



Here is some useful information about:

The Continence Advisory Service & The Pelvic Health Clinics

This specialist service that runs Pelvic Health Clinics focusing on giving advice, treatment and rehabilitation to people who are experiencing bladder, bowel or pelvic floor problems such as:

- The frequent need to pass urine more than 8 times a day.
- Difficulty or altered pattern in passing urine.
- A strong, sudden urge to pass urine.
- Being woken up more than twice a night to pass urine.
- Leaking urine (small or large amounts).
- Leaking from the bowel.
- Constipation.
- Prolapse with associated bladder or bowel dysfunction.

An initial appointment will last about one hour and you will receive an in depth assessment with a nurse or physiotherapist which usually involves:

- Finding out about your current problems
- Taking details of other health issues
- Listing any medications you use
- Testing your urine
- Reviewing your completed bladder, bowel or food diary
- A bladder scan
- A physical examination
- Advice about the lifestyle changes you can make to help improve your symptoms.

Why are the diaries important?

Depending on your problem you may have received some diaries with your appointment letter. Please complete them and bring them along to your first appointment.

These give really useful information and help with the assessment and planning of your treatment program. If you have difficulty completing these diaries please contact us.

What is a bladder scan?

This is a test to check that your bladder is emptying sufficiently.

It involves placing a small device on your lower abdomen which is able to detect any urine in your bladder. There is no special preparation for this test. You may drink your usual amounts of fluid and you do not need a full bladder.

Why do I need an examination?

To complete the assessment the nurse or physiotherapist will usually perform a vaginal or rectal examination. This will be discussed in more detail when you attend clinic.

By performing this type of examination we are able to devise a tailor made treatment plan. We are able to check pelvic floor muscle tone and whether you are able to contract these muscles correctly.

You may bring a relative or friend with you or we can offer a chaperone which can be arranged when you book your appointment.

We would advise you not to bring young children if at all possible.

Will I need any follow up appointments?

Most people will be seen by the service for 3-4 follow up appointments over a six to eight month period. As a specialist advisory service our aim is always on rehabilitation and giving you the knowledge and skills to be able to help yourself.

After this time we would expect your condition to have improved and you will be discharged.

If there is no improvement we can offer to refer you directly on for further investigations.

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