

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.



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 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

Website: www.myotonicdystrophysupportgroup.org

Patron: Professor J. David Brook

Professor of Human Molecular Genetics, University of Nottingham.

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