

## BOWEL URGENCY:

# What You Need to Know

*Millions live with it. You're not alone.*



### What Is Bowel Urgency?

- The sudden, strong need to use the bathroom.
- It's common with conditions like IBD, IBS, Crohn's and Ulcerative Colitis.
- It's often underreported due to stigma or embarrassment.

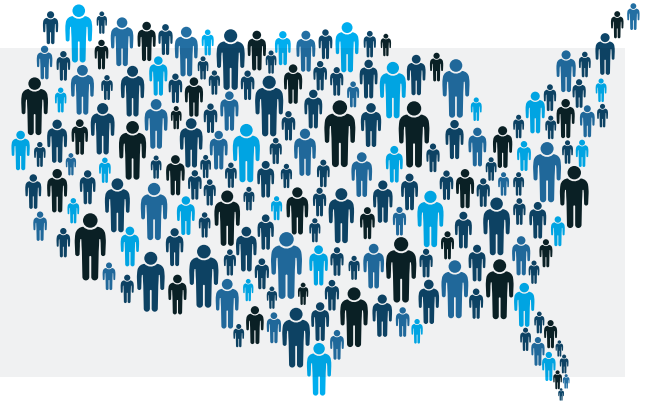
### Why It Matters

- Millions of Americans experience it.
- It can directly impact your physical, emotional and social wellbeing.
- Many patients feel like they're all alone – but support exists.

### How Big Is The Issue?

# 70%-80%

of adult Americans with IBD experience bowel urgency



### Causes & Triggers

Medical conditions, including Inflammatory Bowel Disease, Crohn's Disease, Ulcerative Colitis, Irritable Bowel Syndrome, Cancer, Pelvic Floor Issues.

**Triggers:** Diet, anxiety, stress, medications

### Life Impact

**Physical:** Fatigue, bathroom planning, disrupted routines, accidents

**Emotional:** Anxiety, depression, embarrassment

**Social:** Avoiding family, friends, travel, work engagements

### What Can Help

**Lifestyle strategies:** Diet changes, hydration, bathroom planning

**Medical care:** Medications and treatments for underlying conditions

**Self-management tools:** Symptom and mental health/mood trackers

**Support networks:** NAFC resources, patient communities

### Take Action

**Talk to your doctor:** Bring trackers, ask questions

**Download free tools:** Trackers, tip sheets, discussion guides

**Find support:** NAFC.org resources, community connections



**Find relief.**

**Take Control.**

**Start here.**

