SUMMERTIME OAB TRAVEL FACTS

If you have Overactive Bladder (OAB), going on a trip may not sound like fun. The thought of looking for a bathroom in a new town might make you nervous. But with a little planning before you leave, you can feel more at ease while away from home.

OAB isn’t a disease. It is the name given to a group of troubling urinary symptoms. A key sign of OAB is the sudden need to go to the bathroom that you can’t control. In some people, this sudden need may cause urine leakage (incontinence).

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About

33 million
people living in the United States have OAB.

First day of summer

88%
of people in the U.S. said they will take a trip this summer.

Summer

is the busiest travel season of the year.

84 miles one way
Usual length of a summer long-distance trip.

Up to 30% of men and 40% of women in the U.S. are living with OAB.

91% of those who take a summer trip, travel by car.
Summertime OAB Travel Facts

2 weeks
How long before your trip you may start your medicine to help control your OAB symptoms, if you haven’t used it before.

2 – 4
Number of hours you should plan in between each of your bathroom breaks or pit stops when traveling.

There are more than 200 rest stops with family restrooms in the U.S. Plan ahead and pinpoint a few along your route before you leave home.

2
Number of hours you may want to watch what you drink before getting on a plane. Changes in cabin pressure and tight seat belts can put pressure on your bladder, especially if it’s full.

3 sets of 10 (daily)
Number of bladder strengthening exercises you can do on the road to make your pelvic muscles stronger. These will also help keep urine from leaking.

54
The number of days before your trip when it’s cheapest to buy an airplane ticket.

20%
of flyers like to sit in aisle seats. If you have OAB, you should book an aisle seat close to the bathroom.

There are about 6,500 spoken languages in the world today. Learn the word for “toilet” before visiting another country.

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