

# 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.