troublesome)
• stinging/burning when weeing
• weeing more
• smelly wee/unclear wee
• pain in lower back/belly area
• feeling unwell
• with/without fever

History of pelvic surgery or irradiation:
(private part operation men/women)
• past operation on female/male lower private parts
• special treatment for sickness past or present

Major pelvic organ prolapse:
• lump in private parts/men’s and women’s business
• women’s private parts hanging out