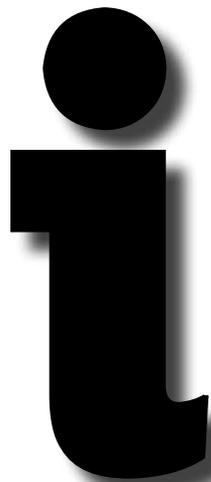


One Stop Female Continence Clinic (page 1 of 2)



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Your doctor or GP has referred you because you have been experiencing some leaking of urine. Simple treatment methods such as pelvic floor exercises and changes to diet have not worked.

There are several causes of incontinence and in order to decide on the best treatment for you, we need to establish the causes and type of incontinence you have.

Types of incontinence

Stress Incontinence: is the most common type of incontinence and is most common in females. It means that you leak urine when you cough, sneeze or exercise. It happens when the pelvic floor muscles are weakened, very often the result of childbirth.

Urge Incontinence: also common, when you get the urge to go to the bathroom sometimes urine leaks out before you can get there. It is often due to an over active bladder.

Mixed Incontinence: is a combination of both stress and urge incontinence.

Before coming to the clinic

You will have been sent a 3 day bladder diary and questionnaire to complete before coming to the clinic. Please bring this with you to your appointment. Please bring a fresh sample of urine with you. You can obtain a pot from your GP surgery. This will be tested to rule out a urine infection. If infection is present the test may have to be postponed.

What to expect at the one stop clinic

You will be seen firstly by one of the Continence Nurse Specialists who will ask some general questions about your bladder and with your consent will do some tests which will include an ultra sound scan to see if you empty your bladder properly after you have passed urine.

You will then be seen by the Urology Nurse who will do a test called urodynamics. The Urology Nurse will write a report and if appropriate you will then see the Urology Consultant to discuss the results and the best treatment option for you.

Urodynamics

The procedure will be explained to you and you will have time to ask any questions before you give your consent to the tests. We understand that you may find these embarrassing and we make every attempt to ensure you have as much privacy as possible.

Urology Nurses

 01722 336262 ext. 4866

- The aim of this test is to obtain information on the causes of your incontinence.
- A small soft catheter (plastic tube) will be inserted into your bladder via the urethra (the normal urinary passage). This may be uncomfortable but should not be painful. Local anaesthetic gel is used to minimise any discomfort.
- The catheter allows us to measure the pressure in the bladder as it fills. A small soft tube is also placed in the rectum or vagina to record the pressures in your abdomen.
- Once the tubes are comfortably in place, the fluid will be run slowly into your bladder.
- During this phase you will be asked to let the doctor or nurse know when you feel any sensation of wanting to pass urine.
- You will be asked to cough at various times throughout the test to see if we can cause any leaking.
- When you feel you cannot hold any more, the filling will stop and you will be asked to pass urine, while they watch the monitors.
- Throughout the procedure you will be sitting on a commode to catch any fluid that leaks so we can monitor how much fluid you pass.
- At the end of the procedure, the tubes will be removed and if you normally have a catheter it will be replaced.
- You will then be shown to where you can freshen up.

When will I get my results?

If appropriate the consultant will see you once the tests have been completed and you will be given your results straightaway. Your consultant or nurse will discuss the results and the best treatment option with you. Once you have discussed the treatment options, you will be booked for treatment at a later date.

Does the test have any side-effects?

For a day or two you may have a sense of irritation or burning in the urethra (the water pipe) and need to pass urine more frequently. This occurs as a result of the catheter being passed. Drinking plenty of water will help this to resolve.

Occasionally a urinary tract infection can occur, so if your symptoms persist or worsen you will need to seek the advice of your GP.

Where can I get more information?

The Bladder and Bowel Foundation (B&BF) is the UK wide charity for people with bladder and bowel control problems. B&BF provides information and support services, including a confidential helpline, for anyone affected by these conditions as well as their families, carers and healthcare professionals.

www.bladderandbowelfoundation.org