



## Fecal incontinence and limitations at the wheel

Functional fecal incontinence (FI) consists of the inability to retain feces without any particular condition causing this, clearly and significantly affecting the quality of life of patients.

**It is a very common disorder;**

it is estimated to occur  
in between  
2.2 and 15 percent of the  
general population



While this figure  
can exceed 46 percent  
of institutionalized patients



More than 50 percent  
of patients conceal  
this condition

Meaning that the doctor can only detect it  
by a targeted anamnesis.



## Three road safety tips for patients with fecal incontinence



### You cannot drive

If fecal incontinence prevents  
you from living a normal social  
and occupational life.



### The nervousness and state of alert caused by this condition

Poses a risk when driving.  
Travel as a passenger, with  
another person, or using public  
transit.



### Talk to your doctor about anal sphincter rehabilitation.

This kind of treatment can  
result in 60 to 80 percent  
improvement, and in many  
cases will allow the patient to  
be able to drive again.

## Recommendations for doctors

- 1 The patient's condition **must be carefully diagnosed** using the incontinence scale in order to offer specific instructions and care and to advise as to the safety risks associated with driving.
- 2 Indicate which habits diminish the problem and **recommend measures that will allow the patient greater independence** and safety in life and behind the wheel.  
If necessary to maintain independence, and **in cases that so require, bulk-forming products, as-**
- 3 **tringents such as loperamide and opiate derivatives**, enemas, and anal plugs can be recommended, while warning the patient as to their interference with driving.