

Incontinence

August 3, 2022

You have difficulty controlling when or how your body voids your bladder or colon. When you feel the urge, you have 1d4 ÷ (IE) minutes, after which you must succeed on a DC 8 + (IE) Strength saving throw to prevent the release every round, the DC increasing +1 cumulatively per round. If this is a triggered trait, typical triggers include active movement (actions requiring a physical ability check), coughing and sneezing, or taking damage.

Real-world Examples

Pregnancy, Menopause, Multiple Sclerosis, Diabetes, Pelvic Floor Disorders, Enlarged Prostate

Assistive Options

Scheduling regular “timed voidings” and urinating before physical activities can keep your bladder empty enough to avoid leakage.