
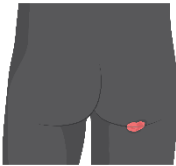
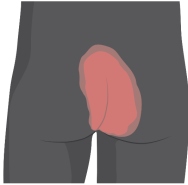
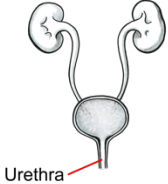


Term	Definition	Image
Absorbent material	A material that is able to soak up and contain liquid easily.	
Constipation	Not emptying the bowel regularly or straining to pass hard, dry faeces is called constipation.	
Contain urine and/or stool	Prevent urine or stool from leaking onto clothing or further (for example onto a bed or chair) when a person has incontinence.	
Continenence	The ability to voluntarily control emptying of the bladder and bowel in a socially acceptable place. Can be described as successfully going to the toilet.	
Continenence management	A planned process for how a person who has incontinence goes to the toilet which is safe, effective and dignified.	
Diarrhoea	Frequently passing liquid stool.	
Incontinence	When a person has difficulty or is unable to voluntarily control emptying of their bladder (urinary incontinence) or bowel (bowel incontinence).	
Menopause	The time in a woman's life (typically between the ages of 45 and 50) when the bleeding that occurs as part of a woman's monthly cycle stops happening.	
Nerves	Nerves are part of the system responsible for sending and receiving information between different parts of the body.	
Pressure wound	A pressure wound is a breakdown of the skin. It is usually over a bony area and is a common problem for people who have problems with feeling (sensation) or difficulty moving and changing position.	
Prostate	The prostate sits just below the bladder in males. It circles around the urethra and grows in size as a male gets older, which can cause incontinence.	

Term	Definition	Image
Rash	A reaction to something that irritates the skin and shows as dark (on dark coloured skin) or red (on light coloured skin) patches or bumps.	
Self care	Self care means looking after oneself. Self care activities include those a person carries out every day to look after their basic personal needs such as washing, going to the toilet, getting dressed, eating and drinking.	
Single use	Made to be thrown away after a single use.	
Stool	A term to describe the digested waste that is collected in the bowel. Common terms include poo, poop, caca.	
Urethra	The urethra is part of our urinary system. Urine passes through the urethra from a person's bladder to outside of their body.	
Urine	A term to describe the liquid that is collected in the bladder. Common terms include pee, wee, piss.	
Urinary system	A term to describe the different parts of the body that work together to filter and remove wastes and extra water from our blood in the form of urine.	