

# UNPOTTY TRAINING, DIAPER TRAINING, URINARY INCONTINENCE GUIDE, OR WHAT YOU WILL...

This is meant as a supplement to  
[the 12 Month Program](#)  
and is for people seeking Urinary  
Incontinence Only

# Contents

- ▣ [Supplies](#)
- ▣ [How to put on a diaper](#)
- ▣ [How do I relax down there?](#)
- ▣ [Good practices](#)
- ▣ [Meditation](#)
- ▣ [Expectations](#)

# Supplies

- ▣ [STEP 1 Protect your Bed](#)
- ▣ [STEP 2 Protect your Body](#)
- ▣ [STEP 3 Diaper Supplies](#)
- ▣ [STEP 4 Clothing Supplies](#)
- ▣ [STEP 5 Food Supplies](#)

# Protection for your bed



Bed Pads to protect your sheets. I recommend 3 so that you always have a dry one.  
**\$15-\$25 each**



A waterproof mattress protector because your bed pad will fail occasionally  
**\$15 - \$120**

# Protection for your body



You should shave your diaper area. This prevents odor and bacteria from clinging to the hair down there. You must use one razor for your face and one for your diaper area to avoid transfer of bacteria

**\$7-12 for the razor, then replacement blades**



If you prefer electric razors you can get an waterproof razor

**\$70**

# Protection for your body



You should wipe after each change to keep your diaper area clean

**\$2-4 per tub of wipes**



If you have sensitive skin you should use diaper rash cream during each change as well

**\$7 per tube**



# Diapers



- ▣ You will need to establish different diapers for different needs
  - Daytime diaper
  - Nighttime diaper
  - Stealth diaper/Workout diaper
  - Boosters
  - Cloth diapers

# Where to learn which and how?

- ▣ [A good basic site](#) – *Diaperinfo.com*
- ▣ [Another basic site](#) with reviews and great information.  
*Incontinencesupport.info*
- ▣ How do I know how well a diaper performs?
  - You alone can judge that through personal tests for fit and use
  - But Xpmedical offers a great resource in their [capacity test](#)



# Price (Disposables)

- For each diaper you should also consider price

Cost per case	Diapers per case	Brand	Cost per diaper	Type	365 days	x3	x4
90.72	48	Bellisimo	\$1.89	Night	\$689.85	\$2,069.55	\$2,759.40
85.49	56	Molicare	\$1.53	Day	\$558.45	\$1,675.35	\$2,233.80
65.96	48	Bianco	\$1.37	Day	\$500.05	\$1,500.15	\$2,000.20
59.95	42	Abena	\$1.43	Day	\$521.95	\$1,565.85	\$2,087.80
109.95	72	Tena	\$1.53	Day	\$558.45	\$1,675.35	\$2,233.80

- Based on this chart, Bambino Biancos are the best diaper based on cost per diaper of premium diapers to start.
- Other diapers are cheaper once you master wetting
  - Examples: Tranquility ATN and Wellness Briefs

# Diapers

- ▣ Daily Diaper – Basic
- ▣ This is your out and about diaper, the diaper you practice with and may very well be the only diaper you use



# Diapers

- ▣ Stealth Diaper—  
Invisible under clothes
- ▣ This is the diaper you wear to the gym or under dress slacks. They are just as absorbent as the other diapers but extremely discreet.
- ▣ You can also wear a cheap diaper to the gym



# Diapers

- ▣ Boosters— Placed inside a diaper to increase capacity for long durations between changes
- ▣ If you have a small penis that likes to point up, you can fold one of these into thirds and place down the front of the diaper. This creates a dam and also keeps the penis pointed down



# Diapers

- ❑ Baby Diaper Boosters—  
Placed inside a diaper to increase capacity for long durations between changes and can be taken out and replaced to increase the duration of the adult diaper
- ❑ While you cannot have an extra adult diaper in your pocket, you can certainly keep a few baby diapers. Easy to hide, easy to dispose of.
- ❑ Caution on price. If the price of your baby diaper is close to your adult diaper it is not worth it.





# Cloth Diapers

- ▣ I recommend [Babykins](#) for your cloth diapers unless you want to seriously go the cloth route in which case research [AdultClothDiapers.com](#) and [Rearz.com](#)



# Cloth Diapers

- ▣ [01 – KINS Hook and Loop Cotton Adult Cloth Diaper](#)  
[10500](#)
- ▣ Price: from \$26.00
- ▣ This diaper works great over a disposable at night for extra protection or as a cover diaper for cloth diapers during the day





# Cloth Diapers

- ▣ 08 – KINS Terry Pull-On Pant 100% Cotton Adult Cloth Diaper 20800
- ▣ Price:\$16.00
- ▣ 09 – KINS Double Layer Terry Pull-On Pant 100% Cotton Adult Diaper 20850
- ▣ Price:\$21.00
- ▣ 10 – KINS Flannel Pull On Adult Cloth Diaper 20900
- ▣ Price:\$13.00



Pull up Cloth Diapers-  
These work great as a protection over a disposable during daytime wear or to be combined for cloth diapering solo

# Diaper Cover

- ▣ Active Brief PUL Pant  
LABPUL Price: \$23.95 – \$28.95
- ▣ [At Adult Cloth Diaper](#)
- ▣ No matter what you will want to wear plastic pants. PUL is more breathable
- ▣ You need to buy taller versions for bedtime



# Diapers

- **Buy by the Case. It is much, much cheaper.**
- **Work out how many diaper you will need (usually 4-6 per day at first) and always make sure you have 3 months of diapers on hand**
- **You never know when your supplier will be out and you don't want it to be when you are out. PLAN AHEAD**

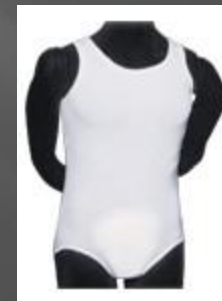


# Clothing

- ▣ All of your pants will need to be +1 size in the waist to accommodate the diapers
- ▣ Wearing dark colored pants will eliminate the obviousness of a leak
- ▣ You will benefit from long fitting shirts, jackets, blazers, hoodies that cover your crotch
- ▣ Some people will notice anyway and that is ok... “I am incontinent”

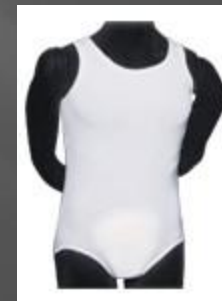
# Clothing – Your new best friend

- ▣ The onesie will hold the diaper close to your body
  - Prevent odor
  - Prevent sagging
- ▣ The real benefit is comfort of never having your diaper appear when your shirt rides up or you bend over



# Clothing – Your new best friend

- ▣ Call it a onesie or a Body Stocking these will help tremendously! All of the major retailers have them ([xpmedical](#), [ACD](#), [Babykins](#), and more)
- ▣ **Average cost \$26-45**



# Food Supplies

- ▣ **WATER WATER WATER!**
- ▣ Drink a bottle every half hour to start.
  - Once you have mastered peeing you will drop that to every hour (About 1 Gallon)
- ▣ If you are disciplined enough to use glasses or a large jug, do so, but it need to be a steady introduction of water to your body.
- ▣ Too much, too fast can make you sick





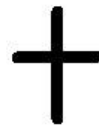


**Have a glass/cup of tea in mid morning and then another in mid afternoon/evening.**

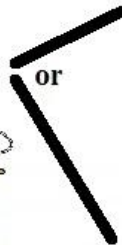
**Drinking ice tea is less likely to stain your teeth**



**One Bag Catnip Tea**



**One Bag Nettle Tea**



## **Tea to help with inducing Urinary Incontinence**

**In addition to relaxing, the tea also helps relax the bladder muscle, making it harder to hold back urine.**

# Foods

## ▣ Foods You want

- Blackberries
- Cranberry juice
- Watermelon
- Honey
- Almonds
- Other healthy dietary choices
  - Taken from 12 month Guide

## ▣ What to avoid

- Salt
    - Salt makes your body retain wate
  - Aspartame (Diet drinks)
    - Makes you hungry
    - Damages the brain
- Taken from 12 month Guide

# How to put on a diaper

# How to diaper

## Abri-Form



1

Fold the brief lengthways with backsheet turned outwards.

Do not touch the inside of the brief.

2

Pass the folded brief from front to back.



**3**

Pull out the brief horizontally at front. Shape it to create "pants with legs".

**4**

Pull out the back of brief horizontally. Make sure it fits snugly into the groin area, backsheet turned outwards.

**5**

Fix bottom tapes on both sides. It may be helpful to angle the tapes slightly upwards to improve the fit around the legs.

**6**

Form a pleat in the band of the brief.



**7**

Fix top tapes angled downwards over the pleat.



**8**

Make sure the edges of the brief ease into the groin area, backsheet turned away from the skin.

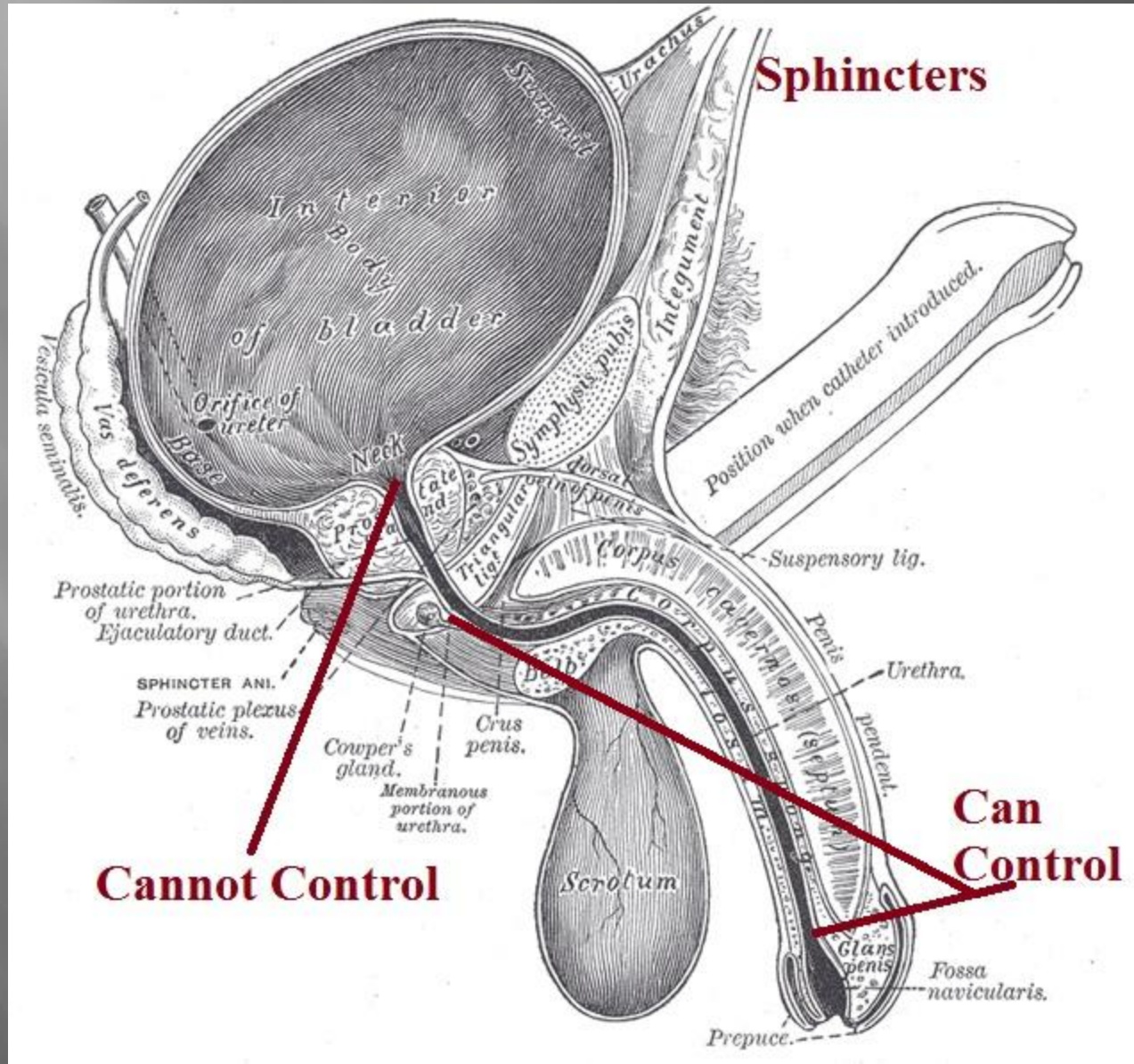


# Ok, so how do I do it?

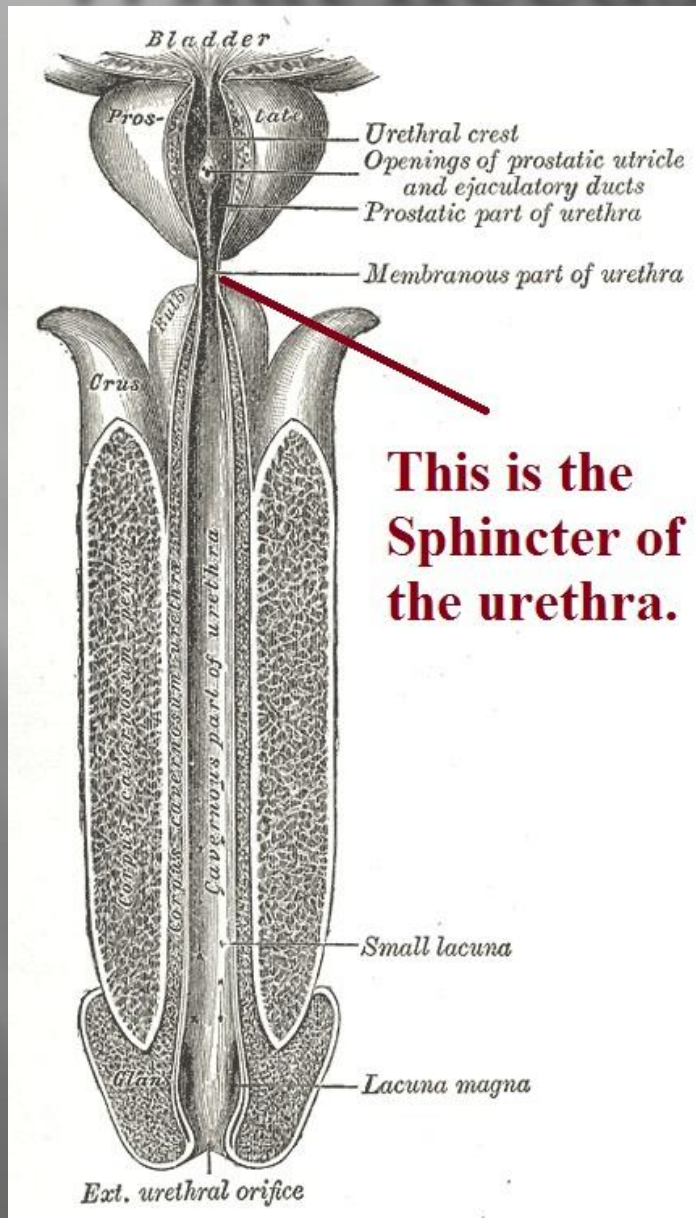
- ▣ The most important key is to feel and remember
  - You have to develop muscle memory
- ▣ [Read the 12 Month Guide](#)
- ▣ While this doesn't go into too much details on the how, it does give you an idea on your life practices and diet



# What can I control?



# What needs to be relaxed

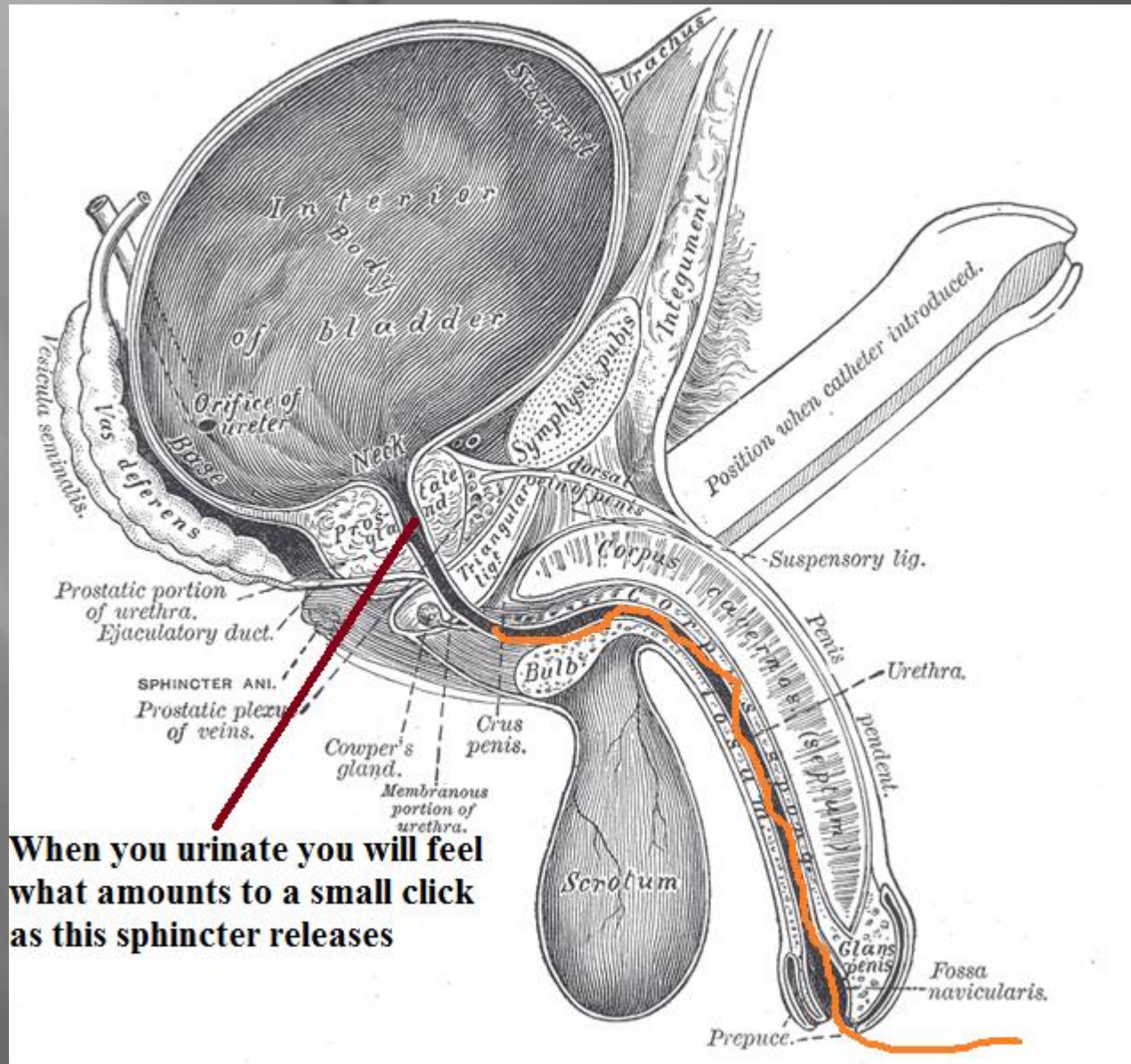


**This is the Sphincter of the urethra.**

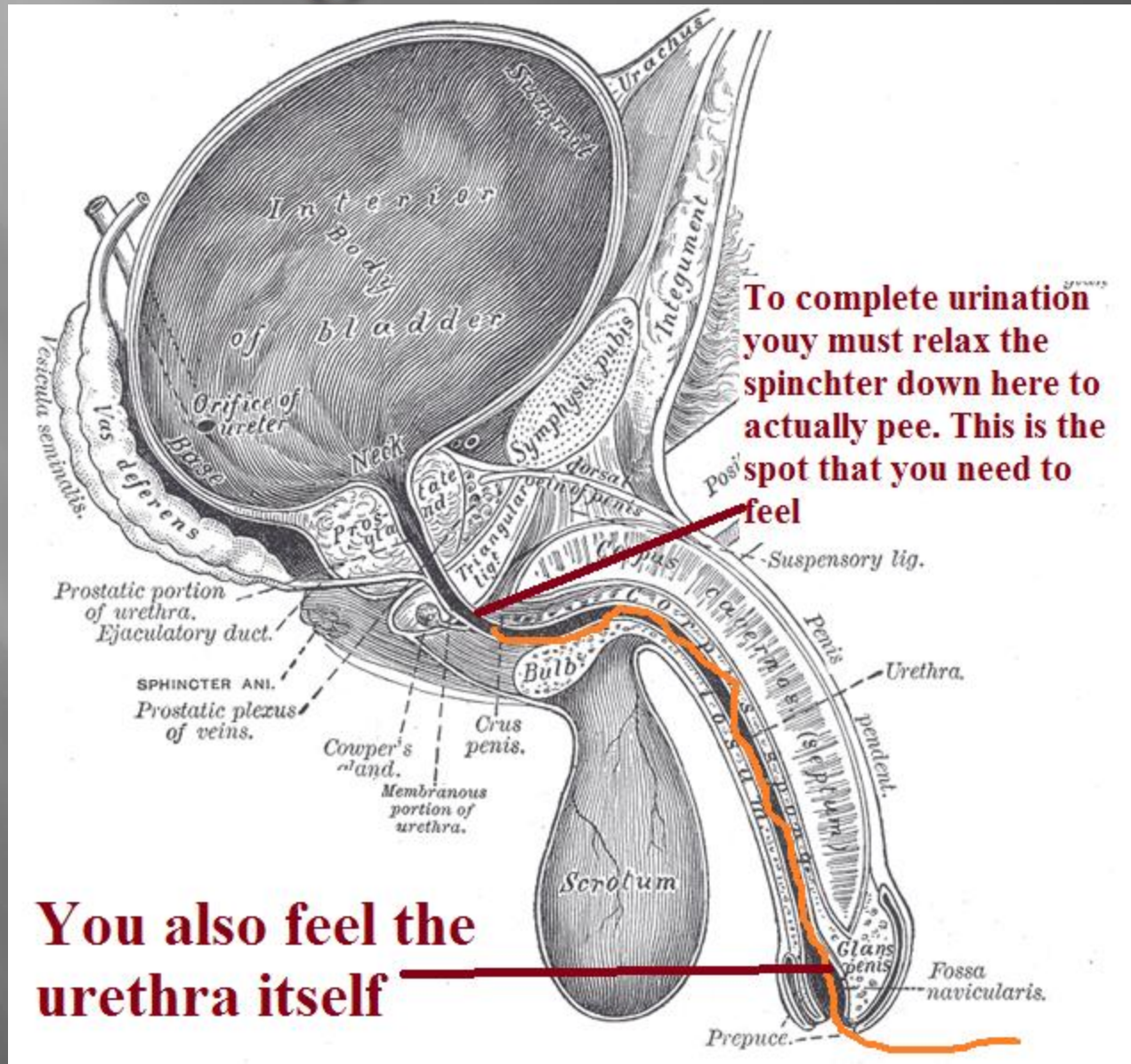
- The **external sphincter muscle of urethra** (or **sphincter urethrae membranaceae**) surrounds the whole length of the membranous portion of the **urethra**, and is enclosed in the fasciæ of the urogenital diaphragm.
- Its external fibers arise from the junction of the inferior **rami** of the **pubis** and **ischium** to the extent of 1.25 to 2 cm., and from the neighboring fasciæ.
- They arch across the front of the urethra and **bulbourethral** glands, pass around the urethra, and behind it unite with the muscle of the opposite side, by means of a tendinous **raphé**.
- Its innermost fibers form a continuous circular investment for the **membranous urethra**.



# Urinating- What I feel 1 of 3

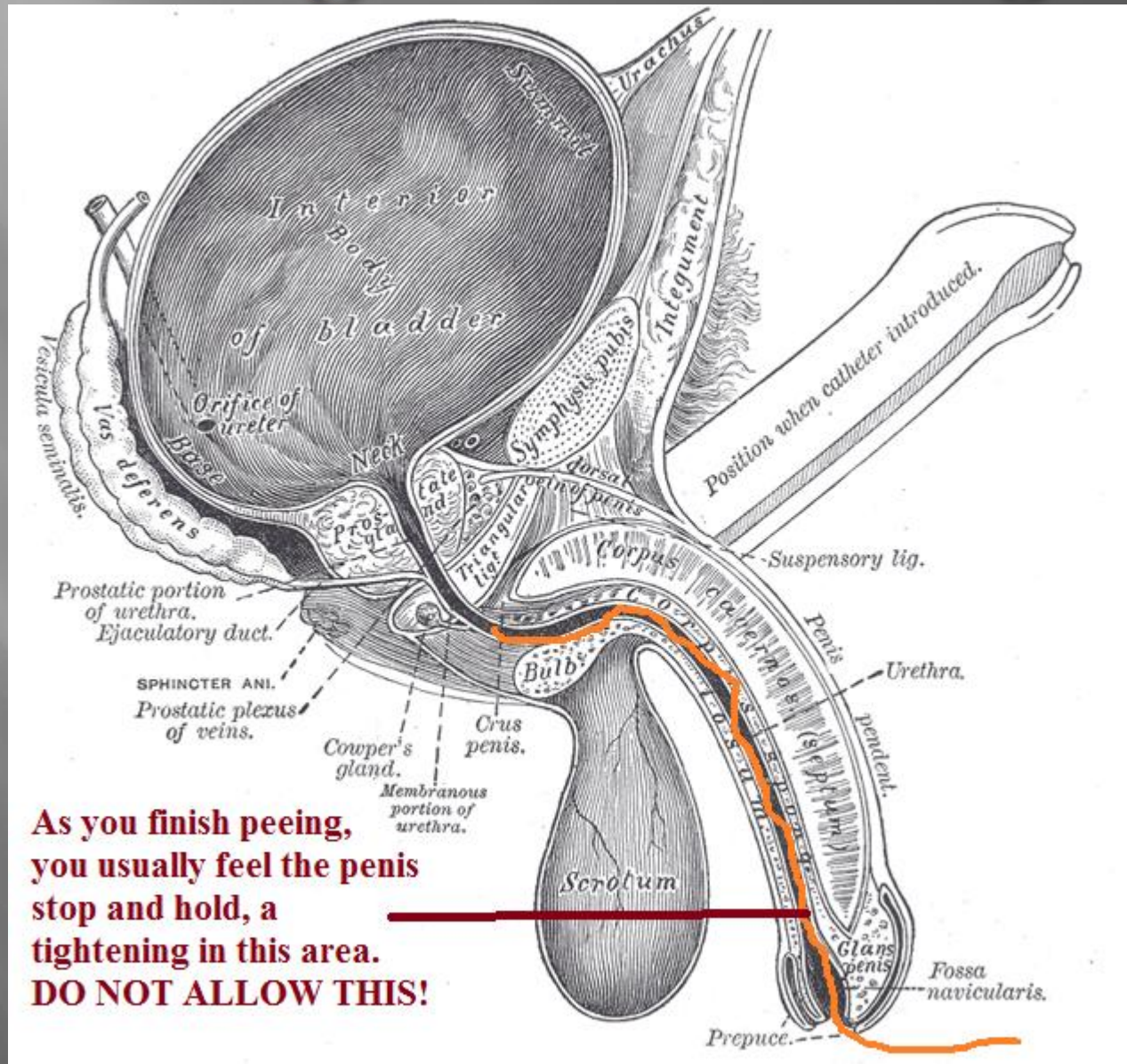


# Urinating- What I feel 2 of 3



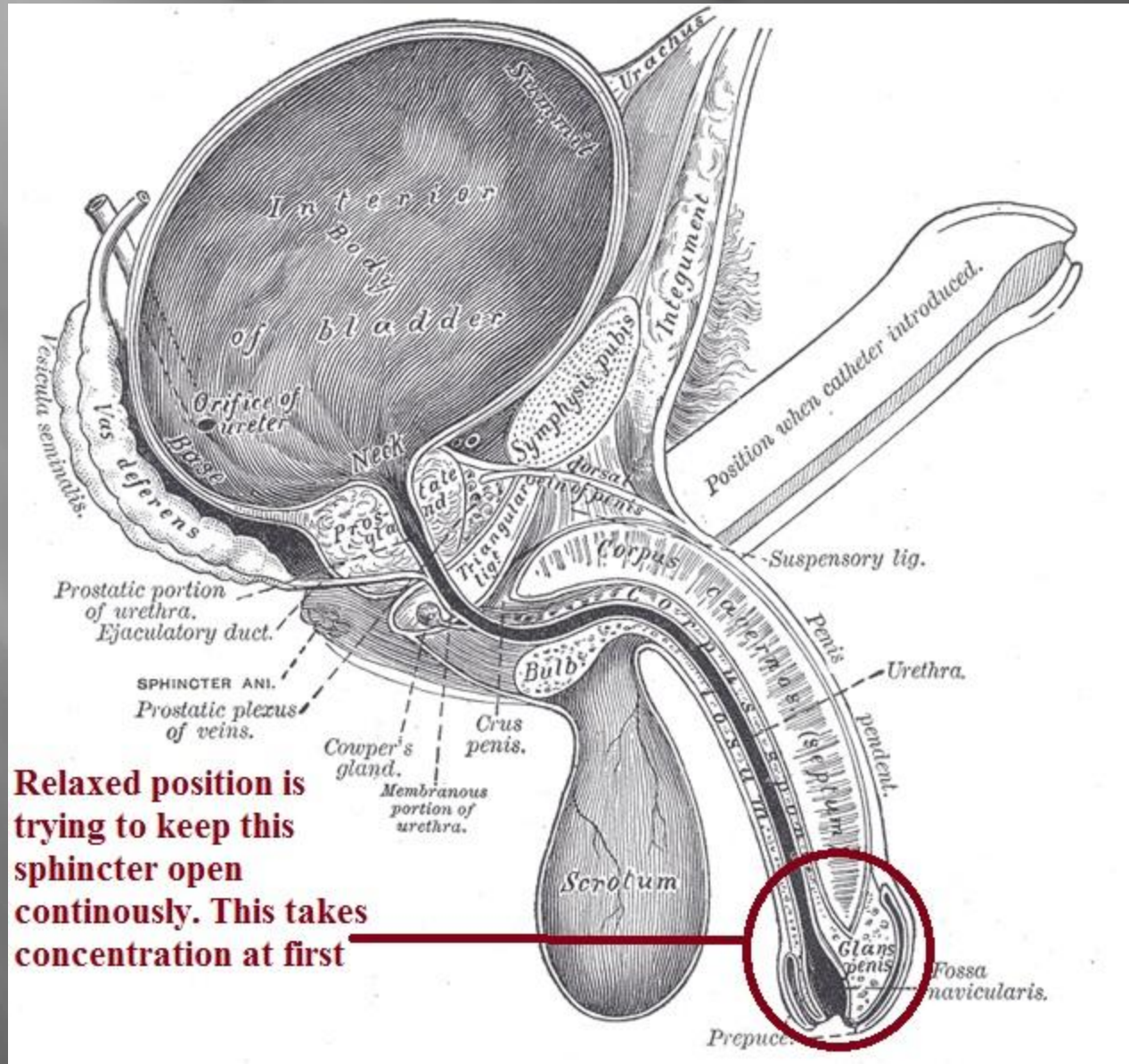


# Urinating- What I feel 3 of 3



**As you finish peeing,  
you usually feel the penis  
stop and hold, a  
tightening in this area.  
DO NOT ALLOW THIS!**

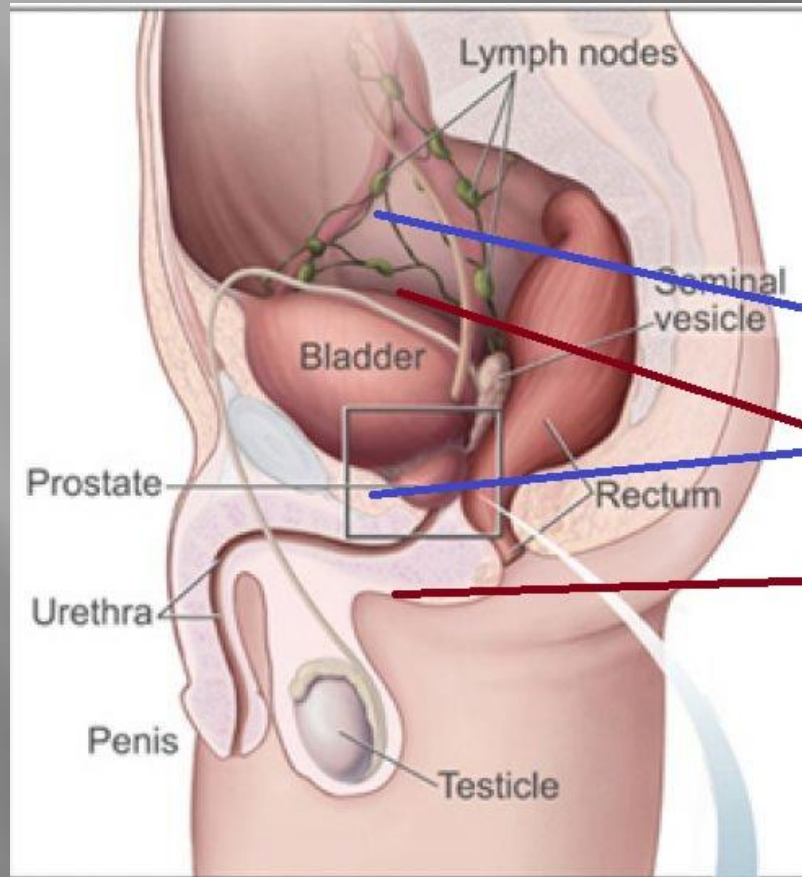
# Relaxing 1 of 3 – Open Urethra



**Relaxed position is trying to keep this sphincter open continuously. This takes concentration at first**



# Relaxing 2 of 3 – The Drop

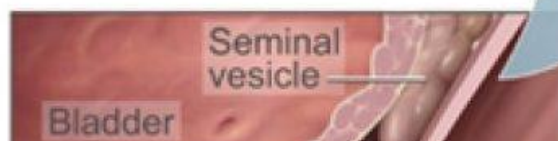


**Pelvic region.**

Imagine your stomach, bladder, and everything is falling down. Your bladder pushing down, but not pushing your penis.

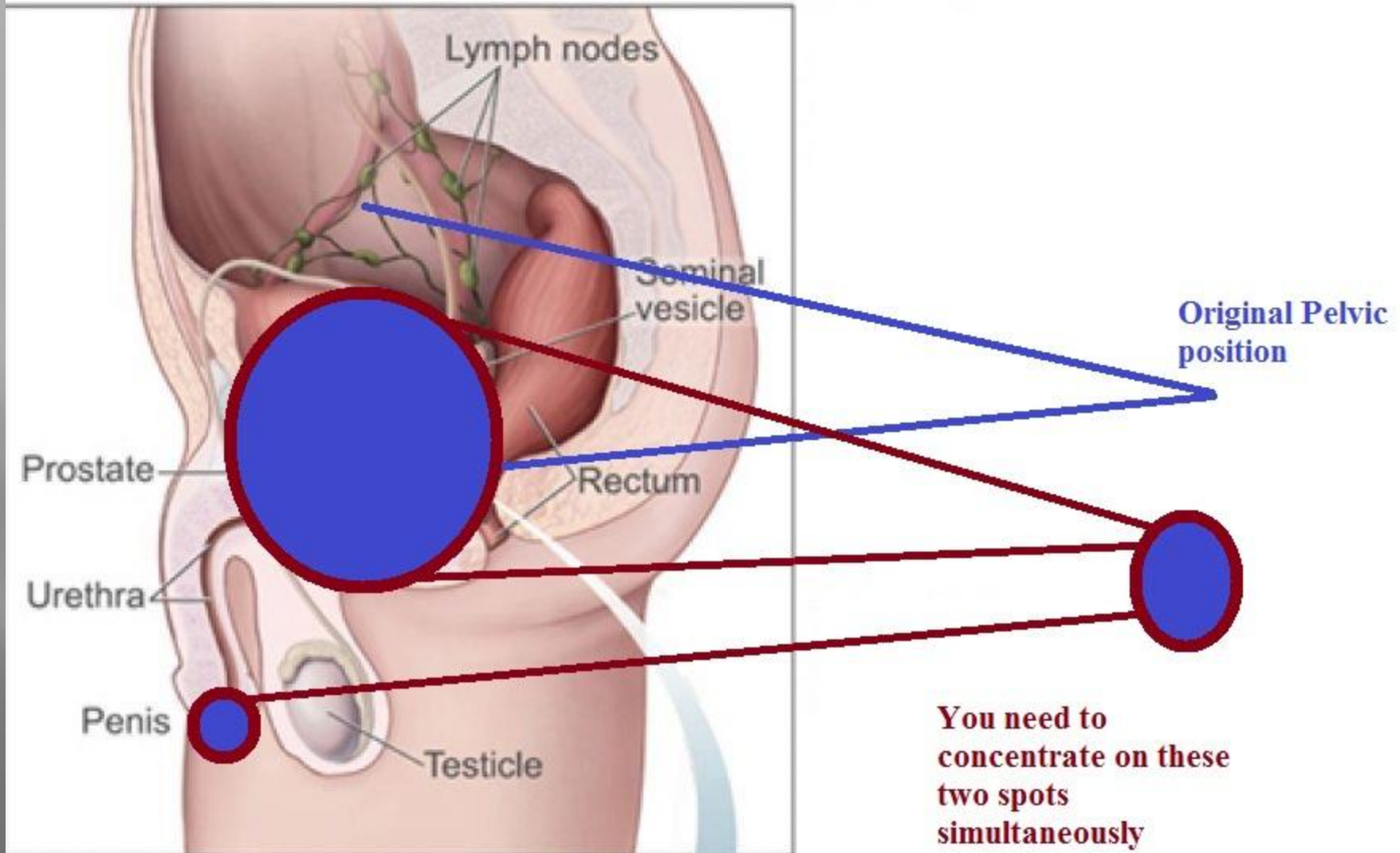
If done right you should feel like you need to pee. Anything in the bladder should come out from this combined relaxed state.

This shows the prostate and nearby organs.





# Relaxing 3 of 3 Focus Zones

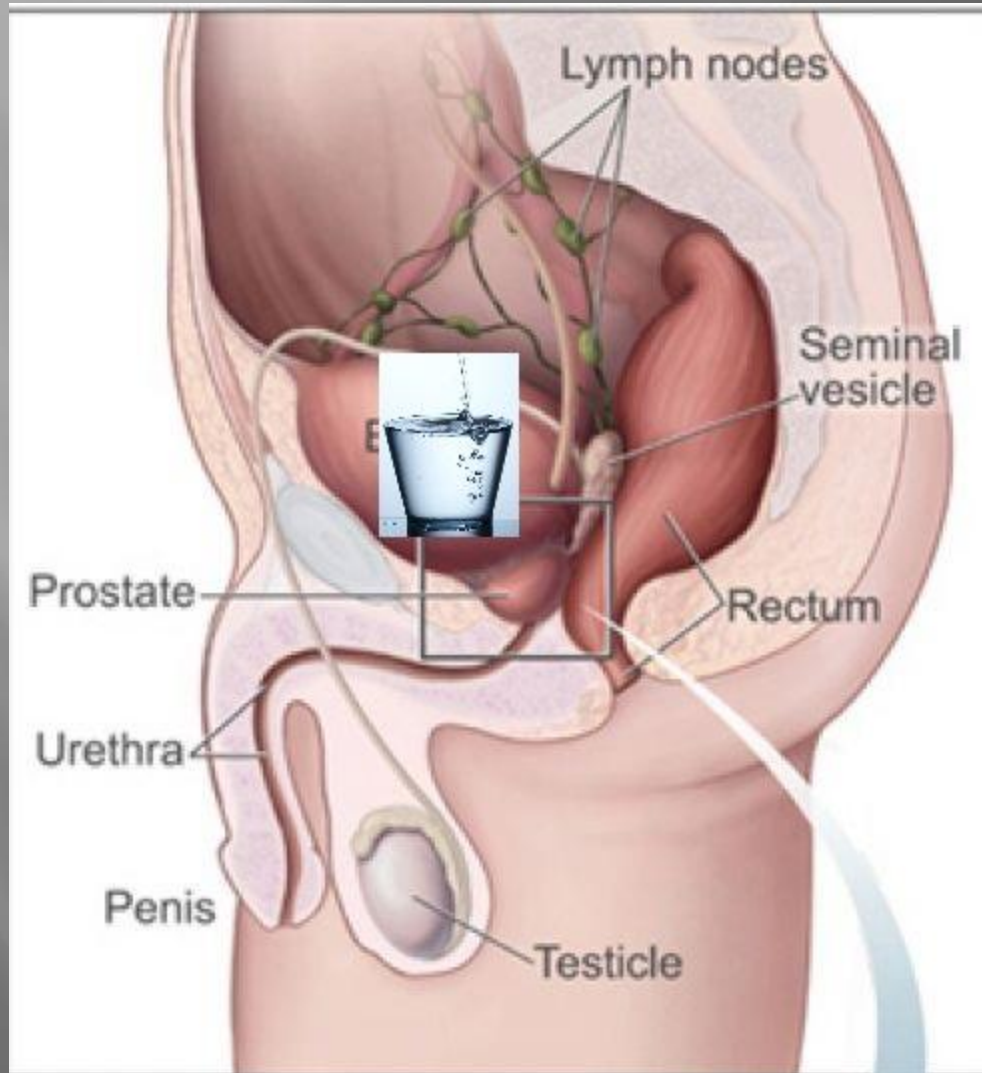


Original Pelvic position

**You need to concentrate on these two spots simultaneously**

This shows the prostate and nearby organs.

# The Reverse Kegel



**A tip to help with feeling the drop in the pelvic region is to picture a full glass of water in your bladder. With your mind, picture tipping the glass.**

**This shows the prostate and nearby organs.**

# GOOD PRACTICES

# Good Practices- Reminders

- ▣ You will need a reminding system
- ▣ I recommend Chime to remind you to do things

## Chime

[View More By This Developer](#)

By Blacktree

Open iTunes to buy and download apps.



[View In iTunes](#)

### Description

While waxing nostalgic about my old digital watch, I remembered how much I loved having the passage of time marked by an hourly chime. But then I thought, why should all the chimes be the same? For your pleasure, a simple app that provides unique chimes on the hour, half hour, or quarter hour.

[Blacktree Web Site](#) ▶ [Chime Support](#) ▶

[...More](#)

### What's New in Version 1.0.3

Fixes for iOS 5

# Good Practices - Reminders

## ▣ Visual Reminders

- Water
- Diapers
- Stop Signs
- Anything to which you want to attach meaning

## ▣ Practice relaxing

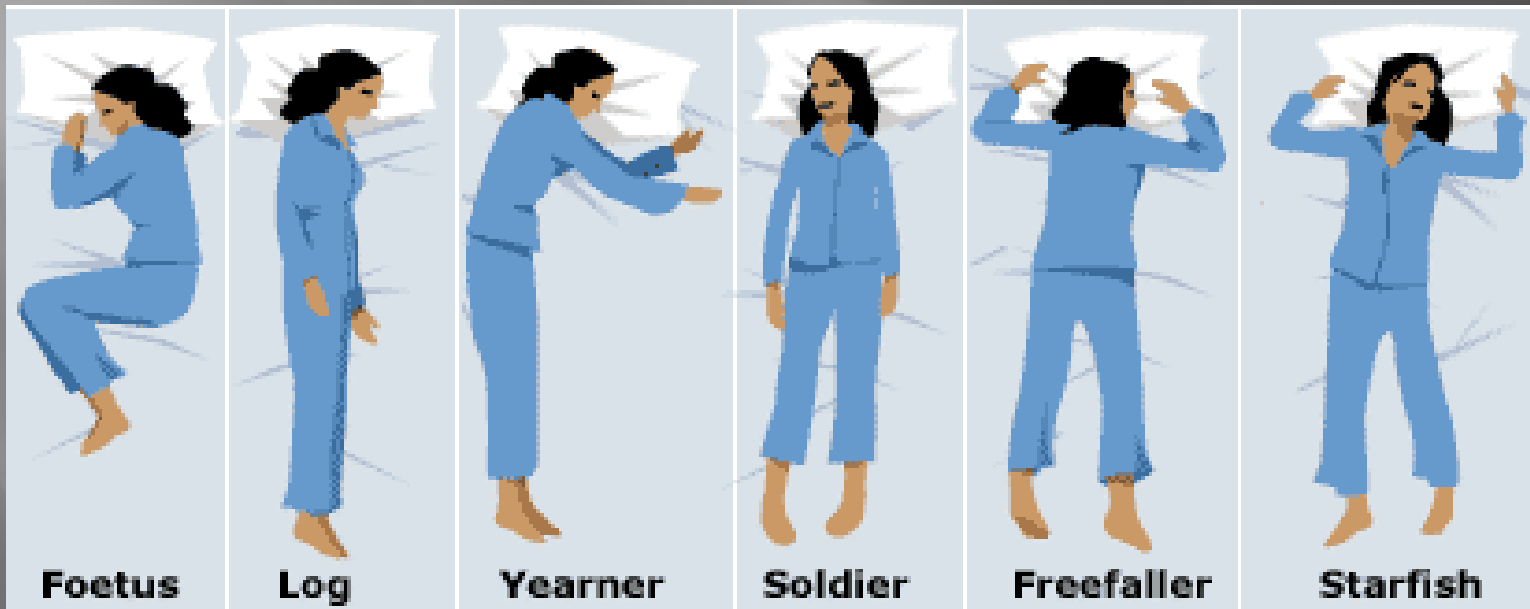
- At a stoplight while walking or driving
- In an elevator
- Reading a book
- Watching a movie
- **WHENEVER THE THOUGHT HITS YOU!**

# Good Practices Goals

- ▣ **Before one can move into practicing relaxed state one must master peeing.**
  - **Take a few days and practice each position to the point of being able to do it on the first cue from your bladder.**
  - **Master peeing in that position**
  - **Standing still will be the first one mastered obviously, but to truly move to the next level of training one must master all of the positions**

# Good Practices Goals

- ▣ How do you sleep? (How you wake up can be an indication)
  - Master peeing in that position





# Good Practices Goals

- ▣ **Sitting Down**
  - Master peeing in that position



- ▣ **Walking**
  - Master peeing in that position
- ▣ **Running/Jogging**
  - Master peeing in that position



# Good Practices Goals

- ▣ The Hard one... Driving
- ▣ Sometimes you need to relieve pressure from your bottom to get things moving.



# Meditation

# Meditation



- ▣ **The start of the journey will require meditation.**
  - **You must first urinate and hold the relaxed state as you finish. Fully think of the state and think of the feeling. Concentrate. Concentrate. Concentrate**
  - **Once you can achieve this state of mind instantly and hold it for longer than 10 minutes you can move to the next step**

# Meditation Part 2



- ▣ **Introduce the relaxed state when you are able to think of it throughout the day.**
  - **Try to maintain the relaxed state during activities**

# Meditation Part 3 Ignorance is Bliss



- ▣ Once you have mastered the state of relaxation then begin to ignore your bladder
  - Whatever you are doing is more important. Hopefully your training will allow your body to release automatically.
  - This is the point of refinement where the journey begins to take meaning. Everything prior must be mastered though.



# Personal Expectations

# Expectations – Set personal Goals

- ▣ What do I do first?
  - Practice by going to the bathroom every 30 minutes to start.
  - Hydration is key to peeing and first we have to master that
- ▣ Patience
  - Everyone is different
    - ▣ Some people might take months to get to the point of Ignorance
    - ▣ Others might take years
  - Don't lose heart
    - ▣ You are not alone

# Expectations – Step 0



- ▣ Should I see a psychologist?
  - Yes. This is not “normal” and you need to be sure this is what you want.
  - The support of a therapist can help you through whether you truly need this or want this
  - Weighing all of the pros and cons prior to the journey is important and will allow you to talk more easily with your doctor and family

# Expectations - Medical

- ▣ When do I tell my doctor?
  - Typically you can do this whenever you want
  - Most people wait until they have developed OAB, that is using the bathroom (diaper) more than 8-12 times per day and knowing that diapered or not you will urinate this much.
  - Be confident in yourself. Know your facts about OAB and be prepared to talk about why surgery, drugs, catheters won't work for yourself
  - You must never say you always use the diaper (unless you have nerve damage this is impossible) Your goal is urge incontinence (also called OAB)
  - Be Vague, and only answer regarding symptoms. You do not want to hurt yourself in the long run.



# Expectations – Spouse or Significant Other

- ▣ When do I tell my significant other?
  - Only you can decide this
  - Honesty is the best way
  - If there is love, you will find a way to make it work, or put these desires away. Unless this is more important than your relationship. . .
  - Granted this is easier when single



# Expectations - Family

- ▣ When do I tell my Family?
  - Only you can decide this
  - Why do they need to know?
    - ▣ If it will help you as a check and balance, find a way
    - ▣ If it does nothing to the relationship then you might not need to tell them
    - ▣ Really, like most incontinent folks, only your spouse and doctor **HAVE** to know. Everyone else may discover or be told eventually but you have to own it and make sure it is on your terms





# Thank you

- ▣ This is a 1<sup>st</sup> Draft of this Guide. Please let me know what you think.
  - Special thanks to
    - ▣ the Author of the 12 Month Program
    - ▣ Maheedl
    - ▣ Blake Jordon
    - ▣ Inconito
  - Your friend, Spargano