Another scan will be taken after you have completed the test to assess how well you have emptied your bladder.

**Chaperone**
You are very welcome to bring a relative or friend with you to your clinic appointment for support. If you would like us to provide a formal chaperone please inform us before your appointment so this can be arranged.

**Treatment Options**
There are a variety of treatment options available to help manage, improve and even cure bladder and bowel problems.

A full assessment of your particular symptoms is vital if we are to choose the most appropriate option for you and that is why your Health Care professional has referred you to our clinic. We have briefly listed some of these options.

**Bladder Retraining:**
This is a method that helps train the bladder to hold more urine and become less sensitive. You may be asked to gradually increase the length of time between emptying your bladder. Retraining can help or even cure an overactive bladder; it takes time, determination and does not happen overnight, but can be very successful.

**Pelvic Floor Exercises:** For men and women. These exercises are to help strengthen the pelvic floor muscles. The specific exercises can keep your pelvic floor muscles in good shape and give you control over your bladder and bowel.

These muscles and exercises are used to help you if you already have symptoms of pelvic weakness e.g. leaking on coughing etc. They are also useful at preventing problems developing.

**Medication:**
There are various types of medication which can be used to manage, improve or even cure your bladder and/or bowel problem. Medication will only be chosen after a full assessment of your condition and if the nurse (with advice from your GP) feels it would be beneficial. This will be discussed at length with you.

**Fluid and Diet:**
Fluids and diet are a very important part in the condition of your bladder and bowel. You will be asked in depth questions about the amount of fluid you drink and the types of food you eat.
Very simple measures to adjust these can vastly improve any problems you may be experiencing.

**Your Health Records**
The personal details you provide us will be kept in the form of a computerised electronic patient record.

We will request your consent to share these details with your GP or other medical/nursing professional. You have the right to decline which may result in delays, starting any treatment for you.

If you require further information please contact:

Adult Bladder and Bowel Care Services
Park Drive Health Centre
Park Drive
Ballock
SG7 6EN
Office: 01462 492502
website: www.hertschs.nhs.uk
PALS: 0800 011 6113
Introduction
This booklet has been compiled to ensure you have information you need before your appointment at one of our clinics.

We aim to make your visit as stress free as possible and have prepared this booklet to explain what to expect during your first assessment.

This is your time to explain to a professional your problems and concerns which we fully understand can be embarrassing and upsetting.

Our staff are empathetic to these concerns, but it can be difficult for you, and the professional, to relax and speak openly, if you bring small children with you.

What will happen at my first appointment?
You will be seen in the clinic by one of our Specialist Nurses and this will take approximately 40 minutes.

The nurse will ask you in detail about any medical problems you may have, including any operations, childbirth (if appropriate) and any medicines you may take. We will also discuss in detail the problem you have with your bladder and/or bowel. Notes will be taken during the assessment.

With your consent you should expect to have a physical examination, if appropriate. This will take the form of an intimate examination which will help us with the diagnosis of your problem. This is the reason we ask you to bring a towel for modesty purposes.

Confidentiality will be maintained at all times.

Record Charts
With your appointment letter, you will be sent a chart to complete which you will be required to bring with you.

Bladder Record Chart
You will be required to record the amount of fluid you drink e.g. tea, coffee, water. Every time you pass urine you will need to include any leakage and/or wetness episodes and the times you went.

Example

<table>
<thead>
<tr>
<th>Day 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
</tr>
<tr>
<td>6am</td>
</tr>
<tr>
<td>7am</td>
</tr>
<tr>
<td>8am</td>
</tr>
</tbody>
</table>

If your problem is bowel related you will be sent a chart specifically to record your bowel movements. You will need to record every bowel movement, paying particular attention to the following

♦ time spent on the toilet
♦ any straining and/or pain
♦ type of motion, using the pictures as a guide.

These charts are very valuable in helping the Specialist Nurse to help you with your problem, so it is important that you take the time to complete them.

You may be given further charts to complete to aid in the monitoring of your progress.

Urine Testing
Please bring a urine sample in a sterile container with you to your clinic appointment to enable us to carry out a ‘dipstick’ urinalysis test. You can obtain this container from your local pharmacy.

We use this test to look for possible infections and other abnormalities.

Bladder Scan
A very important part of your initial assessment at the clinic will involve a bladder ultrasound. If you are attending a general Continence Clinic, there is no special preparation for this test.

A bladder scan is a non-invasive procedure to measure the amount of urine in your bladder after you have been to the toilet.

We will ask you to lie on a couch with your abdomen exposed just below your navel (tummy button). The nurse will put a small amount of gel on your abdomen before placing a probe onto the area to record the amount of urine in your bladder. This procedure takes approximately 5 minutes and once finished the gel will be wiped off, and you can adjust your clothing.

Flow Tests
This is a test carried out to establish whether you have any blockage to your flow of urine e.g. with prostate gland enlargement in men. Women can also have this test as there may be other reasons the flow is not normal.

You will be asked (in your appointment letter if appropriate) to attend the clinic with a ‘reasonably’ full bladder. If you find it difficult to travel with a full bladder, you may wish to arrive earlier than your appointment time and drink water that will be available to you at the clinic.

The nurses are aware that it can be difficult for some people to ‘hold on’ to their urine, and will do their utmost to keep to your appointment times. A bladder scan will be carried out prior to the flow test (see bladder scan information) to ensure you have enough fluid in your bladder for an accurate test.

You will then be asked to empty your bladder to completion into a piece of equipment designed to measure the flow of urine. If you have difficulty standing to pass urine, or you are female, a commode will be available for use.