



A GUIDE TO TRAVELING WITH MEN'S URINARY INCONTINENCE

Millions of men deal with urinary incontinence throughout their daily lives. This condition that affects so many can be especially difficult when you are outside of your normal routines. Travel, for example, takes us out of our comfort zone and into worlds we are less familiar with. This unfamiliarity can heighten the emotions and concerns we feel when dealing with men's urinary incontinence. The thought of not knowing where your next bathroom break will be can turn even the most exciting journeys into a bad experience.

At Men's Liberty, we know these struggles all too well. We've put together this helpful guide with things to consider before your trip, common hurdles faced throughout, and how Men's Liberty can help you solve for these challenges and focus on the journey ahead.

Preparing for Your Trip

Being away from home and finding yourself unable to manage your incontinence can be a frightening feeling, but the proper preparation can help ease this fear. Here are some items that should be considered before your trip:



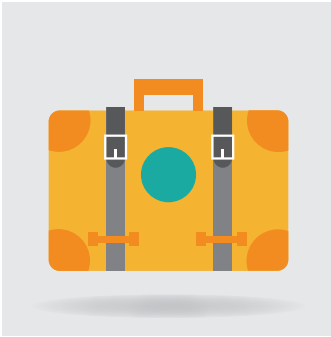
Refill your prescriptions

If you use a prescription medication to manage your UI, you'll want to make sure you have enough medication to get through the trip. Calling your Doctor to refill the prescription while traveling is a headache no one wants to deal with.



Collect the documents you need

Getting through the TSA line at the airport can be met with some friction if you are wearing a device to manage your incontinence. It is generally a good idea to carry a doctor's note, or a TSA card that explains your need for a UI device. You can also contact the airline before your trip to receive more details on special pat down and inspection procedures.



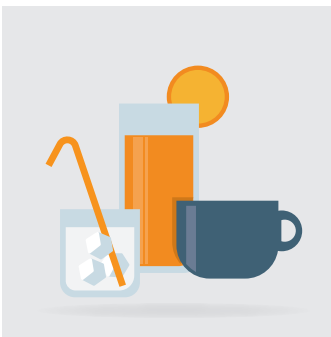
Plan for the unexpected

Some of the most unexpected curveballs can be thrown at you during the course of a travel day. Imagine you've planned extensively and packed away every possible supply you will need during your trip. You're feeling great about the amount of preparation efforts you have put forward until the attendant at the counter tells you your bag did not arrive on the same flight as you. Pack UI supplies in your carry-on to make sure you are prepared for the unexpected. Having necessities in your carry-on will buy you extra time until the rest of your luggage arrives.



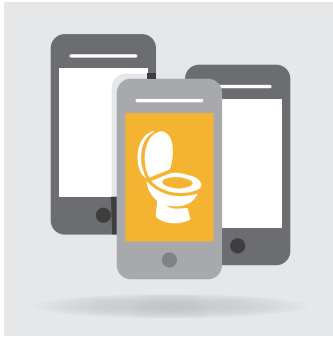
Dress for a day of travel

This one may seem obvious but thinking about the clothing you wear on your trip can make a difference. Be sure to consider the ease of access for quick resolution of any accidents that may arise. Some prefer darker clothing if you are relying on an adult diaper for protection. This approach makes small leaks less noticeable. If you are relying on a less reliable UI solution, it might be a good idea to pack a change of clothes in your carry on.



Continue to drink fluids

Purposefully cutting back on water intake leading up to your trip might seem like a good idea now, but the strain of travel coupled with being dehydrated can make for an uncomfortable journey. It is important to maintain your fluid intakes and instead rely on a product that will keep you dry while allowing you to stay hydrated.



Download helpful phone apps

That's right. There's an app for this, too. Finding a bathroom at a tourist attraction can be a tough task. Fortunately, there are apps out there to help with this. Charmin has a helpful app called "Sit or Squat" with the sole mission to make clean bathrooms easy to locate. A helpful tool like this might be the added confidence boost needed when you hit the ground running at your destination.

Protecting Against Unwanted Scenarios During Your Trip

If you or someone you love suffers from male urinary incontinence, deviating from normal routines can be a stressful scenario. A variety of urinary incontinence solutions on the market are meant to help ease this fear but have their own shortcomings. Proper preparation can offset some of these hurdles, but having the right solution is key. Let's look at a few travel scenarios that become less difficult to overcome when you add the Men's Liberty solution for managing urinary incontinence into the equation:



Longer Periods Between Bathroom Breaks

Whether you are traveling by land, sea, or air, chances are it will be difficult to visit a bathroom at the frequency you are used to. Adult diapers can offer a short-term solution to this problem but getting the opportunity to change your adult diaper can be equally as challenging. The same is true for internal catheter products. The risk of infection with these products grows as the presence of germs in public places increases.



Men's Liberty offers longevity, so you can endure the unexpected layover. The Men's Liberty device can be worn for up to 24 hours before needing to reapply with new adhesive. This reduces the need to reconfigure your UI solution in the middle of a long travel day.



The Feeling of Constraint When You are Supposed to be on the Go!

Relying on products to relieve symptoms of urinary incontinence during a travel can leave anyone feeling limited. The constant monitoring of adult diapers or the concern of a leak is enough to make some wish they stayed home. These solutions can also restrict motion due to their size. Not to mention, packing adult diapers is a bulky add-on to your luggage. They are hardly discreet.



The Men's Liberty solution for Urinary Incontinence is lightweight, discreet and easy to pack. It is used by adaptive athletes because of its ability to keep them dry for long periods of time, so you won't be the one holding up the group. Your travel companions will appreciate the reduction of frequent urination stops too!

Men's Liberty offers a fast, on the go solution.





Let the Focus be on Fun. Not Incontinence.

We often travel to catch up with old friends. The last thing you'll want to talk about during your trip is your UI condition. Friends and loved ones will inquire because they care about you and you, but this is too much for individuals who want to avoid the topic altogether. UI can be a hard topic to avoid while reconnecting with friends if you are simultaneously dealing with the uncomfortable side effects of condom catheters. An unexpected urinary tract infection can also get in the way of rekindling old bonds. UTIs are another unfortunate outcome from many UI products.



The Men's Liberty device attaches to the tip of the male anatomy, reducing the irritation associated with condom catheters. Dealing with these irritations on the go will surely detract from the real focus of your trip. Since Men's Liberty reduces the risk of UTIs, so you can enjoy your trip without filling a prescription to deal with a last-minute infection.

The Benefits of Men's Liberty to Someone on the Move are Clear

- ✦ Designed to be discreet
- ✦ Men's Liberty can be worn for up to 24 hours
- ✦ Reduced risk of infection compared to alternative Foley catheters
- ✦ Easy to empty on the go
- ✦ Covered in the U.S. by Medicare and over 3000 private insurances, workers compensation, and VA Tricare

Consider Men's Liberty for your Journey

The solution you use to manage your male urinary incontinence can make all the difference. If you are managing incontinence with adult diapers, or a traditional catheter, there is a better solution available through Men's Liberty. What better time to find a new, more reliable solution than leading up to big travel plans.

Men's Liberty is covered in the U.S. by Medicare and over 3000 private insurances, workers compensation, and VA Tricare. Ordering Men's Liberty is easy!

You can get started today by visiting
www.mensliberty.com
or by calling our customer service care specialists
1-800-220-1366

