

Information Sheet



13. 'Just Can't Wait' Toilet Card

Getting out and about can pose a huge problem if you are affected by a bladder or bowel condition. This can impinge on your life and freedom by restricting your day to day activities and social life.

Just Can't Wait!

The holder of this card has a medical condition and needs to use a toilet quickly.

Please help



The 'Just Can't Wait' toilet card is of credit card size and designed to fit easily and securely into your wallet or purse. The card states clearly that the holder has a medical condition and needs to use the toilet quickly.

The card uses the universally acknowledged image for a toilet which reduces any embarrassment and ensures there is no confusion regarding the purpose of the card or exactly what you are requesting.

Request the original toilet access card from the Bladder and Bowel Community today. They use the universally acknowledged W.C. signage, giving you the benefit of discrete and clear communication for those moments where you just can't wait to use the toilet. This is particularly useful if you have speech difficulties or are not fluent in spoken English.

Although the toilet card does not *guarantee* access to a toilet, most places will be happy to help.

The 'Just Can't Wait' toilet card is available from:

Bladder and Bowel Org
17 High Street
Henley In Arden
B95 5AA

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Email: help@bladderandbowel.org

Medical Helpline: [0800 031 5412](tel:08000315412)

Home Delivery Sign Up – [0800 031 5400](tel:08000315400)

- Order for free by visiting the Bladder & Bowel Foundation site- <https://www.bladderandbowel.org/help-information/buy-the-just-cant-wait-card/>
- Email: info@bladderandbowel.org with your name and address and an application form will be sent out in the post.
- Visit the B&BF site at www.bladderandbowel.org to download an application form.

The following resource is a helpful guide to incontinence, providing useful information and advice on how to work with incontinence and manage it effectively.

<https://www.incontinenceliving.co.uk>

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