

## TOILET CARD EXAMPLE

<p><b>This card is issued by the IPBF International Painful Bladder Foundation</b></p> <p>IC/BPS (Interstitial Cystitis/Bladder Pain Syndrome) is a bladder disorder with urinary frequency, urgency and pain.</p> <p><a href="mailto:info@painful-bladder.org">info@painful-bladder.org</a></p>	<p>Interstitial Cystitis/Bladder Pain Syndrome</p> <p>The holder of this card has a medical condition and needs to use toilet facilities <b>URGENTLY</b></p> <p><a href="http://www.painful-bladder.org">www.painful-bladder.org</a></p>
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This is an example of a toilet card which can be adapted for any language, country or organisation.

These cards can either be printed double-sided on tough card or they can be printed on normal thickness (coloured) printing paper in two columns as shown. If done like this, they need laminating. For this you need access to a laminator.

First you print the number of sheets of paper you require. Each sheet has 5 card texts, back and front. Then trim round the outside border. Do NOT cut down the middle line. Cut horizontally into strips. This gives you a strip with the back and front text. You fold this in half down the middle line and insert it into a laminating pouch.

This text fits in a credit card size laminating pouch. The pouches are then fed through a laminating machine, producing a hard-wearing laminated card.