



[ronronHU](#)

1 day ago • 16 Replies



About 12 years post RP I began having incontinence issues which totally changed my OOL. Diapers are expensive in Thailand plus the fact that your entire bottom gets wet. I came up with this simple, inexpensive way of dealing with my problem. I just wrap the little guy up in a couple of paper towels and cover them with a shortened sanitary napkin bag secured with a few 'small' rubber bands. Obviously they don't hold as much urine as diapers do which does require changing more often. I found that 'Puffs' paper towels are the best. The strange thing is that I can go seven hours at night without a pitstop and the towels are still dry.

Something that I just COULDN'T conceive of being without is Thailand's extremely common alternative to a bidet. My commodes have separate supply valves for these sprayers; however, a T and valve can be added to the existing single commode supply valve. After getting used to cleaning my bottom with this

simple sprayer, I can't use a commode without it! I don't know how I ever survived for 61 years in America using TP?

If I ever go back the US for a visit, I will probably have an AUS installed. Medicare pays for nothing outside of the US and I have no insurance here.

Written by Shooter1

1 day ago

I installed a bidet in our bathroom here in North Idaho. What a wonderful improvement. took me 71 yrs, not just 61 like you.



ronronHU in reply to Shooter1 1 day ago

TP is just so unsanitary! Whenever I went back to the US, I would always install a sprayer in the bathroom that I was using while staying with family/friends. The thing that I like about the sprayer is that you can direct it to whatever!



KSK54 in reply to ronronHU 22 hours ago

You can try reusable overhead catheter. Since the time I have started using E-2 gel this incontinence problem started troubling me too. After trying many things I find it the best.

I am also now almost 12 years out after RP,SRT and now Estrogen gel. I have read some where that AUS is not very helpful for people who are on ADT.



Lulu700 in reply to KSK54 21 hours ago

E-2 you think caused this?



Lulu700 in reply to Shooter1 21 hours ago

We took one out of our new house. Wife said she'd never use it . It's gone



Shooter1 in reply to Lulu700 21 hours ago

TP Shortage can catch you up the creek.



CAMPSOUPS in reply to Shooter1 20 hours ago

Up the creek or the creek becomes the bidet ?



Lulu700 in reply to Shooter1 14 hours ago

Without a paddle 😂



ronronHU in reply to Shooter1 13 hours ago

I just read that Costco is experiencing a TP shortage.



ronronHU in reply to Lulu70015 hours ago

Can't imagine someone not wanting to use it!



Lulu700 in reply to ronronHU14 hours ago

I've not tried one



CAMPSOUPS20 hours ago

I have a poor man's bidet: Huggies wipes.

Son has a Japanese add to toilet Bidet. Its great. Heated seat. Water temp. control. All at touch of buttons.

A little creepy when you see the water ejector. Looks like an alien probe coming for you.



Don 121313 hours ago

Add on bidets start at around \$75 - and they're great. Just remember to take off the control knob if small children are visiting.



Shooter1 in reply to Don_121328 minutes ago

My just turned 6 grand son loves out butt washer.....



2dee13 hours ago

Thanks so much for sharing the details. I'm not exactly at that point but I can see where it will be useful

2Dee



Grumpyswife10 hours ago

We have \$20 bidets added to both toilets. I love them but husband refuses to use them.

Great having the picture that I somehow missed seeing at first read.

Our bidets are an attachment to the toilet with a small box to the side that has the pressure control dial.