

# Toilet Issues

Symptoms of myotonic dystrophy might include gastro-intestinal complaints such as diarrhoea, which sometimes can be associated with an urgency to find a toilet. If you have discussed such symptoms with your own GP or a doctor/nurse who specialises in myotonic dystrophy and he/she has diagnosed the symptoms as relating to the myotonic dystrophy, you may find the following information helpful.

## 1. The Bladder & Bowel

**Foundation** can supply a card called the **“Just Can’t Wait toilet card”** for a small donation of £5.

The card states that the holder of the card has a medical condition which requires the urgent need of a toilet.

You can show the card when you are out shopping and socialising and it may help you gain access to a toilet. The card does not guarantee you access to a toilet but most places you visit will be willing to help you.

The **“Just Can’t Wait toilet card”** can be obtained from the following address or by phoning **01536 533255**.

Bladder & Bowel Foundation, SATRA Innovation Park, Rockingham Road, Kettering, Northants, NN16 9JH

For more information please visit the charity’s website at [www.bladderandbowelfoundation.org](http://www.bladderandbowelfoundation.org).



## 2. The National Key Scheme (NKS)

offers independent access to people with disabilities to 7000 locked public toilets (including some automated conveniences) all around the country.

There is a small charge for the key (£3.50 without VAT) and it is also possible to purchase a guide (£12.99) from RADAR listing 9,000 locked public toilets around the country.

To find out more information about the NKS their website is [www.radar.org.uk](http://www.radar.org.uk) or telephone **020 7250 3222**.

## Publications available from the Myotonic Dystrophy Support Group:

- Anaesthesia and Sedation for patients with Myotonic Dystrophy
- Basic Information for Midwives
- Bowel Problems in Congenital Myotonic Dystrophy
- Congenital Myotonic Dystrophy
- Excessive Daytime Sleepiness and Myotonic Dystrophy
- Facts for patients, family members and professionals
- Myotonic Dystrophy Support Group
- Relatives Information
- The Heart and Myotonic Dystrophy
- Why do we get new families with Myotonic Dystrophy?



**Myotonic Dystrophy**  
SUPPORT GROUP

### **National Co-ordinator**

Mrs M A Bowler SRN, SCM

19/21 Main Road, Gedling, Nottingham. NG4 3HQ

Telephone Helpline: 01 15 987 0080

Office Telephone/Fax Number: 01 15 987 5869

Open Tues/Wed/Thurs 9am to 1pm

Email: [contact@mdsguk.org](mailto:contact@mdsguk.org)

Website: [www.myotonicdystrophysupportgroup.org](http://www.myotonicdystrophysupportgroup.org)

**Patron:** Professor J. David Brook

Professor of Human Molecular Genetics, University of Nottingham.

Registered in England and Wales as a  
Company Limited by Guarantee No. 7144171.  
Charity No. 1134499.