

Continence management during an emergency

Washing guidelines for re-usable (washable) products

Soiled linen should be cleaned by removing excess faecal matter from the continent product;

- Rinse the article under cold running water
- Soak the article in a sanitising solution according to the manufacturer's instructions on the label
- If electricity is available wash the article in a washing machine on a normal cycle using cold water and detergents designed for cold water
- In the event of an electricity disruption, hand wash the articles after soaking/sanitising, rinse thoroughly, wring and hang to dry
- Contact family or friends who may have alternative facilities.

Washing safely without hot water for short periods

If hot water is not available for up to 24 hours then it is appropriate not to wash, unless hygiene is a particular issue. If hygiene is an issue, baby wipe products that are not soap based may be used without water.

For further advice

For advice on local continence services or queries regarding continence management strategies contact:

**The National Continence Helpline on
1800 33 00 66**

Alternatively, contact your GP.